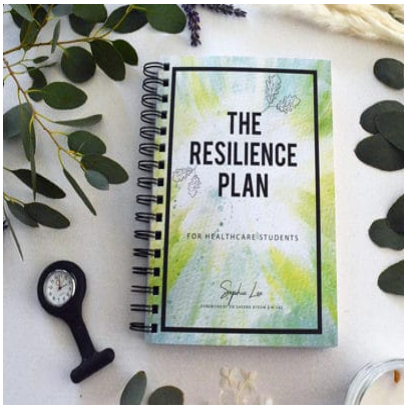

Description

Positive Planning with The Happy Student Company – Resilience

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Planning to care for yourself

How do you look after yourself when delivering compassionate care? Sometimes as caregivers we give out so much to others, that we can drain ourselves and feel burnt out.

It's important to plan in advance how you're going to care for yourself when caring for others going through a difficult time so that you're able to stay healthy and resilient.

In my book 'The Resilience Plan for Healthcare Students', I talk about what I believe are the four pillars to healthy personal resilience.

1. **Physical and mental wellbeing.** A question to ask yourself in advance of caring for others is whether you are feeling strong physically and mentally to cope with what others might share with you. Is there anything you could do to help yourself prepare in this area? Perhaps making sure you're getting enough sleep ahead of a shift, looking after your basic needs like food and water, or checking in with a doctor if there are deeper issues you need help with.
2. **Awareness.** Do you feel like you're able to identify the emotions you are feeling? Are you able to step back from a situation and watch yourself respond in a rational way? Spend some time observing your emotions ahead of a shift. No emotion is bad but some might be a motivating factor in taking an action for change.
3. **Ask.** Do you have a good support network around you? Who are the people you know you can trust and who would be willing to listen to you after a difficult day. Make sure you identify these people ahead of the times when you need them and check in with them regularly to keep this network strong. It's also good to know where you can access student support at your university ahead of needing them. Sophie Lee Director of The Happy Student Company Instagram: @thehappystudent_company
4. **Reflect.** Give yourself plenty of reflection time after caring for someone going through a difficult time. Protect this time and space by setting healthy boundaries around your rest days. Write down your thoughts and feelings, or talk about them with a trusted friend.

Personal resilience is something that we build as a process, and requires flexing regularly like a muscle. Which of the above could you work on this week?

For more resources to help you reflect and build your personal resilience, check out my website: www.thehappystudentcompany.com

All4Maternity members can receive 20% discount off the Digital Reflective Journal from The Happy Student Co. Visit our Members Zone today!!

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