

Description

Maintaining Your Identity

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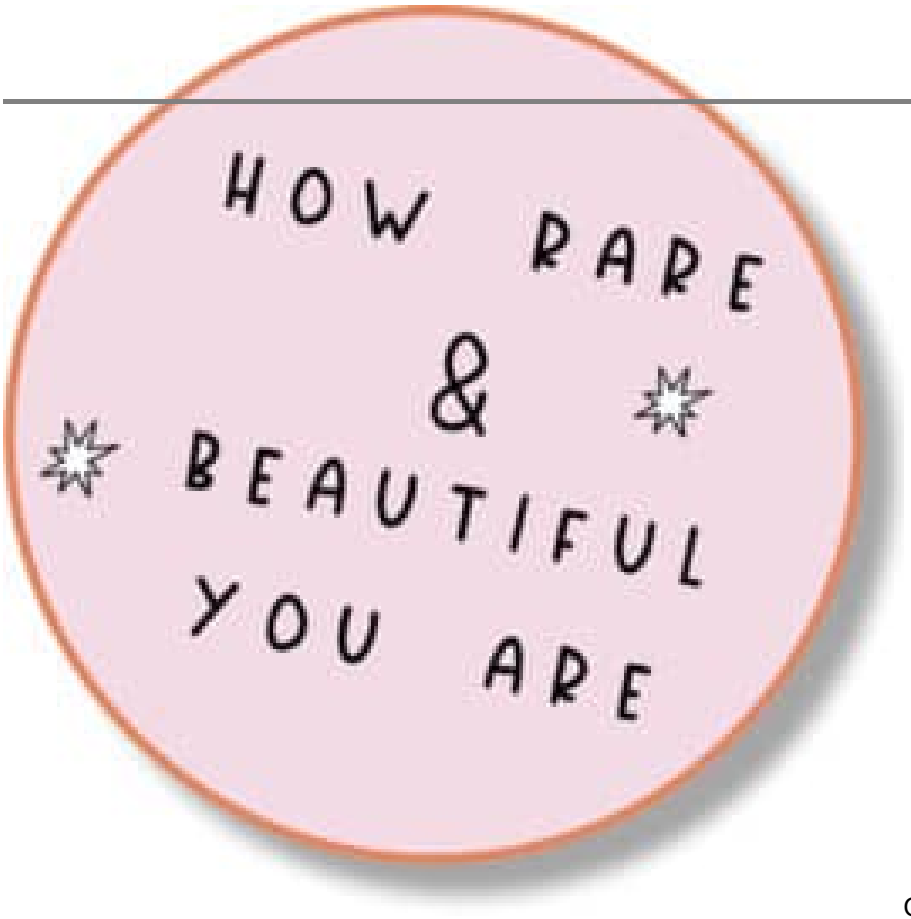
Amid the many changing landscapes and circumstances of this year, don’t lose sight of your own personal identity. An important component of developing resilience in preparation for joining the clinical workforce is becoming confident in who you are, and understanding your strengths, beliefs and values.

A really good exercise to perform if you’re feeling like your self-esteem is running a bit low is to list all the different roles, titles and jobs you fulfil. You’ll be amazed at what you mean to so many different people. Write a list of the things you value about each of these roles: these could be particular beliefs, ideals, or interests. Make your list as broad as possible. As a busy student midwife with a lot on your plate, it’s easy to forget your values and the things that mean so much to you. These values form a huge part of your identity, and your individual identity is inherently valuable to the midwifery profession. You add to the wonderful diversity of your environment, so being confident in your identity, and pushing through certain barriers inspires others to do the same! Knowing your values and being confident in your identity are tools that will help you to flourish during your studies and deliver empowered and compassionate care to those you assist.



Our values are also helpful at giving us some insight into why certain circumstances might trigger particular frustrations. Whether these annoyances arise at placement or university, your value system can direct you towards a solution. Perhaps you value something that challenges barriers against social justice – you can use this passion to be proactive in initiating change for yourself or someone else.

For more information on developing your self-confidence and resilience, check out my book, *The Resilience Plan for Healthcare Students.* **TSM**

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