

**Reflective Practice Tool for Moral Distress
Self-Care Action Plan - Part 1**

Part 1: Self Check-In

What are my symptoms?	
What does that indicate that I am feeling?	
Why do I feel this way?	
What am I feeling this way about?	

Part 2 – Reflect on External Factors

a) What knowledge and experience did they bring to the issue or interaction? (If other persons are involved)	
b) What was the emotional ‘flavour’ of other’s contribution to the issue or interaction?	
c) What feeling might others have brought into the issue or interaction? Did those change over time, and why?	
d) Were any assumptions brought into the issue or interaction which impacted on the outcome?	
e) What actions or behaviours were present around the issue or interaction?	
f) Is any information missing? Can I seek to clarify or understand more?	

Part 3 – Reflect on Myself: Consider past professional and personal experiences.

a) What knowledge and experience did I bring to the issue or interaction?	
b) What was the emotional ‘flavour’ of my contribution to the issue or interaction?	
c) Did I bring particular feelings into the issue or interaction? How do I understand those feelings then and now?	
d) Did I bring any assumptions into the issue or interaction while impacted on the outcome?	
e) What actions or behaviours did I contribute to the issue or interaction?	
f) Would I do anything differently? Can I act on that?	

Part 4 - Exercise your Agency & Autonomy: What can I do next?

Are there any opportunities for influencing the outcome?	
What steps would I take to test out opportunities for action?	
Would acting on the opportunities help me to feel differently?	
Activate Phase 2 of your Self-Care Action Plan	

Date: