



Inner resource map

This resource draws on WorkUP Queensland's [Self-Care planning resource](#) (2020) and has been adapted to align with our context and intended use.

What is an inner resource map?

An inner resource map is a visual representation of the resources – psychological assets, capabilities, characteristics – that you hold. Inner resource mapping is a helpful exercise to support you in responding to periods of stress, change or trauma.

Throughout the session, we invite you to reflect on and identify the tools, values and connections that help you in challenging moments. Be intentional in creating your inner resource map that responds to your needs.

We hope by completing this, you use it to help you maintain your wellbeing and prevent burnout.

Creating your own inner resource map

Step 1: Find what motivates you

Think about your core motivation or reason you're working in this role or industry. What drew you into this role or industry? Who are you doing this for? What keeps you going?

E.g. When I am feeling good, I sleep well and I maintain a routine that I enjoy. When I am not feeling good, I sleep poorly, and I avoid the things I usually love doing.

Create a list of what you will do when you are not feeling good.

Step 2: Identify your safety network

Who are the people you can rely on for help? Reflect on the times where life has been hard, who were the people who stood by you or helped you? They can be family members, friends, colleagues, acquaintances, etc.

E.g. When I start to talk negatively about myself, I will pause and take a short break. I will do some breathing exercises to calm myself down, go for a short walk, or call a friend for a chat.

Step 5: List your self-care strategies

What are some tools, ways and safe spaces that help you navigate stress, change or trauma? Think of strategies that will help your body, mind and behaviours.

E.g. Go for a walk, reading a book or confiding with a trusted person outside of work.

Step 3: List your support services

Add any support services or numbers that you think are helpful to you during periods of stress, change or trauma. It might be the number of your Employee Assistance Program or your clinical supervisor.

Step 6: Make a routine or plan

Make a routine or plan on how you will approach stress, change and trauma.

E.g. When I am experiencing stress, after work I will silence my phone and go for a 30-minute walk to clear my mind and reduce stress.

Step 4: Identify your indicators/signals of when things are not going well

What do you notice about your body, mind and behaviours in times when:

- You are feeling good?
- You are not feeling good?

What changes do you notice during these times? How does your body feel and move? What do you do?



Inner resource map template

WHAT KEEPS YOU MOTIVATED

SAFETY NETWORK

SUPPORT SERVICES

1800 RESPECT – Call 1800 737 732, text 0458 737 732 or visit 1800respect.org.au for online chat and video call services

Lifeline – Call 13 11 14, text 0477 131 114 or visit lifeline.org.au for their online chat service.

IDENTIFY YOUR INDICATORS/SIGNALS

SELF-CARE STRATEGIES

MAKE A ROUTINE OR PLAN

When I am experiencing stress, I will...

When I am experiencing uncomfortable change, I will...

When I am experiencing trauma, I will...

About ANROWS

Australia's National Research Organisation for Women's Safety (ANROWS) was established by the Commonwealth, state and territory governments under Australia's first National Plan to Reduce Violence against Women and their Children (2010–2022). As an ongoing partner to the National Plan, ANROWS continues to build, strengthen and translate the evidence base that informs the current National Plan to End Violence against Women and Children (2022–2032).

ANROWS delivers targeted evidence to inform practice, policy, and systems reform. We engage closely with victim-survivors, communities, service providers, governments and researchers to ensure our work reflects lived experience and supports collective action.

ANROWS is a not-for-profit company jointly funded by the Commonwealth and all state and territory governments. We are a registered harm prevention charity and deductible gift recipient, governed by the Australian Charities and Not-for-profits Commission (ACNC).

Reference

WorkUP Queensland (2020). Blog #2 – Self-care planning. WorkUP Queensland. <https://workupqld.org.au/blog-2-self-care-planning/>

