



## Guided Reflection GR1

### First steps

- \* This Guided Reflection is best done at the end of each day, or at most after a couple of days. Each day volunteering often feels like a week so the more often you can do this the better.
- \* As you get into the habit of reflecting it will become more natural and you will discover what works best for you. Much like learning to drive a car, what first seemed a bit complicated quickly becomes second nature and you might then want to develop and adapt these ideas.
- \* Find a comfortable spot where you won't be disturbed. Make a cuppa, turn your phone on silent. If you are anxious about using your time well, switch on an alarm to give you 15 minutes (or longer) to concentrate without having to check the time.
- \* There is space under each question for you to write your thoughts, but you might find it more helpful to keep a journal so you can record your thoughts and see how they develop over time. Recording experiences helps us to engage more deeply with the raw experience and brings to light things that would otherwise remain hidden. Whether you write words or draw pictures, you might find it valuable to look back on your reflections one day, (one day when this madness is all over, hey!) If you prefer to talk, you could record a voice memo of your reflections. Or you can just think. That's OK too!
- \* If doing this reflection raises things you need to process more deeply with someone, please contact the Solidarity and Support Network for a Peer Buddy or book a 24 hour debrief.

So... are you comfortable? Then let's begin...

### Reflection

#### 1. What was your day like?

Think through the whole day from beginning to end. What memories and emotions spring to mind when you recall the day: stepping out of your front door; arriving; talking with people - residents and volunteers; sounds, smells, sights that caught your attention; preparing to leave and traveling home; stepping back through your front door ...

## 2. What has disturbed you?

Looking at your account of the day think about what troubled you. Were there things that you saw and heard around you that surprised or shocked you? Were there things about yourself that you found disturbing - for example feeling inadequate or out-of-place? It is OK to feel disturbed. Taking ownership of our sense of disturbance can begin to open up new insights about ourselves, others and the wider situation. What are you learning from this sense of disturbance? How is it interrupting and challenging your everyday life? What questions are being raised for you? Rather than suppressing this sense of disturbance, what steps can you take to help you live well with it and learn from it?

## 3. What gifts are you receiving?

Many feel that through their volunteering they receive more than they give. What were the gifts for you in these experiences? What do they teach you about yourself? How are you receiving these gifts? What responses are they calling from you?

## 4. What questions are arising?

These experiences can cause us to see things differently. They can even call into question things we thought we knew or took for granted. What questions are arising for you? Can you write these questions down so they become clearer? Questions can be fertile ground for fresh learning. How can you hold these questions so that they shape your own journey?