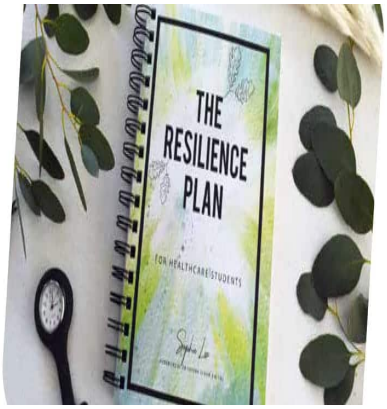

Description

Positive Planning with The Happy Student Company – Developing Support Networks

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Published in The Student Midwife Volume 5 Issue 4 October 2022, Page 21

https://doi.org/10.55975/FOEV8339

Strong support networks are a key part of building personal resilience, helping to develop your confidence whilst you're a student.

Your support network can comprise of anyone that you trust and you know that you can talk to about your weaknesses, struggles and hopes. They should be the people that cheer you on and want the best for you. Your support network won't be competitive with you and they will also share a belief in you that you will succeed.

Box 1

- Can you identify three people that you consider have the above attributes?
- Can you think of 3 people you support in the same way; are they the same people that support you?
- How have you cultivated this support network?

Make sure that you check in regularly with these people. They are usually the people who first spot signs of us struggling, or not feeling quite ourselves. Share your successes as well as your losses with them and give yourselves space and time to enjoy relaxed communication with each other. This might be something that you have to schedule in your planner so that it regularly happens.

A strong support network is one of my four fundamental pillars of personal resilience alongside:

- prioritising your physical and mental wellbeing
- awareness of your emotions and thought patterns
- reflecting on your practice.

I consider cultivating a strong support network as essential as the above pillars when studying a challenging and rewarding course such as midwifery, and would encourage you to take a few moments to reflect on who those special people might be and whether you could contact them today!

For more information on developing your personal resilience, checkout my book The Resilience Plan for Healthcare Students: The Happy Student Company

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Date Created
15th October 2022