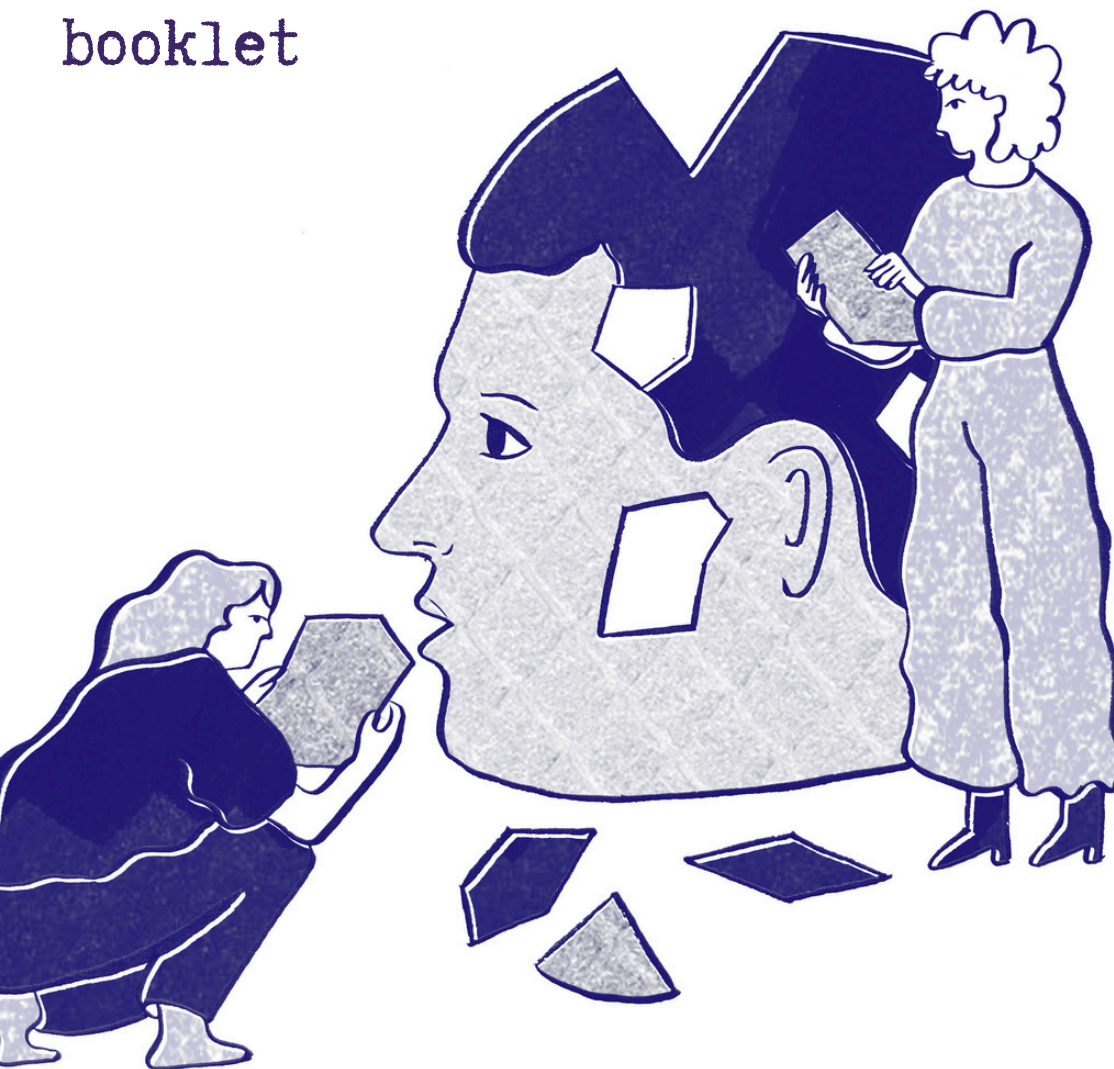


Time Space Compassion

Guided practice reflection booklet



These notes belong to:

Suicide 
Prevention
Scotland.

How to use this booklet

A simple tool to help you translate ideas and learning from Time Space Compassion practice stories, into your world

You can use this booklet to:

- ♥ Unpack your ideas and challenges
- ♥ Reflect on and take learning from others' practice
- ♥ Test out applicability to your own context
- ♥ Plan out next steps

It includes

- ✓ Reflection prompts
- ✓ Links to practice stories and supporting resources
- ✓ Our quick 'test for your context' tool
- ✓ A simple plan to set out your next steps



Illustrations by Tessa McKenzie

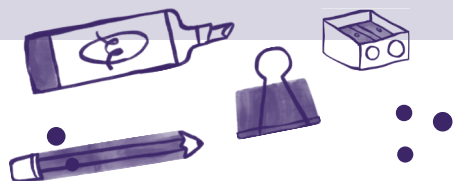
The challenge we're facing is...

Before you dive into the practice stories, take a moment to **pause**.

Think about the **questions or challenges** you're currently working on—especially those around creating the conditions for Time Space Compassion in the support you offer.

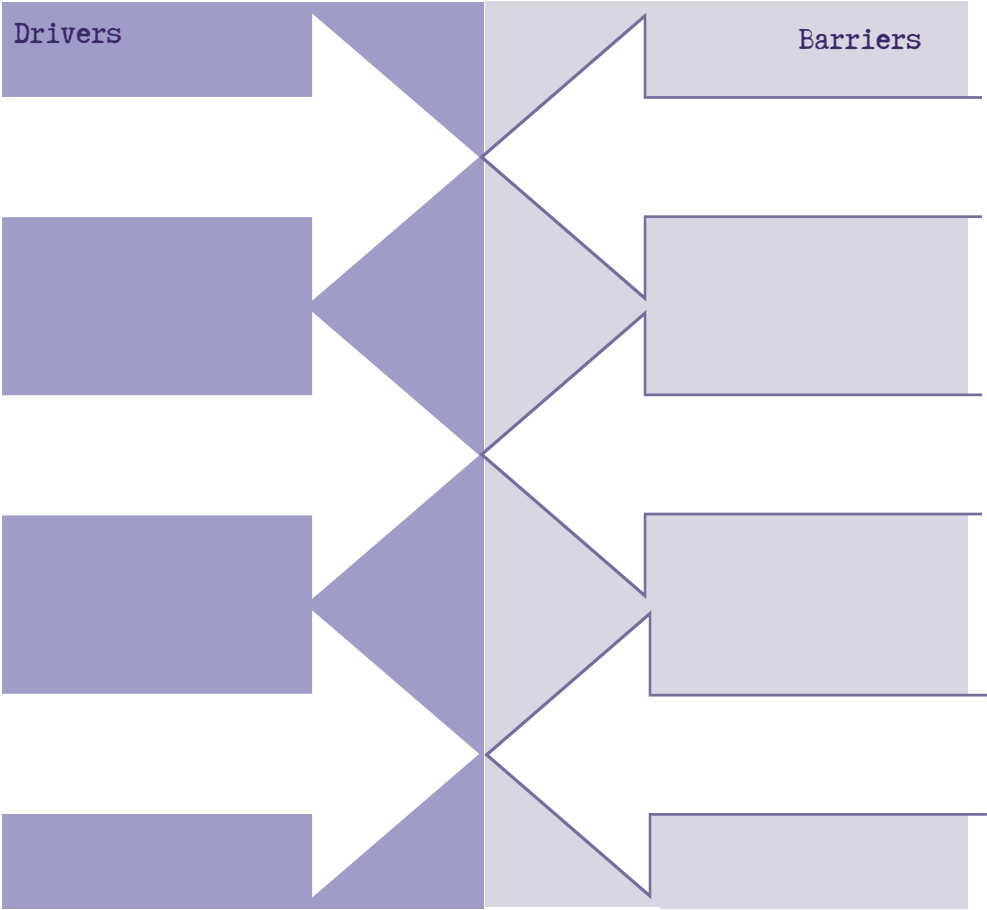
This section is for you to jot down any questions, barriers, or thoughts you'd like to keep in mind as you read and listen.

Don't overthink it—capture those first, unfiltered ideas. They'll help you notice what matters most as you go.



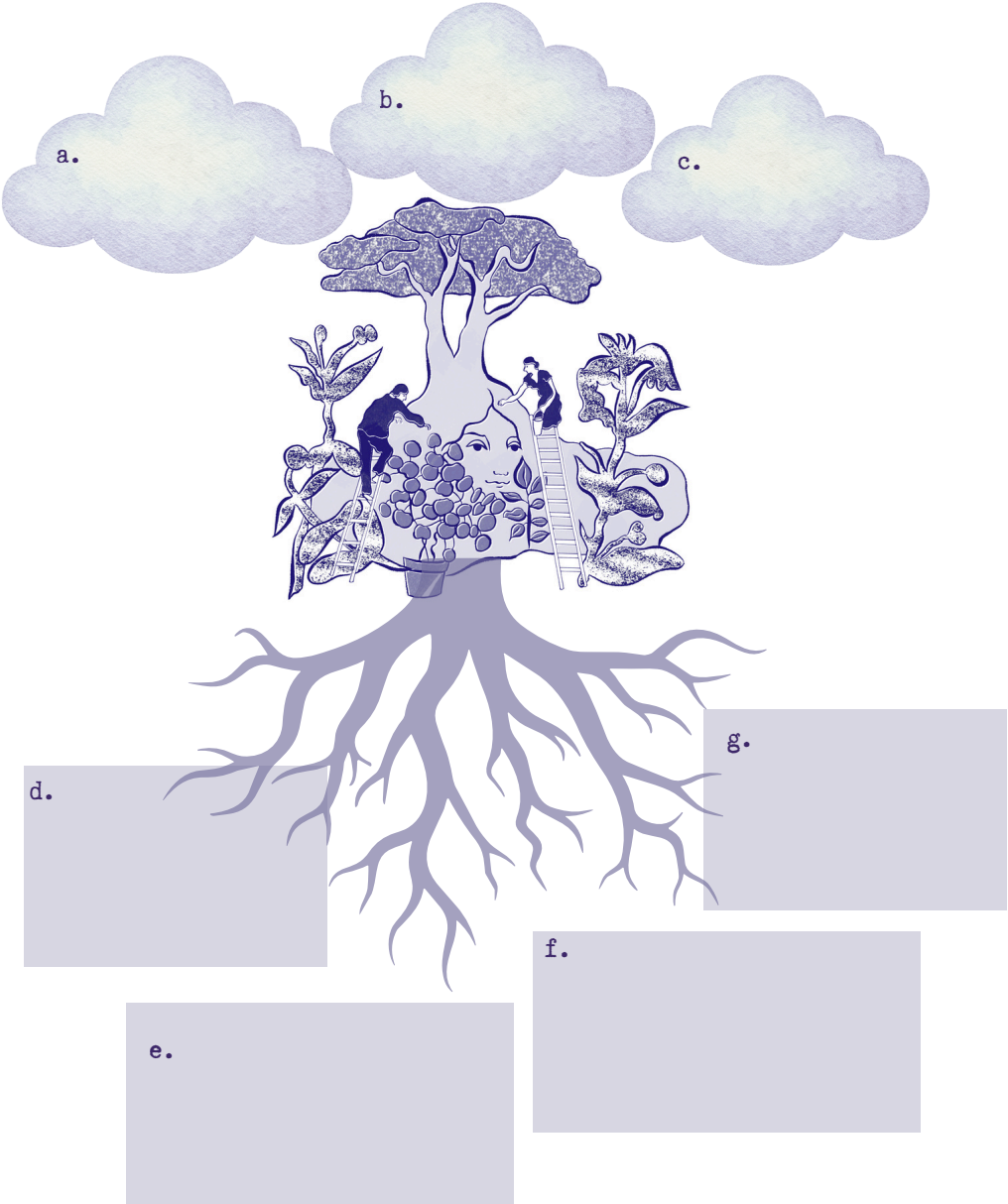
Map 3 key enablers & barriers to change

Take a minute to break that barrier or question down a bit more



Mapping the environment you're in

What are the roots and key elements shaping people's experience of what you do?



It's time to read or listen to some practice stories

Looking for a bit of inspiration?

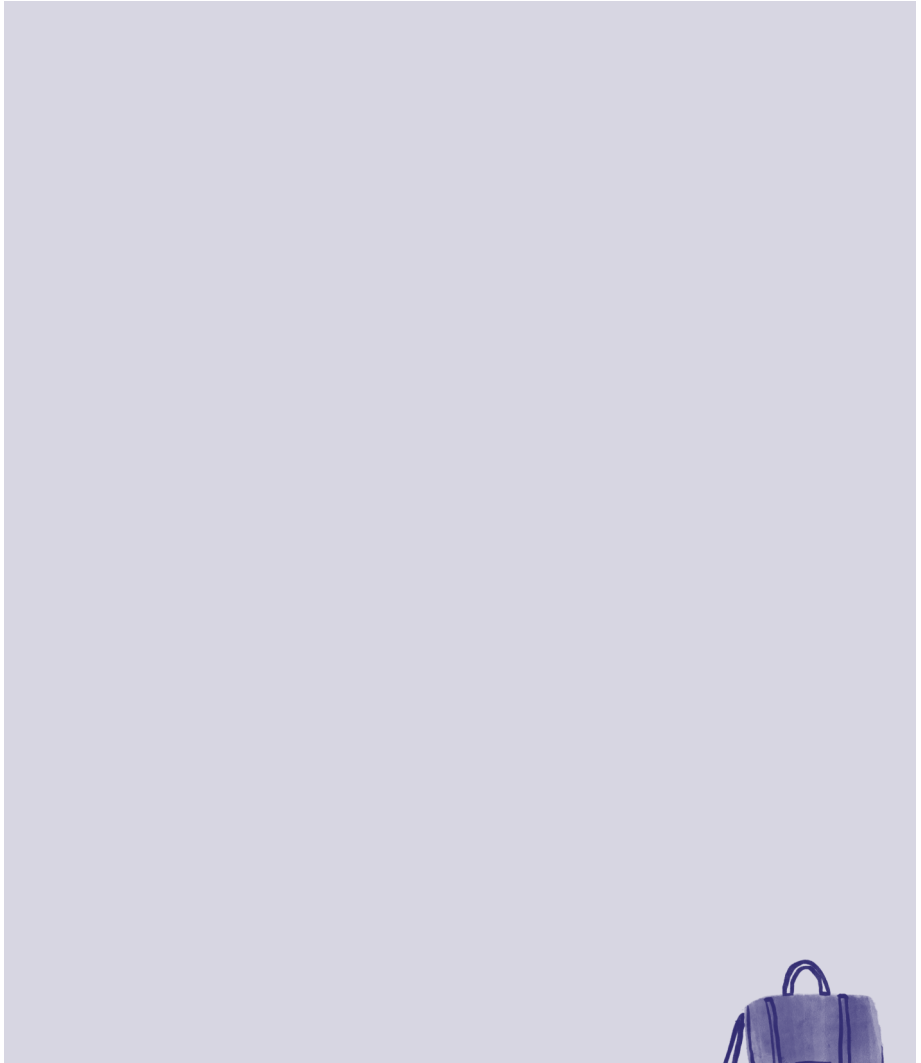
[Find the written practice stories on the Time Space Compassion pages of our website](#)



You can also find our practice podcasts by searching for Time Space Compassion podcast on your favourite podcast platform

Practice story 1: Learning reflections & takeaways

Scribble away.... for your eyes only



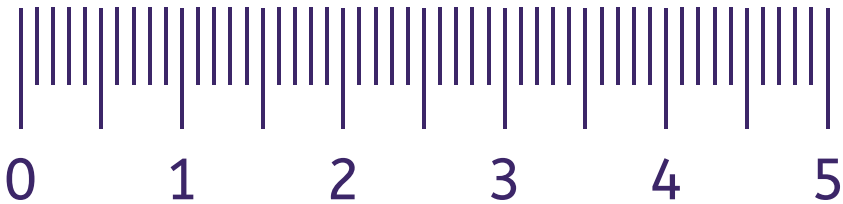
Test for your context 1.

How viable are the ideas you've heard in your context?

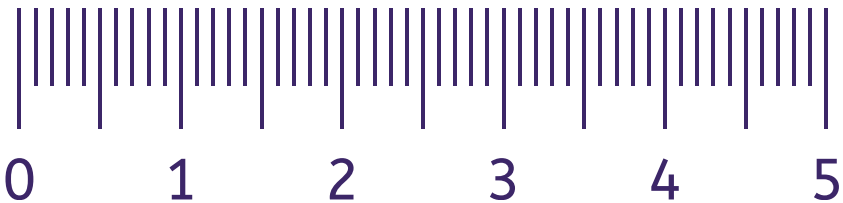
Practice
story name:

Mark on a scale of 0 to 5

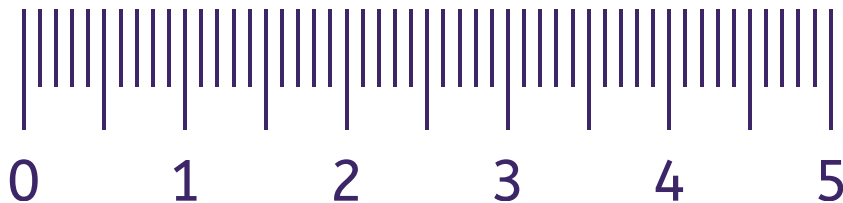
1. How aligned is this example to our values ?



2. How relevant is it to our challenge or question?



3. How feasible (time, staff, funding) would it be to implement?

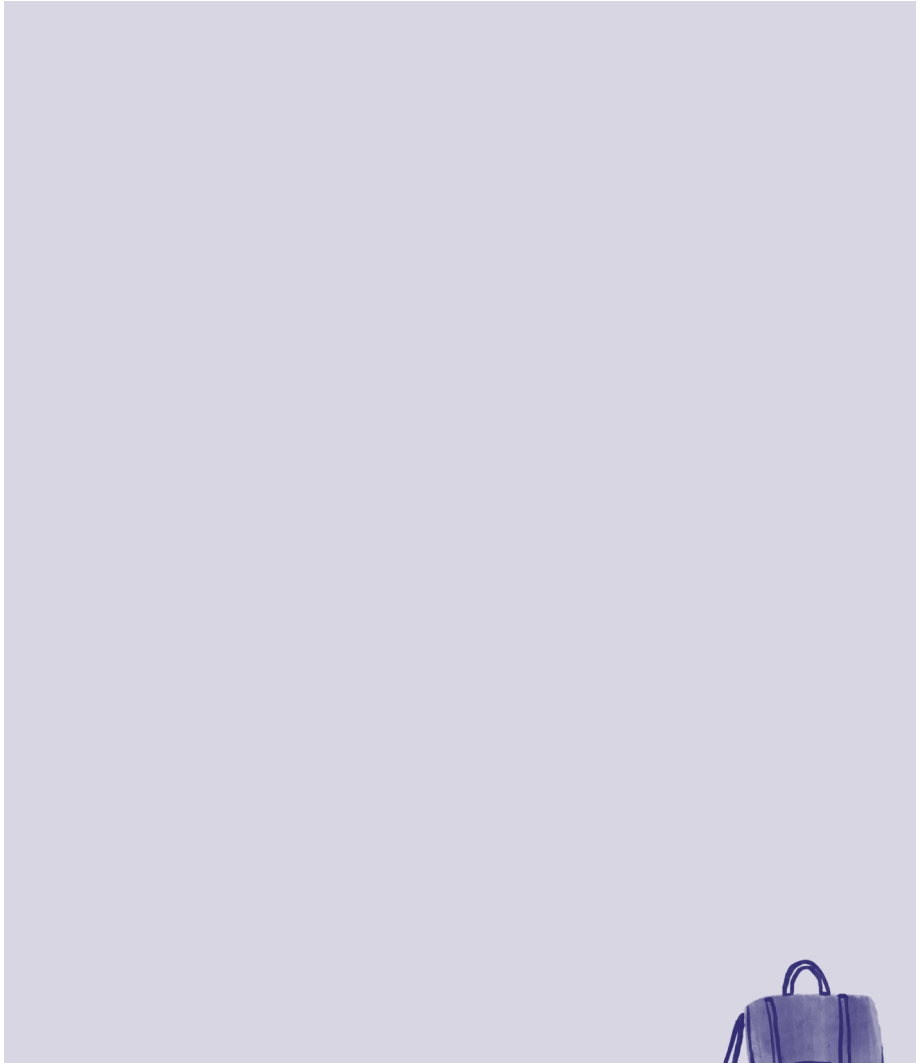


This practice story's viability score is

15

Practice story 2: Learning reflections & takeaways

Scribble away.... for your eyes only



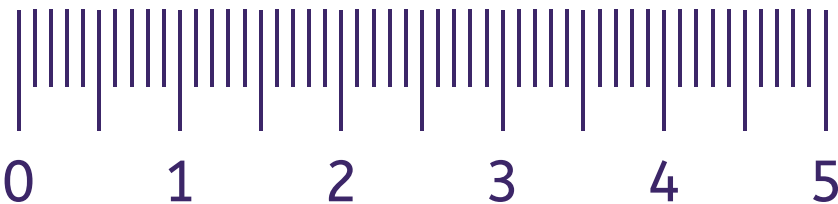
Test for your context 2.

How viable are the ideas you've heard in your context?

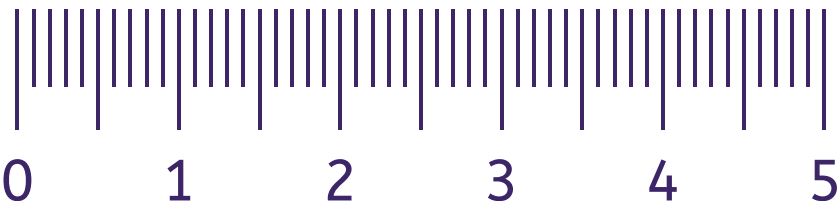
Practice
story name:

Mark on a scale of 0 to 5

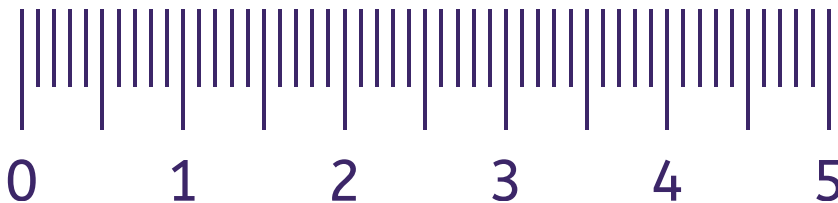
1. How aligned is this example to our values ?



2. How relevant is it to our challenge and context?



3. How feasible (time, staff, funding) would it be to implement?



This practice story's viability score is

15

Action planning

Your change ideas - why, what, how

Suicide 
Prevention
Scotland.

Your why

Your what

Your how

First steps

