Processing the Pandemic: Channeling Bill Murray

**Part 1.** Summarize your pandemic life. Jot down a list of ways you have been spending your time in the past year and a half. What activities/verbs make up your time? This can include work and non-work since much of this has blurred.

**Part 2.** What are 3-4 significant milestones from the past year and a half? For example, moments when you experienced transition, such as returning to campus.

**Part 3.** Combine your list of daily activities and significant milestones into one.

**Part 4.** Organize your list according to how you feel about a particular experience or activity. You could rank order, place on a spectrum, whatever makes sense to you. The goal is to determine which items you feel positively about and which items you feel negatively about.
Turn to a partner...

**Part 5.** With your organized list, turn to a partner and describe your list. Explain the choices you made in ranking your list.

**Part 6.** Next, ask the following questions of each other:
- What is working well, and why?
- What needs changing and how can that happen?
- What is something you’ve learned?
- Based on your experiences, what is something you would like to learn, or to continue learning?

**Part 7.** Where do we go from here? Considering ongoing uncertainty and level of control, how will you keep what is working well? What needs changing that you might be able to leave behind? What do you want to consider next as you consider your hopes for the future? Discuss with your partner and fill in the table.

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<tr>
<th>Things to Keep</th>
<th>Things to Leave Behind</th>
<th>Hopes for the Future</th>
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**Part 8.** Summarize with your partner has shared with you so far, touching on each of the pieces discussed. What is working well for your partner, what are they learning, and where do they go from here?
- Based on your summary, provide your own insight for what questions you would encourage your partner to continue to consider as they move forward.
- After both of you have shared, look at everything you have gathered and write down 2 action steps you plan to take.

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<th>Action step 1:</th>
<th>Action step 2:</th>
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Appreciative Reflection Key Points

Appreciative Reflection:
• Is a personal and professional development tool to help us to both look back and move forward
• Requires observation and noticing
• Uses feedback to reframe a situation in a way that conveys a sense of liberation/ability to move forward
• Leads us to discover and focus on potential improvements to problems, and to view challenges as exciting opportunities
• Acknowledges that reflection does not need to be critical all the time
• Requires recognizing our own gifts and the talents of others
• Actively affirms and values our worth and that of others
• Helps us take inspired action toward a better future
• Does not dismiss, minimize, or ignore real social challenges

Appreciative reflection appreciates the best of what is.

Questions you can use to guide your reflection: (Ghaye & Lillyman, 2010):
1. What's currently working well and why?
2. What needs changing and how?
3. What are you/we learning and so what do we need to do next?
4. Where do you/we go from here and what are the implications for improving your/our future clinical and managerial action and organizational culture/s?

Selective references