

# You supporting You



Your Sentence

Your story

Your week



It is our great pleasure here at Davaar to provide this resource You supporting you. Your sentence, your story, your week. A reflective writing process.

Creating this resource grew out of the Covid-19 pandemic that has had such a significant impact on our world and peoples of the world. What began as a social media exercise has developed into a six week daily reflection process. The aim of this reflective process is to assist you, the writer, to connect and reconnect with your strengths, dreams and purposes in life. We have included the mediums of pictures, music, stories and art to stimulate the creative genius in us all. For each day of the week, I have provided an incomplete sentence to stimulate your ideas to complete each sentence in your own words.

You can use the process anyway you wish. For example, it is not necessary to start at section one, you might be more inspired by books rather than pictures thus you might be drawn to begin at section five. We also envisage that when you complete all six sections (weeks) you may want to revisit one or all sections for another six weeks as other ideas for music, books, art or people who have inspired you emerge in you and gently tap on your shoulder and whisper, write about me now please.

A big thank you to Debb Quinn at Davaar who has provided the images for this writing process. The images have inspired me to be creative with my words and the development of this resource.

Feel free to share this writing process with friends, colleagues and family. We would be delighted if the process keeps getting played forward.

*My heart to your heart  
Dr Wendy H McIntosh  
Davaar Consultancy*

# Week 1 Section One

The power of picture to move us





# Your sentence, your story, your week

What follows is a series of photos - each has an incomplete sentence, and our invite to you is to complete the sentence in words that have meaning for you stimulated by the picture. This is a week project - so one picture and one incomplete sentence, for you to complete, each day for seven days.

When you have completed all seven days, bring all your sentences and stories together at the end of page 3. Reread what you have written and then add further content to complete Your sentence, Your story, Your week.



As I gaze into the wonders of Mother  
Earth ...

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So I sit down, I breath slowly, I remember ...

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I watch the gentle ripples and reflected  
back to me ...

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And then I hear a whispering in the movement of the  
flowers and a soothing reminder that ...

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As I stand up to leave the stillness of this  
place, Mother Earth reaches out and  
touches me and I experience ...

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I turn to take the next step in my life's journey  
And Mother Earth whispers to me ...

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I leave this place that has offered so much over  
this week and with each step forward I  
resolve ...

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Using the space below bring all of your sentences together. This is your story of your week. Reread all that you have written, check in with yourself, is there anything else you want to add. Then write it in.

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### One last step for this weeks section

Complete the following sentences:

The most significant learning for me during this process has been ...

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My next step is ...

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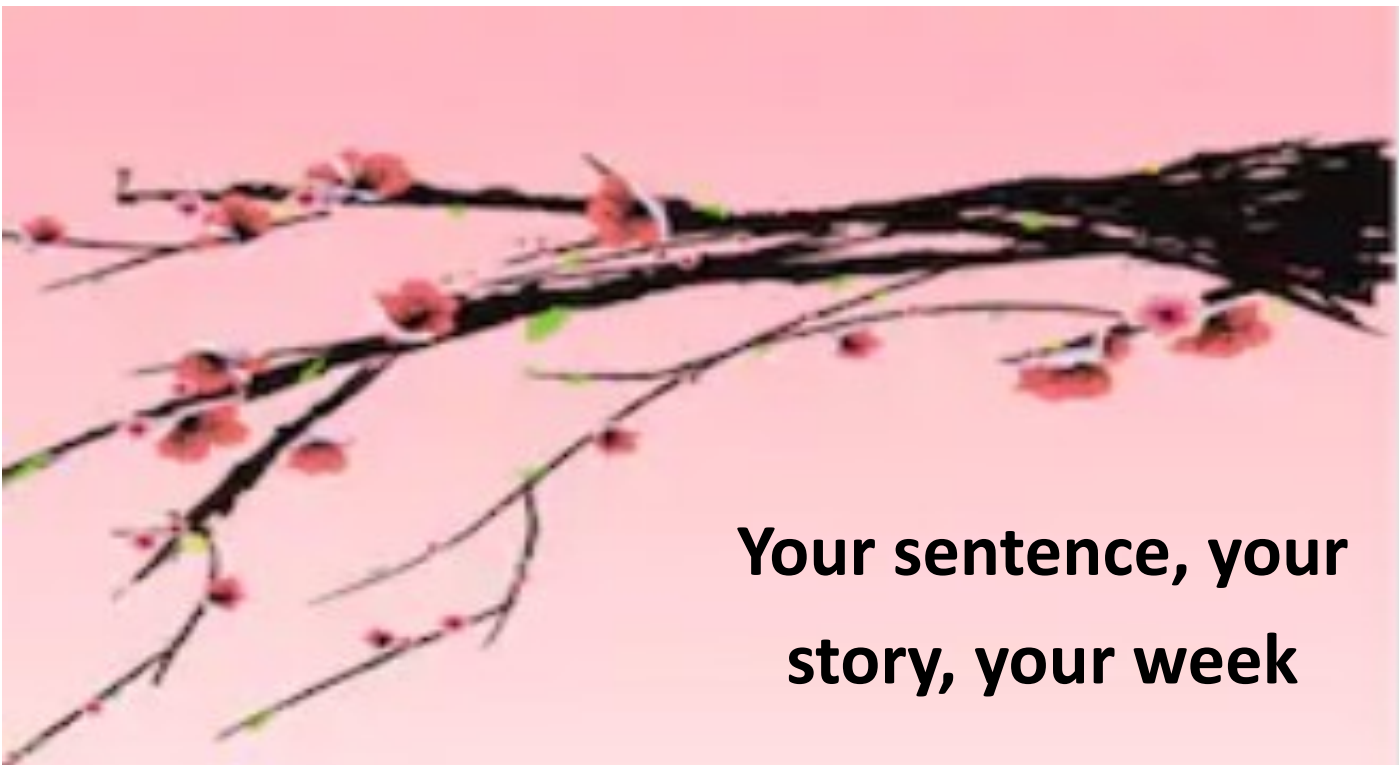
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## Week 2 Section Two

Music is good for the soul  
and wellbeing





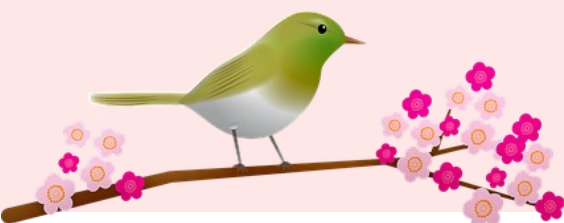
## **Your sentence, your story, your week**

This week's section of Looking after self, will focus on the power of music and more importantly how you experience music in your life. To get you started, I have included a couple of links to music that resonate with me. Beside each link I provide a few sentences explaining the power of that music for me.

For the remaining five days I have included some words and I invite you to choose music or a song that resonates for you from those words.

Enjoy the time each day that you spend with music that fills your soul and attends to your well being.

So turn over the page and let your journey begin.....





# Music is good for the soul and your well-being



Imagine  
sung by Emeli  
Sande

I imagine that we can create a different world for ourselves. Starting with changes for myself and then my family and friends...reaching further and further out to the connections I have in the world. We are one tribe.

Now add your own words about how the song resonates with you.....

<https://youtu.be/ITjqxQVkz8c>

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11.59  
Michael Franti &  
Spearhead

I first heard this song at a music festival and I experienced the power of Michael Franti to connect with his audience. This song wakes me up to appreciating every moment I live and to learn how to live in the moment. For me this song is a call to arms - to connect and work towards creating a different world for the young people who come behind me.

<https://youtu.be/YLUsgE5xM-M>

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My  
choice



This music / song is my "go to" when I am feeling stressed and want to relax. This one works for me because....

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My  
choice



This music / song transports me to one of my favourite places that I have stayed, visited. When I experience this music/song I .....

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My  
choice



I get very creative when this music / song plays.  
The creativity that is stimulated for me is .....

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My  
choice



I imagine that I sit here with a grandchild yet to  
be born, my message to them about this song /  
music is .....

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This music / song allows me to appreciate in me .....

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Now that you have seven days of music that has meaning for you, bring all the sentences together to create your story for the week in the space below.

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Reread what you have written above, then complete the following sentence:

I can appreciate that music feeds my soul and my wellbeing through.....

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# Week 3 Section Three

## People who inspire



# Your sentence, your story, your week

Welcome to Section 3 Week Three of this special resource from us here at Davaar. This week the focus is on individuals who have inspired, motivated, comforted and challenged us on our life journey. Individuals on whose strength, words of wisdom or acts of courage and kindness we can draw on at these and other times. The individuals may be people from our lives such as our family members, friends, colleagues. They may be characterised from history, art, literature. They may be writers, poets, politicians, astronauts. They are the individuals with whom you have felt a connection. Individuals whom have moved you to push yourself further or, to push yourself less.

Once highlighted and acknowledged through the process we use this week, you will find that you can “call” on these individuals at different times. Call them from within You - to be with you as a wise guide.

This week’s process is similar to our music week. I will introduce you to an individual and a pet who have inspired & comforted me during my life’s journey.

Beside each photo or video link of the person I say a little about my response to them. The next five days I give you a sentence to work with and for you to identify the person / pet that most suits that space for you. I am also aware that individuals can experience support, comfort, laughter and motivation from their pets. It is important, therefore, to include them in this week’s reflections if you wish.



# Those who inspire and comfort me

## Day One



**Astronaut Chris Hadfield.** My first introduction to Chris was reading his book *An astronaut's guide to life on earth. What going to space taught me about ingenuity, determination and being prepared for anything.*

I read this book at a time when I recognised that I needed to do more to support myself, to give more to myself. I admired Chris's long term planning, his resilience developed from knockbacks he received in his journey to be an astronaut. I learnt much about determination and

Ingenuity.

Which individual or individuals have helped you prepare for anything and what was it they did or said that assisted you?

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## Day Two



Bracken - she was one of the most gentlest dogs I have ever met. She had an “old and wise soul”. Each time I sat with her I was calmed. She would nudge my hand whenever I would stop patting her, reminding me of her wants. Even now when I look at her picture and remember times we had together I am sad that she is no longer alive. Yet I only have to remember and there she is sitting beside me nudging

Who do you feel calmed by - what do they do or so that enables your body and mind to settle?

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## Day Three



When I hear the phrase Acts of Kindness, the person I think of is

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This persons kindness to me was/is

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When I think about my relationship with

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What I value most in what they taught me is

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### Day Five



I imagine sitting with

at my most favourite concert. As I sit here with this  
person I experience

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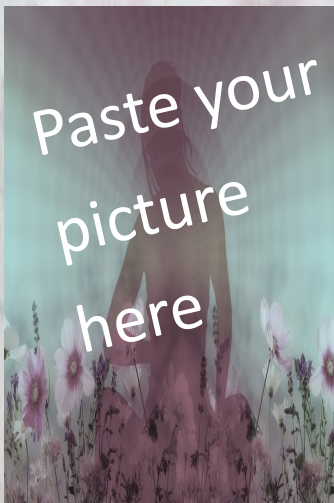
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### Day Six



I am most challenged by

because

My learning from being challenged in this way is

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## Day Seven



I appreciate the wisdom that

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has given me. One question I would like to ask them

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I imagine their reply to me to be

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In the space below bring all your sentences from the seven days together to create your story for this week. Reread what you have written and then add a few sentences at the end of this week's story that acknowledges the strengths you have developed from the people you have named this week .

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## Week 4 Section Four

The way in which words  
of art inspire, excite and  
deepen my reflections



## Your sentence, your story, your week

Works of art are as old as humans—consider the oldest known (at this point) cave painting in the Maltravieso Spain 64,000 years ago,



OR

the oldest rock painting in Arnhem Land Australia 28,000 years old.

Throughout the history of humankind there have been many different periods of art movements.



For example, Impressionism, Surrealism, Cubism and Constructivism. Whatever the 'ism', individuals have found ways to express their inner world on a canvas. The viewer receives the art work in the different ways that they experience the world.

The seven days this week invite you to consider works of art that have inspired you, moved you, excited you, deepened your reflective self. I will start by giving an example for Day one and Day Two—the rest of the week is up to you. For the remaining five days, I will provide some words, you identify the work of art that most relates with the words for you.



## Day One



I cannot recall what age I was when I first saw this cave painting. Maybe six years of age. The painting is in a cave on the Island of Davaar in Kintyre (yes, the very same Davaar that our company is named for). It was precision walking to the island from the mainland, perfectly timed for the tides. Then a reasonable walk to the cave across pebbly ground. The cave was (still is) dark and so dad had a torch that he shone on the painting. The painting is Jesus on the cross.

The ambience, the build up and the excitement of the young Me seeing this painting has stuck with me through my decades. My first taste of a real painting set me on the journey of enjoying works of art, be that in the pages of books, in art galleries, in museums and, yes, on the human body.

What was the first piece of art that stimulated in you the power of art? What is the power of art for you?

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## Day Two



I was coming to the end of a fabulous four week holiday in Italy. I had seen so many iconic works of art—the Sistine Chapel, Michelangelo's 'David', the list goes on and on. To view Michelangelo's 'The Last Supper', we had to book our tickets months in advance. I stood in a queue SLOWLY moving closer towards the picture.

I am not sure what I was expecting; I had seen the picture so many times on TV and in art books. It was protected behind a clear screen, the colours were faded and I cried

and cried for some time.

I have no recollection of what the guide was saying to us about the painting, I was so deep in my own emotional response. I still have no idea why I was so affected by the painting, perhaps the reason will never be clear to me. It was, however, the deepest emotional response I have experienced with a painting.

Which painting have you been most deeply affected by and why?

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### Day Three



This artwork created in me a wish to

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### Day Four



When I think about the artist who created this piece I

Imagine she/he is teaching me

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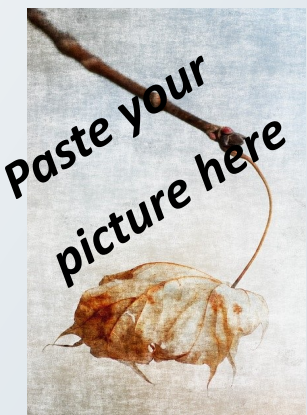
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### Day Five



This piece by

informs me

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## Day Six



Every time I see this piece my body wants to

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because

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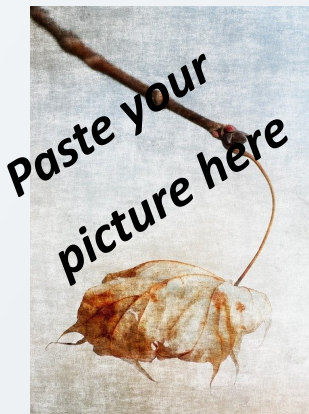
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## Day Seven



When I consider the children of the future I want them to

learn

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from this piece of art.

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## Reflection from the week

Write all seven day's sentences in the space below:

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Read what you have written and then complete the following sentence:

As I reflect on the impact that art has had on my life I am grateful that

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# Week 5 Section Five

## Books that influence me





## Your sentence, your story, your week

Week Five of our You Supporting You process has a focus on books, be that poetry, art, murder mystery, fantasy, business, academic or plays. I have loved reading from an early age. I was one of those kids who would read with a torch under the bed covers when I went to bed “to sleep”.

There is an excitement for me whenever I read a new book. I wonder what is in here? Where will I be transported to? What new ideas will I have? What new places can I become alive too? I still love the feel, the smell the experience of real books. I can read eBooks, however, they do not hold the same visceral experience for me. Somehow the turning of the pages is not so exciting.

Enjoy this weeks focus, I envisage you being transported to the many varied places that books have taken you since your first book.

### Day One



The book

was a joy to read because

### Day Two



The first book that left a strong impression

On me was

because

### Day Three



Whenever I read or remember the book

I am immediately transported to



### Day Four



I imagine the author

sitting with me and the inspiration I learn  
from him / her is

### Day Five



One of my biggest lessons in life was from the  
book

the lesson was

### Day Six



My favourite quote from a book is

because



## Day Seven



Whenever I open the pages of a new book I  
experience

## Reflection from the week

Bring all of your sentences from the last seven days together here on this page. As you transport the sentences allow each book you have chosen to become alive in you and in your experiencing again.

## Continue Reflecting

Once you have all seven sentences and you have reread what you have written, respond to the following comment in the space below:

*“The more that you read, the more things you will know.  
The more that you learn, the more places you’ll go.” – Dr. Seuss*

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# Week 6 Section Six

What I have learnt  
during Covid-19





## Your sentence, your story, your week

**Covid-19** has been a world changing experience, at least for the number of weeks when countries around the world went into "shut down" in an attempt to control the spread of the pandemic and to save lives as much as possible.

The experience has meant a broad range of things to every individual. Each of us, in the uniqueness that is 'us', will have experienced our own creative ways of journeying through the reality of **Covid-19**. The next few pages invite you to reflect on that experience, using a number of incomplete sentences for you to finish, as a means of documenting your story during this time.



### Day One



When I became aware of the reality of **Covid-19**  
on myself, my family, my community I  
experienced

and I thought

### Day Two



During this time I have been surprised by my

and this has taught me

### Day Three



has been a new skill that I have learnt during this  
time and I have

to my daily / weekly / monthly life

## Day Four



One thing that has amazed me about the human spirit during this time has been

because

## Day Five



If I were to write a letter to myself as a 12 year old about this time I would say

## Day Six



My message to the leaders of the world from this experience is

## Day Seven



As I stand beside myself in solidarity for all I  
have experienced at this time I acknowledge

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# Reflection from the week

In the space below, bring together all the seven sentences of the week.

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Reread all six weeks of writing that you have completed in this process  
You supporting You and using the space below respond to the following  
two questions:

The most significant learning for me has been

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My next step is

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# About the author

**Dr. Wendy McIntosh PhD** RGN, RMHN, Grad.Dip MH, MN, Cert IV Workplace Assessment & Training, Group Leadership Cert, MRCNA, MANZCMHN, AANZPA.

Wendy has over 30 years as a health professional (clinical, education and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include: professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness and workplace bullying. Wendy has over 20 years as a psychodrama trainee – a life long learning. She is committed to using experiential learning in the work she does with individuals and groups.

Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge and creativity as a presenter and facilitator.



## Feedback from participants about Wendy's style of facilitation:

*"Wendy was such an incredible host / teacher and she held space so beautifully that everyone felt safe"*

***Captains Starlight Professional Boundaries Workshop 2019***

*"Everyone needs a pocket Wendy! The compassion, understanding, knowledge and tenderness is exactly what I need in my practice"*

***Georgina Lewis, Professional Boundaries Workshop 2019***

Since 2005, Wendy has been developing her knowledge and interest in the area of professional boundaries. Wendy delivers workshops on boundaries in Australia and the United Kingdom on a regular basis. She is continually integrating learning and insights she gains from the work she does in professional boundaries. Wendy has developed internet training tools and education packages for individuals / organisations and delivers webinars for organisations.



With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.

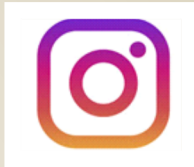
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[debb@davaar.com.au](mailto:debb@davaar.com.au)

# youtube

Mental Health Week Presentation Gatton

[https://www.youtube.com/watch?v=D4FtQIWd\\_8g&t=10s](https://www.youtube.com/watch?v=D4FtQIWd_8g&t=10s)

Ethics

<https://www.youtube.com/watch?v=6MnYkvSIO8I>

Professional Boundaries

<https://www.youtube.com/watch?v=cxqABcAJdKE>

BPD

[https://www.youtube.com/watch?v=1sSP\\_xQkDbw](https://www.youtube.com/watch?v=1sSP_xQkDbw)

Mental Illness

<https://www.youtube.com/watch?v=oY96k9GB88c>

# Podcasts

? Professional Boundaries Podcast

## New Podcast – Available Now

### Professional Boundaries: Your safety, your well-being

There are 6 episodes planned in this first season of the **Professional Boundaries Podcast** (listen to episodes by clicking the image or link) and we hope you'll be back to enjoy and learn from each of them.

Dr. Wendy McIntosh welcomes both your interest and curiosity. Send Wendy questions at [wendy@davaar.com.au](mailto:wendy@davaar.com.au)

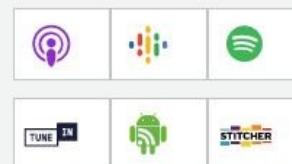


In this podcast series, Dr. Wendy McIntosh PhD shares insights and strategies about developing and maintaining professional boundaries. Professional Boundaries are not limited to the clinical or therapeutic arena. If you are in a professional role – a teacher, support worker, police officer, a prison officer, council worker, hairdresser. If you are a volunteer or belong to a

theatre group, a choir, a sports club, there will be something in this podcast for you and the relationships you have with others. Setting boundaries in our life is necessary for our emotional, psychological, spiritual and physical well being. Setting boundaries is about our safety.



Subscribe to The Professional Boundaries Podcast



## Upcoming Workshops

There are no upcoming events.

[View Calendar →](#)

Feedback from participants

# Contact Us

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