



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module - Empathy and Resilience

Method – Self-Reflection

Case study

Module 6 - Empathy & Resilience

Case study - Building Self-Awareness Through Reflection Journals

Related Method - Self-Reflection Exercise

Context and Background

Organisation: A community education centre in Eastern Europe offering personal development and employability workshops.

Target Group: Adults 20–55, mixed gender, including unemployed individuals seeking new career opportunities, single parents under stress, and migrants adjusting to a new environment.

Scope: The programme aimed to introduce self-reflection as a practical tool for emotional regulation, stress management, and resilience-building.

Problem / Challenge Presented

Participants reported frequent emotional outbursts at home and work due to stress, lack of coping mechanisms, and unresolved conflicts. Many learners admitted they reacted impulsively, regretting their words or behaviours afterwards. Educators noticed that without self-awareness, participants struggled to manage conflict or communicate empathetically.

Actions Taken / Method Applied

The centre integrated the ***Self-Reflection Exercise*** method into a six-week resilience programme.

Key actions included:

- Weekly journaling sessions using reflection prompts.
- Pair-based “mirror conversations” where participants verbalised thoughts while peers listened silently.
- Group debriefs linking self-reflection to conflict resolution and empathy.
- Encouraging learners to keep personal reflection journals outside the classroom, with optional sharing during workshops.

Outcomes and Results

Learners began to identify personal emotional triggers, such as stress before interviews or frustration at home.

Participants reported fewer outbursts, using reflection to pause and choose calmer responses. Journals showed participants recognising growth over time, noticing patterns, and applying coping strategies.



Several learners shared that self-reflection improved communication with family members, reducing tension at home.

Lessons Learned

Reflection is most effective when structured prompts are provided.

Adults are more engaged when reflection links directly to real-life experiences (e.g., workplace stress, parenting challenges).

Sharing is optional—not all learners feel comfortable verbalising reflections, but even private writing builds growth.

Key Success Factors

Safe, supportive environment created by the facilitator.

Step-by-step introduction (short reflections first, longer journaling later).

Combination of individual and pair activities.

Consistency: weekly practice reinforced the habit of reflection.

Challenges Encountered and How They Were Addressed

Some participants saw reflection as “pointless writing.” Facilitators explained benefits and shared real-life success stories.

Busy participants resisted journaling at home; the programme incorporated short in-class reflections to ensure practice.

Applicability / Recommendations for Educators

Begin with short, simple prompts (e.g., “What went well today?”) before introducing deeper reflection.

Provide multiple formats: writing, speaking, drawing, or audio notes.

Link reflection to practical goals (e.g., preparing for an interview, managing conflict).

Encourage learners to use reflection both individually and with trusted peers.

Emphasise that reflection is about growth, not judgment.