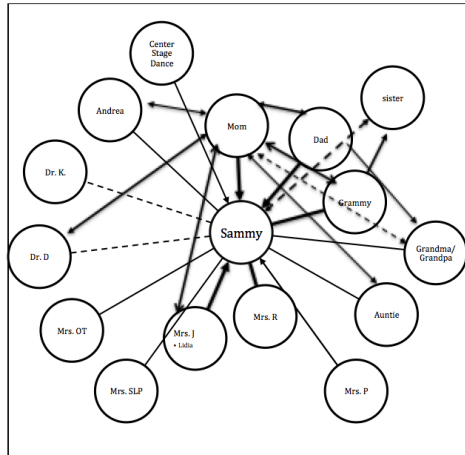


Situational Awareness

ECO-MAP Activity



Key:

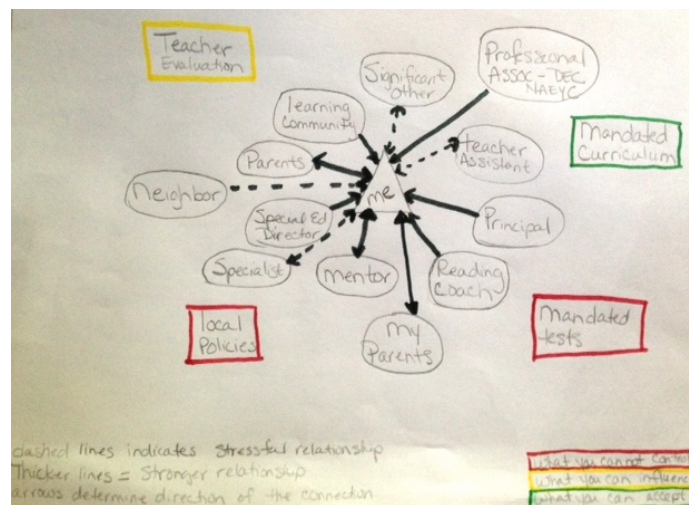
- Arrows determine the direction of the relationship
- Thicker lines illustrate strong relationship
- Dashed lines indicate stressful relationship

Just as many of us have done in our work we families, we can use eco-maps to help gain clarity, organize, and better understand the nature of personal and professional situations.

Directions for Creating an Eco-Map:

1. Open a blank e-note, WORD document, or grab a blank piece of paper.
2. In the center, put your name, initials, nickname, or even a picture of you.
3. Brainstorm people with whom you interact, both professionally and personally, on a daily or at least a monthly basis. Each person (or group of people) can be named in a circle around your center circle, or again, use initials, nicknames, titles, or pictures.
4. Then code, or otherwise illustrate the nature of the relationship between you and the people you have placed in circles around you. Here are a few coding ideas:
 - Use arrows to illustrate the direction or flow of the relationship (e.g., top down, bidirectional).
 - Use solid lines to indicate strong positive relationships and dotted lines to show where barriers and/or stressors may exist.

5. Next, consider systems level and/or external variables such as policies, rules, and obligations that impact your life. Each of these variables can be placed in a square anywhere around the circles of people.
6. Then, as you did with the relationships, determine a few things about the external variables, and the extent to which they impact your social-emotional health and well-being. For example,
 - Code the external variables using categories such as emotional, physical, or financial.
 - Use Shanker's five domains of stress to classify and then rank the degree to which the variables are contributing stress.
 - Use colors to signify variables you have control over, those you can influence, and what you need to accept, at least for the time being.



7. Working alone, or with a trusted colleague, ask yourself any of the following questions:
 - If there is a strong relationship, what can I attribute this strength to?
 - If a relationship is weak or challenging, why? How can I reframe the situation?
 - Are there relationships I can identify between people vs. between me and them? For example, are there stressors and/or pockets of inspiration found in the relationship between my partner and my children, between families and teachers, between mutual colleagues?
8. When ready, engage in self-reflection and/or pair and share what this activity has helped reveal and/or how it will impact your situational awareness.