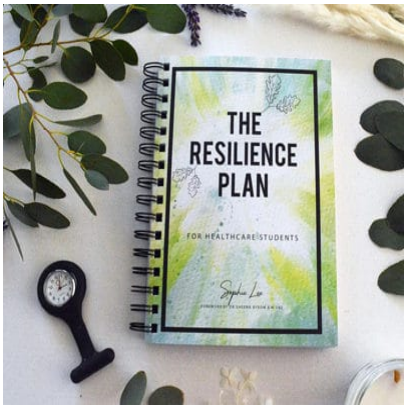


Description

Positive Planning with The Happy Student Company – Prioritising Self-Care

Sophie Lee – Director of The Happy Student Company

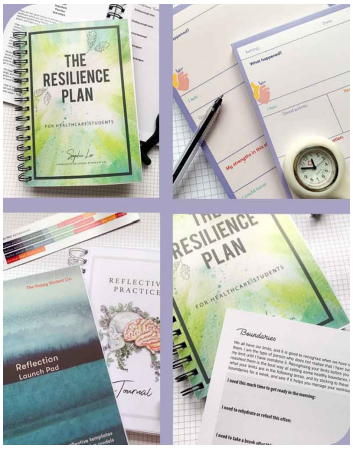
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Published in The Student Midwife Volume 7 Issue 1 January 2024, Page 19

DOI: https://doi.org/10.55975/NVTW8593

In the world of midwifery, providing optimal care to complex needs is not just a matter of technical skill but also one of emotional and mental well-being. Student midwives who prioritise self-care can increase their focus and effectiveness in caring for birthing families experiencing additional complexities.

Self-care is not a luxury but a necessity for those in the healthcare field. Student midwives, often faced with long hours and emotionally-charged situations, must prioritise self-care as the foundation of their ability to provide compassionate care.



So how do we prioritise this?

1. Maintain a healthy work-life balance by taking time to schedule your rest. Focus on your sleep health and make adjustments to get exactly what your body needs. Make sure you're also scheduling leisure activities, like exercise and socialising. You want to ensure your work-life balance allows for life outside of midwifery.
2. Look after your emotional wellbeing. Caring for those with high-risk pregnancies or other medical conditions may

require a higher level of emotional support. If you have invested in your own emotional wellbeing, you'll be better equipped to provide this support without becoming emotionally drained. Ensuring you have your own support network is essential. Having trusted friends to talk to regularly and be able to rely on when you're having a tough time will help build your resilience.

3. Finding self-care practices that work for you in reducing stress is something to invest time into. Perhaps guided meditation, gentle exercise or a walk in nature helps to soothe you. Have some relaxation tools like these regularly scheduled in your planner.
4. Respect your personal and professional boundaries. This is essential when dealing with complex patients, as it allows for a clear distinction between work and personal life. This separation ensures that you can provide the necessary care without feeling emotionally overwhelmed. Also recognising your own limitations keeps you practising safely. Asking for help will develop your skills.

By prioritising self-care, you can prevent burnout, enhance your emotional well-, and sharpen your focus, ultimately allowing you to provide better care to families experiencing complex pregnancies. It's important to view self-care as an investment in your ability to serve families with compassion, empathy and resilience. It's a win-win situation, benefiting both you as the caregivers and those you care for.

For more tips on building your resilience, check out my Resilience Plan for Healthcare Students, and my other student planning and wellbeing resources on my website www.thehappystudentcompany.com. **TSM**

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Date Created
22nd January 2024