

Toolkit 1 Post intervention

Learning Unit 10

Self evaluation: reconnect to yourself, keep in mind your resilience

3 – Connect to your external resilience

3. *Am I connected to my external resilience?*  **Yes**

If you answered “Yes”, please answer the following self-assessment

Activity 4



Self assessment

Note: Having a deep, solid, and lasting connection with your external network such as **family**, **peers** and **colleagues** has a great impact on your work and far-reaching benefits for your health. Supportive relationships reinforce personal **resilience** and coping strategies can help you to maintain balance and stability during an emergency crisis or uncertain situations.

If you answered “Yes”, please answer the follow check self-assessment lists to improve your strength and improve aspects regarding:

- relationships with your **family**
- relationships with **peers**
- relationships with your **colleagues**

If you have already filled in the following questionnaire before the intervention, you can compare the pre and post-test to observe the impact of the early psychological intervention you have just practiced and to insert some corrections, if necessary.



Activity 4.1

Self-assessment list about Family Relationships

1. On a rating scale of 0 to 10 (minimum zero maximum 10), how effective do you consider yourself in showing affection and appreciation to your family members?

0 1 2 3 4 5 6 7 8 9 10

- 1.b How do you express feelings, appreciation and commitment?

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2. On a scale of 0 to 10 (minimum zero maximum 10), how would you rate the time you spend with your family?

0 1 2 3 4 5 6 7 8 9 10

3. On a scale of 0 to 10 (minimum zero maximum 10), how would you rate your communication skills with your family?

0 1 2 3 4 5 6 7 8 9 10

4. What are the core values that define your family? Please describe 4 values which are relevant to you and your family:

- 1)
- 2)
- 3)
- 4)

References

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King, L. A., Mattimore, L. K., King, D. W., & Adams, G. A. (1995). Family support inventory for workers: A new measure of perceived social support from family members. *Journal of Organizational Behavior*, 16(3), 235-258.

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Activity 4.2

Self-assessment list about Peer Relationships

1. On a rating scale 0 to 10 (minimum zero maximum 10), how effective do you consider yourself in creating and maintaining positive and supportive relationships with peers?

0 1 2 3 4 5 6 7 8 9 10

2. How do you encourage constructive interactions with peers?

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3. On a scale of 0 to 10 (minimum zero maximum 10), how would you rate your listening skills with peers?

0 1 2 3 4 5 6 7 8 9 10

References

Anderson, G. S., Di Nota, P. M., Groll, D., & Carleton, R. N. (2020). Peer support and crisis-focused psychological interventions designed to mitigate post-traumatic stress injuries among public safety and frontline healthcare personnel: a systematic review. *International journal of environmental research and public health*, 17(20), 7645.

Gagne, C. A., Finch, W. L., Myrick, K. J., & Davis, L. M. (2018). Peer workers in the behavioral and integrated health workforce: opportunities and future directions. *American journal of preventive medicine*, 54(6), S258-S266.

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Activity 4.3

Self-assessment list about Colleague Relationships

1. On a rating scale of 0 to 10 (minimum zero maximum 10), how effective do you consider yourself in receiving and giving feedback to your colleagues?

0 1 2 3 4 5 6 7 8 9 10

2. What are the strengths and weaknesses of your work colleagues? Please describe

- a.
- b.
- c.
- d.

3. Which kind of activities do you perform in order to improve relations with colleagues? Please describe

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4. On a rating scale of 0 to 10 (minimum zero maximum 10), how effective do you consider yourself in receiving and giving feedback to your colleagues?

0 1 2 3 4 5 6 7 8 9 10

References

Hayton, J. C., Carnabuci, G., & Eisenberger, R. (2012). With a little help from my colleagues: A social embeddedness approach to perceived organizational support. *Journal of Organizational Behavior*, 33(2), 235-249.

Henderson, M., & Argyle, M. (1985). Social support by four categories of work colleagues: Relationships between activities, stress and satisfaction. *Journal of Organizational Behavior*, 6(3), 229-239.

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