

The Meaning Map: A Takeaway Tool

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Daily Practices to Cultivate Vicarious Resilience

Meaning Check

End of day: "What mattered today? Whose resilience did I witness? What did it activate in me?"

Noticing Practice

Record one moment of client strength each day — in a notebook, in supervision, or in a team check-in

Micro-Pause

One breath before sessions: "Connect, don't carry." Arrival as a relational, intentional act

Gratitude for Work

Acknowledge one way a client shaped you today. Name it, share it in supervision or with a mentor

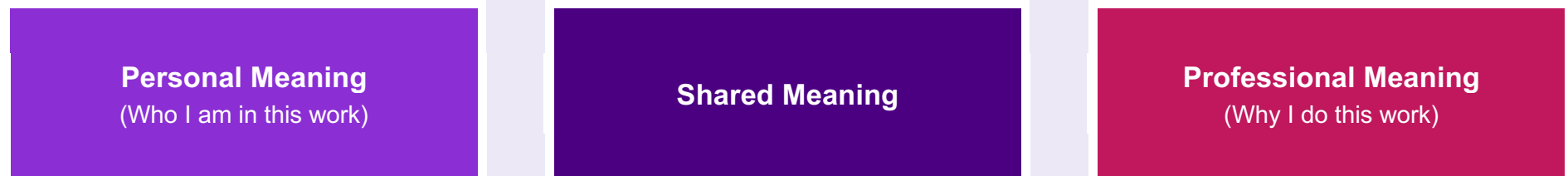
Supervision Prompt

Bring a VR moment to your next supervision: "What did this client's resilience activate? What power dynamics were present?"

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Where does meaning live in your work? Use this in supervision, mentorship, and team reflection.



Vicarious resilience lives where personal and professional meaning meet — held within a shared relational context.

The Meaning Map – Reflective Prompts

Choose one prompt. Let it open space rather than drive toward answers.

In Supervision: Explore personal and professional meaning week to week

“Where did meaning show up for you this week?”

“What are you carrying right now that we haven’t named yet?”

In Mentorship: Trace meaning across career stages and reflect on the resilience lineage

“What keeps drawing you back to this work?”

“Who shaped how you find meaning in this work? Who are you shaping now?”

In Teams & Communities of Practice: Name shared meaning from clinical work and build collective resilience

“What did we witness together this week that reminded us why we are here?”

“What would it look like to build meaning-making into our team rhythms, not just our crises?”