

Description

Positive Planning with The Happy Planner Company – Rising from Adversity

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Rising from Adversity



How do you rise from adversity? Do you have a strategy in place? It's not easy to plan for the unknown, nor is it a simple process to recover from unexpected setbacks! Looking after your mental and physical wellbeing is fundamental to personal resilience development and helping you deal with uncomfortable, painful or traumatic experiences.

Personal resilience differs from professional resilience. It's not about 'being tougher' and carrying on despite the odds, it's about 'personally thriving' in the demanding world of healthcare and knowing how to protect yourself.

After researching this subject, I have found that four key points always prevail when building healthy resilience in response to a situation or event:[1,2]

1.

Wellbeing

Am I in a good enough physical and mental state to cope?

2. **Awareness**

Can I identify the emotions I am feeling rationally? Do I understand the way I think and process my emotions?

3. **Ask**

Have I got all the information I need to understand what is going on around me? Do I need more clarity?

4. **Reflect**



What would I do differently next time? What are my underlying values and how do they relate to what I feel about this event?

The first two points above are areas you can prepare for in advance. Perhaps you can look at your daily routines and build in some self-care or take some time to journal how you are feeling and your thought patterns. To prepare for the second and third points, it is good to get into the habit of keeping a reflective journal, so that you are used to asking yourself these types of questions.

There is more information as well as reflective activities about developing your personal resilience, protecting your boundaries, recognising stress and building healthy routines in my book, The Resilience Plan for Healthcare Students, and my online course, The Resilience Course. **TSM**

References

1. Ungar M. The Social Ecology of Resilience: A handbook of Theory and Practice. London: Springer; 2012.
2. Zolli A, Healey A. Resilience: Why things bounce back. New York: Simon & Schuster; 2012.

Category

1. Student Midwives
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Tags

1. 2020
2. reflection
3. resilience
4. self-care

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