

Description

Positive Planning with The Happy Planner Company – Thriving

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Thriving not surviving

How do you know if you're truly thriving in your studies? A midwifery degree is a demanding course; asking you to juggle large amounts of academic work alongside long placement hours. We know that this vocation is a rewarding one, and often worth the many hours of effort that we put into it. But do we just survive the juggling, or can we truly thrive despite it?

Looking after your personal development, resilience and self-care will have a positive effect on your mental and physical health.1 If you can put some simple, healthy routines into place, that take care of you and your well-being on a regular basis, it'll give you the capacity to explore what really excites you in midwifery.



When you develop a deeper level of personal resilience, you'll feel more confident in how you approach your work, and your clinical placements. When you fully examine your belief systems and values, you'll be determined to exercise your integrity because you'll be confident that your intentions as a midwifery student are good, underpinned by the theory you have learned.

Personal resilience is not about carrying on despite the odds, it is about how you feel when you get home and bouncing back with vitality to your next shift.2 It's also about delving into your thought processing, managing your emotions, relationships with colleagues, and creating some protective boundaries. Doing so you can indeed thrive, not only during your studies, but into a long and healthy career as a midwife and embrace the values and integrity that you'd set out to share!



We have a brand-new online course from The Happy Planner Company called ‘The Resilience Course for Healthcare Students’, based on our successful book ‘The Resilience Plan for Healthcare Students’. It’s packed full of videos, quizzes, research and resources to help you develop a deeper level of personal resilience. **TSM**

Happy Student Co

References

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

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1. Student Midwives
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1. 2020
2. personal development
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