

# Be Well



# TRAINING EXPERIENCE PASSPORT



## WELCOME TO YOUR **Be Well** TRAINING EXPERIENCE PASSPORT

*Brain health is a foundational component of human health and wellness. Just like breathing, we constantly feel and experience emotions. The world we live in and our experiences directly affect us and our families, work, organizations and communities. Despite all that we know about their importance, brain health and emotional wellness are often avoided, minimized or neglected altogether. Three years into the pandemic, global uncertainty, social injustice and our own unique lived experiences continue to impact our mental health wellness. Burnout levels are at an all-time high and, with five generations of employees in the workforce, a vast range of experiences and expectations arrive at work. As systems, we are no longer able to ignore the demand for emotionally intelligent leadership. When team members have the shared knowledge and language of brain health, it makes it much easier to support and care for each other and those we serve. Let's care for ourselves and each other.*

This Training Experience Passport is designed to help you as you go through the process of learning, experiencing and practicing emotionally intelligent leadership. We invite you to use it as a resource to track your thoughts and observations during the training experiences and more importantly between experiences to help foster continued growth and aid your learning process. We hope this is a reference that you come back to over and over again as you care for yourself, your people and our communities. Let's Be Well Together!

### CONNECT WITH US



**bewellcommunity.org**



**bewell@burrellcenter.com**



**burrellbewellcommunity**



**facebook.com/burrellcenter**

# RATE THE WEIGHT



## STEP 1: Pause.

*Gift yourself with a moment of pause. Set everything down and place your feet flat on the ground. Take a deep inhale and exhale. Settle into your brain and body.*



## STEP 2: Notice.

*Pay attention to what you are feeling and where you are feeling it in your body. Honor whatever it is that bubbles to the surface. Give yourself another moment to be still and listen.*



## STEP 3: Rate Your Weight.

*Use the Rate the Weight tool to place a number to how you are feeling in this very moment. Not five minutes ago, not five minutes from now. How are you in this very moment?*



## STEP 4: Be Curious.

*You are human and might have judgments about what you are feeling or how intense the feeling is right now. Stay curious. What is contributing your current rating? Your rating is important information about what you might need next.*



## STEP 5: Connect.

*Our brains survive best in healthy connection with others. If you find yourself rating at a "5," know that your brain deserves care and support. Connect with a person who you trust to be in this moment with you. Professional support is just a call or click away. The hotline numbers listed can connect you to the professional support you deserve.*



## BURRELL 24-HOUR CRISIS LINES

Call our toll-free  
24-hour telephone line for  
help with your immediate  
crisis situation.

**for Southwest Missouri**  
1-800-494-7355

**for Central Missouri**  
1-800-395-2132

**for Kansas City**  
1-888-273-8188

## ADDITIONAL SUPPORTS

**24/7 Crisis Text Line**  
text HOME to 741741

**National Suicide  
Prevention Lifeline**  
988

**The Trevor Project**  
1-866-488-7386  
text START to 678678

**The Warm Line**  
1-877-535-4357  
9am-9pm

## RESOURCES

**Be Well Community**  
bewellcommunity.org

**American Foundation  
for Suicide Prevention**  
afsp.org

**The JED Foundation**  
jedfoundation.org

**Mental Health America**  
www.mhanational.org/  
suicide-prevention

Some things I noticed during  
"Rate the Weight":

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## WHY "RATE MY WEIGHT?"

Taking a moment to ask  
ourselves how we are doing  
helps us tune in to our brain  
and body. When we are aware  
of our internal experience, we  
can better understand the  
next right step.



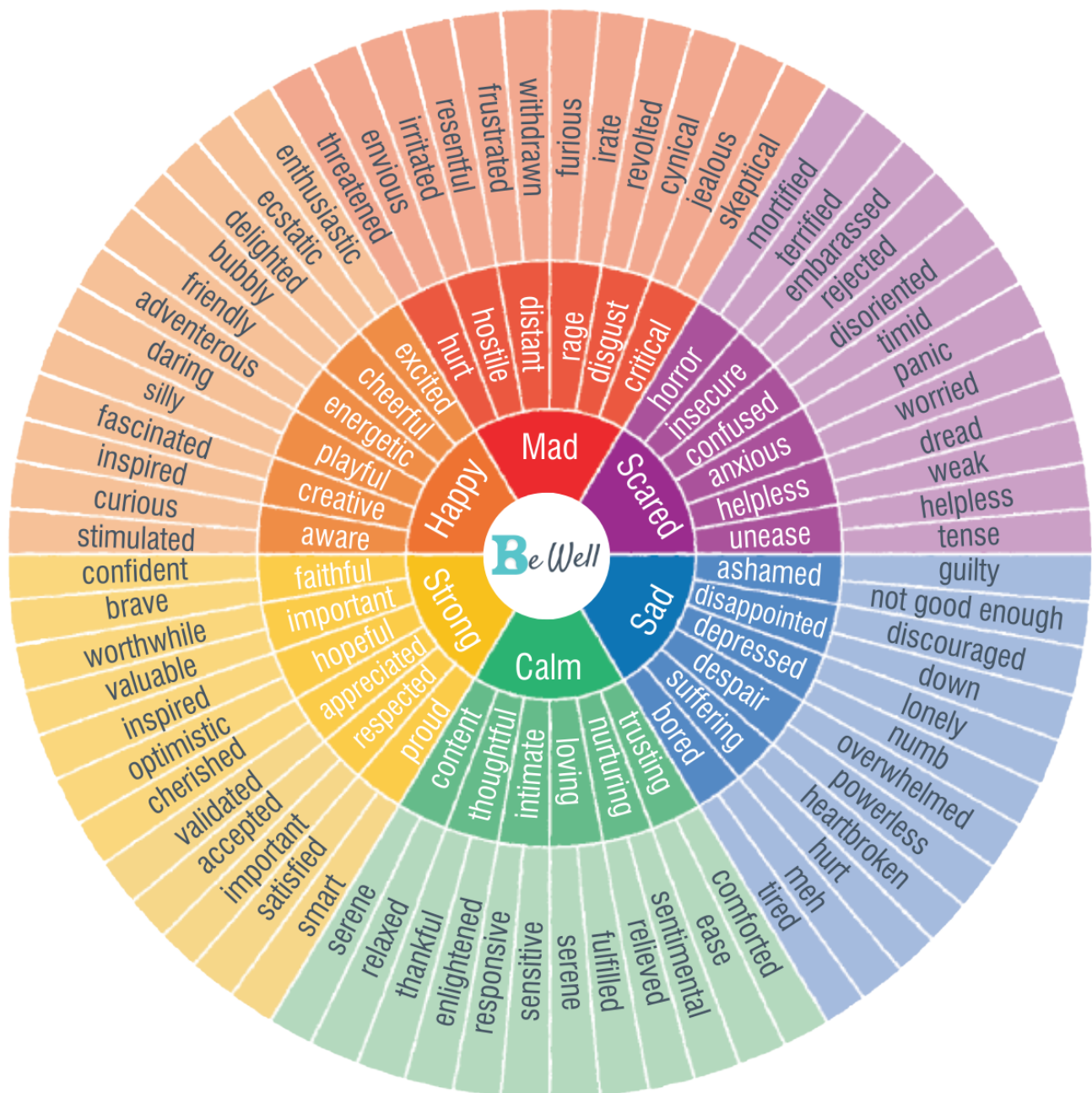
## Reminder

Practice "Rate the Weight"  
multiple times throughout your day!



# Be Well FEELINGS FINDER

After you rate your weight, add language to what you're feeling. Start in the inner circle to identify a feeling group, then build out to more specific emotion(s). Remember the YES/AND! You can feel grateful AND disappointed, you can feel hopeful AND like things are falling apart. Try to identify what you are feeling with as little judgment as possible.



# FEELINGS FINDER SELF-ASSESSMENT

Today I felt...

*Circle the feelings you experienced*

Content	Helpless	Playful
Thoughtful	Anxious	Creative
Intimate	Confused	Aware
Loving	Insecure	Faithful
Nurturing	Horror	Important
Trusting	Critical	Hopeful
Bored	Distant	Appreciated
Suffering	Rage	Respected
Despair	Hostile	Proud
Depressed	Hurt	
Disappointed	Excited	
Ashamed	Cheerful	
Unease	Energetic	





# TRAINING EXPERIENCE 1:

## OVERVIEW & SELF-ASSESSMENT

*Use this space to reflect on these questions during and after the experience.*

What are your beliefs, reactions and/or judgments about emotions and emotional expression?

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What are your judgments or reactions to caring for brain health at work?

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# TRAINING EXPERIENCE 1:

## OVERVIEW & SELF-ASSESSMENT

*Use this space to reflect on these questions during and after the experience.*

What would be helpful to for you as a leader in caring for emotions at work?

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How are you? How do you know when you are stretched to the max?  
What works for you?

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# Be Well

## PADLET TUTORIAL

*Padlet is an online bulletin board where users can post text, images, videos, files, and links.*

Be Well is utilizing Padlet to provide connection and collaboration between training sessions.

**SCAN THE CODE**



THERE IS NO NEED TO CREATE AN ACCOUNT.

YOU MAY CLICK ON ANY ITEM TO ADD A COMMENT, IMAGE, OR LINK.

YOUR COMMENT WILL APPEAR AS "ANONYMOUS" IF YOU DO NOT HAVE AN ACCOUNT. PLEASE FEEL FREE TO SIGN YOUR NAME AT THE BOTTOM OF YOUR COMMENT IF YOU WOULD LIKE.

## Questions for Next Session



*Use this space to keep track of questions and thoughts you have in between this session and next session:*

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**CALL US  
ANYTIME  
YOU NEED  
TO TALK**

### **LEARN MORE**

[burrellcenter.com](http://burrellcenter.com)

### **MAKE AN APPOINTMENT OR ASK A QUESTION**

417-761-5000

### **NATIONAL SUICIDE PREVENTION LIFELINE**

988