**Creativity and Community Handout**

1. How are you feeling? (Be honest. Try to avoid words like “fine” or “okay” and statements like “It is what is.” If you are stuck, you can use a resource like the Feelings Wheel -<https://feelingswheel.com/> - for assistance.)

1. What is one problem, concern, or stressor you are facing right now? Who can you ask for help?
2. What do you do after a long day at work? Is it related to one of the ways to finish the stress cycle?
3. Which creative tool are you most excited to use? Which gives you the most pause?
4. Set your Artist Date(s)

| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| --- | --- | --- | --- | --- | --- | --- |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |

What are you going to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who is in your community/support network? How can you reach out to them?

1. What can you do to care for your colleagues?

**Support network worksheet**

*A support network will have parts of the following pieces. Your current network might not have all of these pieces, or*

*you might not be able to use all of them currently.*

Family and Friends: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Buddy/Partner” – *one on one encourager or support for a specific task/class/concern/situation*

[e.g. exercise buddy]: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[ ]: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[ ]: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (if applicable) Spiritual partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Board of Directors (5 to 8 people)

1.

2.

3.

4.

5.

6.

7.

8.

Cohort (list one cohort of which you are apart. How will you find members of this cohort if/when you need them?)

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Professional resource person(s): e.g. Financial Advisor, HR personnel,

List at least three professional resources that you can use in the next year:

1.

2.

3.

Institutional resources: e.g. faculty/staff senate, Human Resources

List at least three institutional resources that you can use in the next year:

1.

2.

3.

Outside Resources: books, non institutional resources (e.g. professional associations, Virginia Network)

1.

2.

3.

Internet Resources

1.

2.

What is one thing you can do this month to expand or strengthen your support network?

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