



Processing the "You Can't Make It Up" Moments: 10 Questions to Keep Your Sanity Intact

This handout is here to help you pause, reflect, and laugh through the madness. Use these ten questions individually or with a group to process what happened so you can let go of the stress and keep showing up strong.

10 Questions to Process Your "You Can't Make It Up" Moments

(Because, let's face it, we all need a way to make sense of the madness.)

1. What part of the situation left you shaking your head in disbelief?

Was there a "Did that seriously just happen?" moment? Reflect on the most unbelievable part of the event.

2. Did this come in close succession to other You Can't Make It Up moments?

Has the craziness been nonstop lately? Think about how one moment might be part of a bigger pattern of chaos. Are there underlying systems or processes that need to be tweaked?

3. How did you process the situation to debrief and release some stress?

Everyone needs an outlet—what's yours? Vent to a friend, journal, or even treat yourself to a relaxing activity to unload.

4. Did you sacrifice any personal plans or events to handle this?

Be honest: Did you miss a family dinner, your yoga class, or some downtime just to keep things running? It's OK to acknowledge it.

5. Did the moment affect you personally and stir up strong emotions?

We're humans, not robots. Did this event hit you deeper than you expected? Consider how it made you feel beyond the professional layer.

6. Did the situation make you consider quitting and running away to live on a beach?

Or maybe just rethinking your career path? It's OK to admit those fleeting thoughts of escape—we've all been there.

7. Did you end up supporting multiple staff members while dealing with it?

When one moment leads to a ripple effect of extra emotional labor, you're not just handling your own stress, but everyone else's too.

8. Have you lost sleep or worried more than you should for an extended time?

Stress can sneak into our personal lives. Be honest about whether this moment has followed you into your off hours.

9. Have you thought through proactive next steps to deal with a similar situation in the future?

Now that you've been through it, what's the game plan for next time? If it happens again, how can you be more prepared?

10. Did you talk to a trusted colleague or friend for support?

Isolation is the enemy in stressful moments. Who can you lean on? Don't forget to reach out and share the load.

