

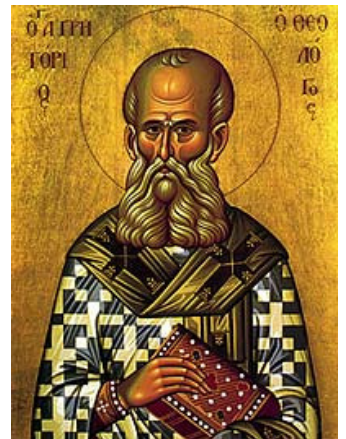
# STAFF PERSONAL REFLECTION JOURNAL

## Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

## Q# 1

Recall a time in your own life when you faced 'radical instability'? Describe your experience and feelings.

[illegible]

“May we never risk the life  
of our souls by being  
resentful or by bearing  
grudges.”

St. Gregory of Nyssa

Q# 2

Was there anyone there for you during this time? What was it like to feel supported or to experience a lack of support?

[illegible]

## Going Deeper

How have the experiences of depression or anxiety touched your own life either through personal experience or that of those you teach or in your family?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

*This week keep an eye out for any student that looks weary, down or excluded. Make a special effort to reach out that those students who really seem to be finding life hard.*



St. Bruno