

# Prosecutor Well-Being Workbook

---

Produced by the Institute for Innovation in Prosecution



## About the Institute for Innovation in Prosecution

The Institute for Innovation in Prosecution at John Jay College of Criminal Justice (IIP) provides a collaborative national platform that brings together prosecutors, policy experts, and the communities they serve to promote data-driven strategies, cutting-edge scholarship, and innovative thinking. The IIP is dedicated to criminal justice that promotes community-centered standards of safety, fairness, and dignity.

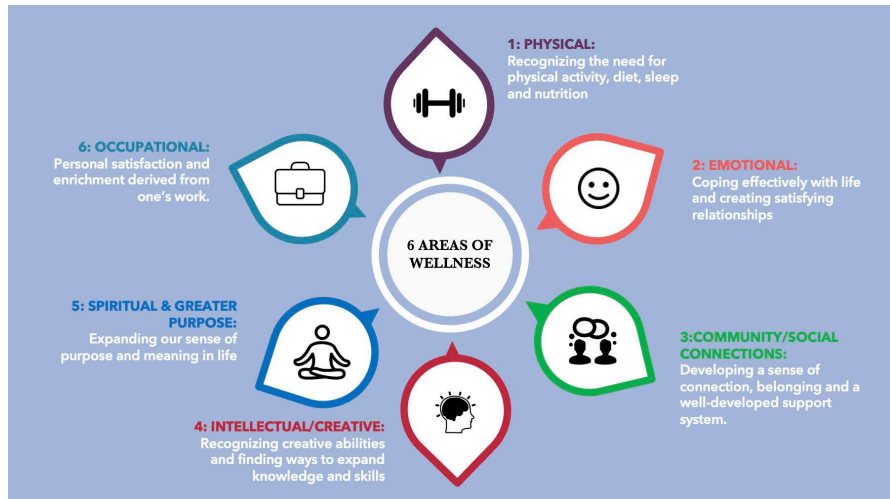
Learn more at [www.prosecution.org](http://www.prosecution.org)



# Exercises

## Exercise 1: Slide 24

Why did you choose to do this work?



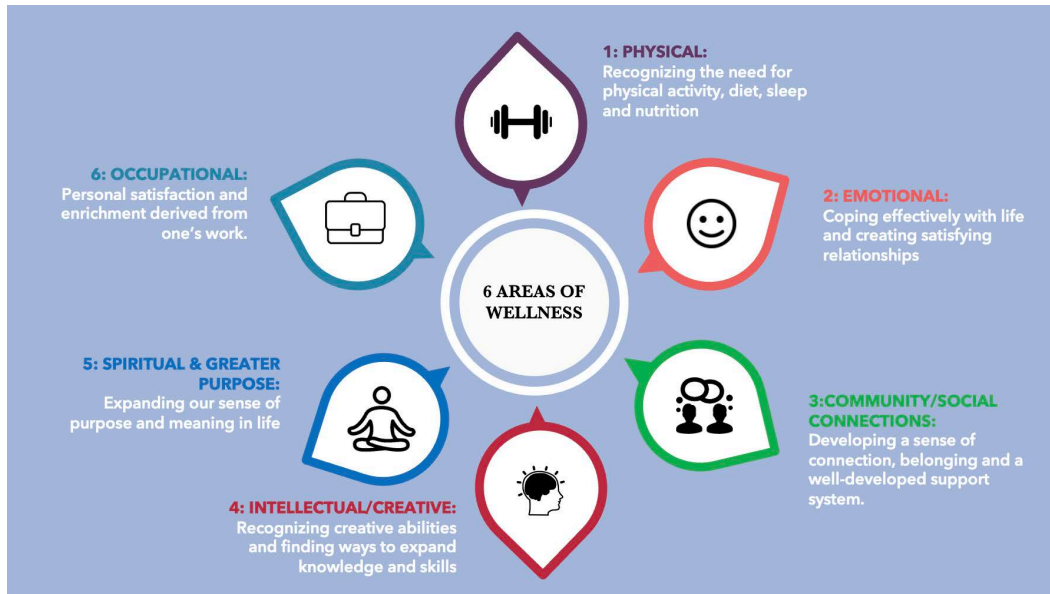
## Exercise 2: Slide 25

Reflect on how your own culture informs your beliefs on wellness. What are the cultural norms/beliefs you have around self care, wellness, or mental health? How do these beliefs impact the way you respond to stressors in your work and life?

## Exercise 3: Slide 30

Take a look and consider each section. Take notes on ideas that you may have as we go through each section. Jot down small acts or ideas you want to commit to incorporating in your life going forward

# Inventory Worksheet



Name one practice you do in each area.

*Environmental:*

*Emotional:*

*Financial:*

*Social:*

*Spiritual:*

*Occupational:*

*Physical:*

*Intellectual:*

**In which area do you have the fewest practices?**

**What would you like to do more of?**

**How can you incorporate those actions more intentionally?**

**What are 3 things you can do to make a shift immediately?**

- 1.
- 2.
- 3.

**Name one practice you can commit to doing in one or more areas.**

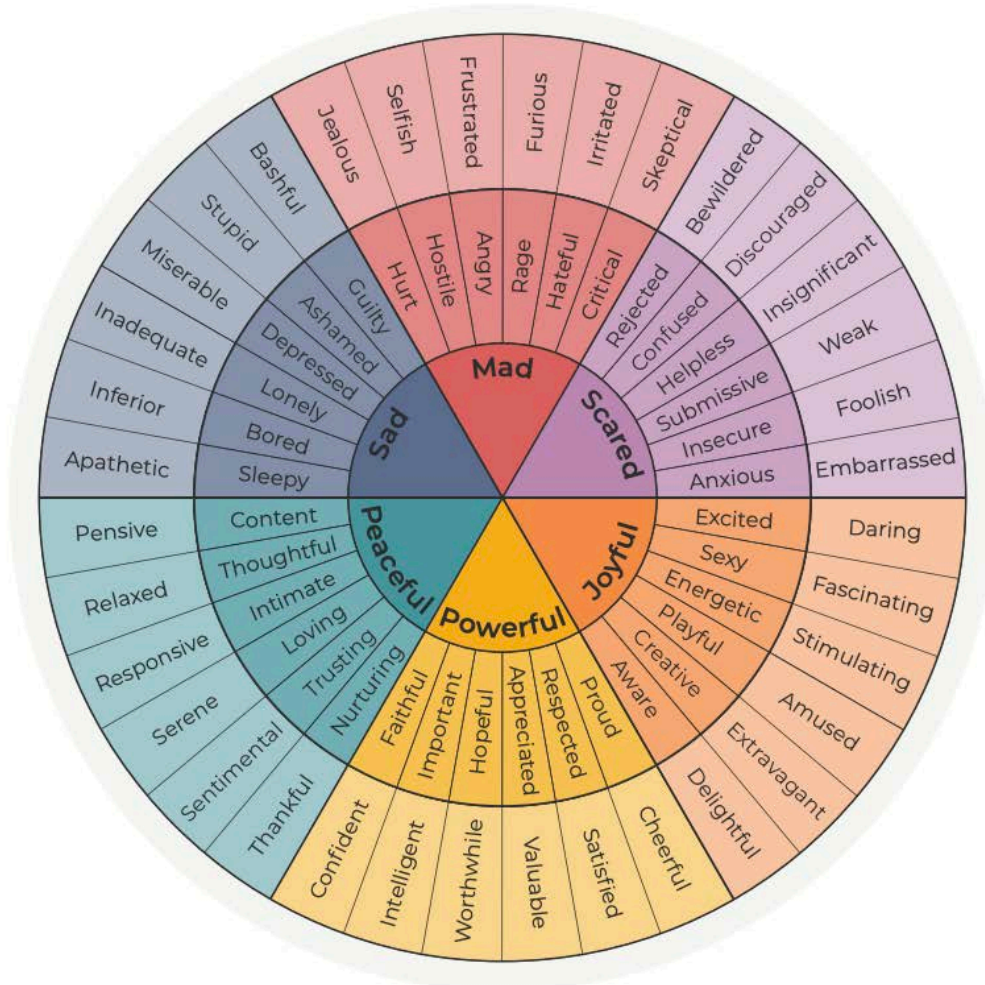
To see more examples of inventory worksheets visit:

<https://pceinc.org/wp-content/uploads/2020/05/20200512-Self-Care-Assessment-Worksheet-Boulder-DA.pdf>

<https://nysba.org/app/uploads/2020/04/Self-Assessment-Well-Being-Worksheet.pdf>

<https://lawyerwellbeing.net>

# The Feeling Wheel



The Gottman Institute  
Developed by Dr. Gloria Willcox

[https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute\\_The-Feeling-Wheel\\_v2.pdf](https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute_The-Feeling-Wheel_v2.pdf)