

Creating the Backpack You Want to Carry Now

Many of us think of a backpack as something we carry around with us that's heavy but also has essential items inside that we need to live our lives.

Maybe there is also a way of thinking of items in an imaginary backpack that we may be carrying around with us that we would just as soon remove from our backpacks.

And maybe if we think of the backpack as imaginary, we might put into it other items.

Here are some questions that may help you re-pack your imaginary backpack.

1. What is the value that underlies why you chose the work that you do? What object can you put into your backpack to remind you of that value?
2. Is there anything in your backpack from the start of the pandemic that had to be there then but that you wish you didn't have to carry around now?
3. Are there any feelings that you have carried around with you at work during the pandemic that you would prefer to offload from your backpack?
4. Is there anything in your backpack that you can rely on when the going gets rough? Would you want to double its presence in your backpack?
5. Is there anything in your backpack that makes you laugh? That inspires you? That makes you happy? That allows you to take a deep breath?
6. Is there anything in your backpack that brings you down, that makes you sad, that bums you out? Can you get rid of any of these and still feel safe?
7. Speaking of safe, is there anything in your backpack that protects you?
8. Who are the people in your backpack who have your back, who care about you, that you can count on?

How do you feel about your backpack now?



THESE QUESTIONS WERE INSPIRED BY "RACHAEL" AND HER BACKPACK PROJECT

Kaethe Weingarten, Ph.D.

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