



THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

MORAL INJURY

W WORDS



“There is no time stamp on trauma. There isn't a time stamp that you can insert yourself into to get from horror to healed. Be patient. Take up space. Let your journey be the balm.”

Dawn Serra

E EXERCISE

MORAL PAIN IS A NATURAL RESPONSE TO MORAL INJURY



Draw a 2x2 grid. On the bottom right make a list of your core values. Ask yourself the question - "What matters to me?" Then think about what you're THINKING AND FEELING when the way you are working takes you away from your core values. Write this into the bottom left box. What are you DOING when you are working in a way that is inconsistent with your values. Write this down in the top left box. What are you DOING when your actions are congruent with your values. Write this in the top right box.

L LINK

Take a listen to this podcast on moral injury to understand why it's ok to feel what you feel:



<https://www.offtheclockpsych.com/podcast/moral-injury>

L LAST THING

Moral injury violates the deepest of your values



Don't feel the need to suppress this. Instead cultivate the willingness to experience moral pain for the sake of what matters to you because what matters to you matters.

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



@theworkwelldoctors



www.theworkwelldoctors.com
theworkwelldoctors@gmail.com