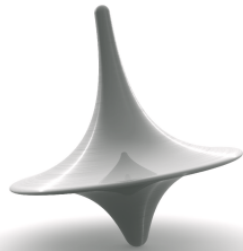


# RESILIENCE, BALANCE & MEANING

Supporting our lives and our work in  
high stress, trauma-exposed workplaces



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*by Dr. Pat Fisher*

If you work in a high stress and trauma-exposed field, this guide is for you. It is designed as a practical, realistic and effective approach to help you build a more resilient, balanced and meaningful life. Includes:

- Self-care in Your Workplace Questionnaire
- Self-Care in Your Personal Life Questionnaire

Complete questionnaire and the corresponding graphs.

Reflect on the results and what they mean to you.

Weblink and Source for full details/videos:

[Resilience Balance and Meaning \(tendtoolkit.com\)](https://tendtoolkit.com)