

This self-reflection activity can help all employees and their families prepare for transitioning to greater community circulation and interactions. Use this activity to create awareness of individual and family needs to help make informed and respectful decisions.

Instructions

This is a personal space to help you and your family process your experiences during COVID-19 using notes, stories, videos, drawings – you choose. What are you discovering about yourself, your family, your community? How do you want to incorporate this learning moving forward? Feel free to skip questions that don't seem appropriate or that feel too difficult to answer right now, or to complete the reflection over multiple sittings. Give yourself time.

How to start a family conversation

Each person should feel safe to express their thoughts and feelings if they want to. Sharing can happen after a period of self-reflection, or you can share in the moment, together.

- Start by setting some ground rules together (ex. No sarcasm, listen to understand, stay curious, etc.). These conversations can be hard. Take breaks if you need to. Be prepared for emotions – this is normal.
- Go through the questions one by one. For each question, invite each person to share their thoughts and/or feelings. Younger members may need blank paper to draw or sketch their ideas. Find what works for you and for them.
- Remember to be respectful of one another's experiences.

Filling out this activity may bring up some difficult feelings. If you need assistance, contact a friend or a family member, or reach out to one of the services listed below. You don't have to go through this alone.

[Employee Assistance Program \(EAP\)](#)
(for ESDC employees and their families)
1-800-268-7708
or **1-800-567-5803** for people with hearing impairments

First Nations, Métis, and Inuit
[Hope for Wellness Help Line:](#)
1-855-242-3310

[Kids Help Phone Canada:](#)
1-800-668-6868

1) What are my biggest concerns as lockdown restrictions are lessened and people begin interacting in our communities once again? (related to commuting; physical workspace; social interactions; shopping; education and child care; physical activities; sports and entertainment activities...anything!)

2) To feel safe, supported, connected, motivated, what do I need from....

Myself? What can I control?

My Family & Friends?

Others?	
3) a) What have I appreciated / would like more of in my life moving forward as a result of my experience with COVID-19?	
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b) In order to maintain these, what would I need from...	
Myself? What can I control?	
My Family & Friends?	
Others?	
4) a) What are some things that I want less of in my life going forward as a result of my experience with COVID-19?	
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b) In order to have less of these, what would I need from	
Myself? What can I control?	
My Family & Friends?	
Others?	
5) a) What are some relationships, activities, roles, beliefs, etc. that I have lost , or that have ended , as a result of COVID-19? For example, a generalized loss of a sense of safety; financial security; of a particular way of doing things; a project that has been cancelled; connections with loved ones; etc.	
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b) To allow me to accept that things have changed, what would I need from...	
Myself? What can I control?	
My Family & Friends?	

Others?	
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