

Description

Positive Planning with The Happy Planner Company – courage

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Pillars of personal resilience

During these unprecedented times, I am amazed at the courage, bravery and determination of our key workers. As many of you stand with each other and protect our country during this dreadful Covid-19 outbreak, my hope is that you're finding the time to protect yourself too!

As someone who has extensively researched resilience, and what makes a person bounce back, I've uncovered certain pillars that uphold the nature of personal resilience and what it means to carry on despite the odds. And when we talk of personal resilience, I don't mean how to drag yourself through your working hours – I mean how to look after yourself when you go home and recuperate. It is also about how it impacts on the way you feel about going back to work for your following shift.[1]

In a nutshell, I have discovered that personal resilience is predominantly built on[2]:

1. Your wellbeing, and prioritising your physical and mental needs, such as getting enough sleep, hydrating and nourishing yourself and exercising your body.
2. Awareness of your thought patterns, and how your emotions affect your decision making.
3. Your network of support, and making sure that there's someone you trust who you can talk to.
4. Reflecting on your practice and using events that have happened as a springboard for new learning, research and self-development.



Are there any of those four pillars you might be able to focus on today? Or perhaps you could give yourself 10 minutes to explore each of these ideas and think about how you can make some changes to your routine to accommodate them.

Resilience has been known to have negative connotations to many, who rightly report that lack of resources is overlooked when management might suggest resilience is the key to many a clinical problem. However, I believe that personal resilience truly is a fundamental factor to enjoying and thriving during your long and healthy career as a healthcare worker.

If you're interested in learning more about my four steps to developing personal resilience, I have an online course available. The Resilience Course is full of videos, activities and resources, which can be used alongside my book 'The Resilience Plan for Healthcare Students'.

Go to www.thehappyplannercompany.com to find out more. **TSM**

References

1. Houghton A, Anderson J. Embedding mental wellbeing in the curriculum: maximising success in higher education. York: Higher Education Academy; 2017.
2. Zolli A, Healey A. Resilience: Why things bounce back. New York: Simon & Schuster; 2012.

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