

River Timeline Instructions

Please follow these instructions only if you have completed podcast 1, 2 and 3 and are reviewing your progress.

Think about a day at work

Plot on the timeline events throughout the day, starting as you wake up.

Plot down your travel to work.

Plot down any breaks you would have throughout the day.

Think about specific activities related to your job role.

Finish the timeline when you would expect to arrive home.

Now, thinking about these activities you have plotted on the timeline, think about which of these activities drain your battery the most.

Think about your own triggers and which activities put you in your red of amber zone.

Plot on the timeline when you would expect to experience fatigue.

If you recognise that you are within your red zone by the time you would return home, or even before, you are at risk of 'burn out'.

Cross section instructions

Please follow these instructions only if you have completed podcast 1, 2 and 3 and are reviewing your progress.

Plot down within the environment section of the resource anything you believe is relevant or may impact on your return to work.

Consider these aspects within the environment section:

- | | |
|--------------------------------|------------------------------|
| Culture of your own work place | Interactions |
| Stressful/Supportive | Management |
| Environment | Employees |
| Equipment used | Public Facing |
| Time spent | Online |
| Days worked | Telephone |
| Breaks | Face to Face |
| | Changes in the role/business |
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Now think about the challenges and obstacles you may have to face returning to work.

Draw these as a rock within the riverbed.

Remembering to draw the rocks as big or small as the challenge represents.

Consider these factors when drawing the rocks:

- | | |
|---------------|--------------------|
| Cognition | Communication |
| Thinking | Verbal |
| Memory | Non verbal |
| Concentration | |
| Planning | Personality |
| | Differences? |
| Physical | Emotional |
| Mobility | Anxiety |
| Fine Motor | Loss in confidence |
| Gross Motor | Regulation |
| Power | Frustration |
| Strength | |
| | Fatigue |

Now, you've thought about your challenges you need to consider other factors within your life that may impact you on a typical day. This will be represented as the driftwood within the riverbed.

Remembering to draw the driftwood as big or small as the influence represents.

Consider these factors when drawing the driftwood:

- | | |
|--------------|--------------------|
| Finances | Peer pressure |
| Timing | Acceptance |
| Motivation | Travel |
| Beliefs | Other roles |
| Values | Leisure activities |
| Expectations | |
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The space left open within the riverbed is the area in which you have opportunities to perform your job successfully and safely. Within the analogy- this is where your river may flow.