

Just Like Me

This person:

Has faced challenges in their work, just like me.

Has a body and a mind, just like me.

Has feelings, emotions and thoughts, just like me.

Loves the families they engage with & the work that they do, just like me.

Has felt pain and suffering in their life, just like me.

Has been sad or disappointed, just like me. Has been angry, scared or hurt sometimes, just like me.

Sometimes asks why things are so hard, just like me.

Plates

Maybe you think someone doesn't have a lot on their plate compared to you.

But maybe their plate is smaller than yours and doesn't have a lot of room to begin with.

Or maybe their plate is paper and their flimsy paper plate can't hold as much as your sturdy ceramic plate can.