

Description

Positive Planning with The Happy STUDENT Company – Personal Growth and Development

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Sophie Lee – Director and Designer

of The Happy Student Company

Instagram: @thehappystudent_co

Resilience can mean so many things to different people. I love exploring resilience in the context of personal development. Personal resilience is an area that cannot be measured by others, but only by your own sense of growth and wellbeing. I believe this can have a positive correlation to our professional development and wellbeing at work.

Personal resilience starts with remembering to look after yourself among the busy demands of your course, placement and home life. I would encourage you to focus on the following four areas of resilience building every day, and to evaluate how much this has helped you after a week!





1. Think about your physical health. How much sleep does your body need, and are you getting enough? Have you scheduled rest into your day? Are you eating food that makes your body feel good regularly, along with adequate hydration? When did you last raise your heart rate and move your body?
2. Tap into your emotional awareness. Can you name the emotions you are feeling today, and what triggered them? Are these emotions indicative of an action you need to take, or are you able to actively let them go if required?
3. Make contact with your support network regularly. Even just a quick hello with those you trust can help you feel supported today. Be aware of how to access support services before you need them. Make a list of people you are comfortable offloading to.
4. Reflect often. Keeping a journal can really help you to notice thought patterns and recurring behaviours. It also helps you maintain an overall perspective of your personal growth so far.

Writing down notes about the above every day can help you to remember these important pillars of resilience and demonstrate your personal growth in action. It also gives you space to develop at your own pace and nurture yourself.

For more information on developing your personal resilience, check out my book *The Resilience Plan for Healthcare Students.* **TSM**

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