

Description

We Will be the Ones

Series curator: Alicia Burnett – Third year student midwife. Social media: @aiti4aitiys on Instagram and Twitter.

Lorna – First year student midwife, England



A time of uncertainty

As I participated in an online conference with the rest of my cohort and heard the news that our clinical practice would be discontinued until September, a little piece of me crumbled. I'd longed to get to this point in my life, and now here we

were being told that practice was being put on hold for *at least* 5 months. It was heart-breaking! But at that moment, 3 things clearly stood out me:

1. We are living through the most uncertain time in modern history. No one has the answers, and no one knows when answers will come.
2. There is so much fear and not just for student midwives, but for people across the country and all over the world.
3. In the same instance though, I witnessed an abundance of love. Love from student to student, from student to lecturer and all of us showed love (and concern) for the NHS.

A world event

My comfortable midwifery world had been pulled out from under my feet in one fell swoop. But the same thing was happening to all England but worldwide. The questions we as ound to be asked in the weeks and mon students but the wider nation and thos



A time for love

As our conference drew to a close sincere expressions of thanks, gratitude and love poured in and all of a sudden there was no more fear — only love. It is easy and perfectly normal to turn to fear in times of uncertainty, but it is more empowering to turn to love. Love can strengthen you and this strength can last a lifetime. It's easy for us to crumble and give up, but turning to love, not only for each other but for ourselves is the most powerful tool we have.

We will be the ones

As my cohort's WhatsApp group filled with worried messages about the news of our cancelled placements, I sent my

classmates a gentle reminder that things don't always go to plan, and that that is ok. We'll get there, *all* of us will. With the support of one another, we will be the most resilient, badass midwives that ever graduated! We will be the ones who held on, held our nerve, and showed determination and commitment against the strangest of odds and obstacles. We will be the ones that were fearless and determined to show up for women, even when we were seemingly pushed against and removed from clinical practice. We will be the ones that adapted to remote learning and managed to keep ourselves motivated, even when we felt that we couldn't carry on. We will be the ones to help our beloved NHS when it needs us most; the ones who stayed home to protect ourselves and our loved ones; the ones who volunteered our time to our elderly neighbours; the ones who navigated our children through homeschooling whilst being students ourselves.

> We will be the ones who held on, held our nerve, and showed determination and commitment against the strangest of odds and obstacles.

Keep going

So keep going! Hold your head high and do what you can to help others. Take time each day to love yourself and remember: you've got this! It might not be what you were expecting, but you're going to learn some really valuable lessons. Maybe not the ones you were expecting, such as catheterisation or venepuncture, but there is no rush we will all get there in the end. Love is powerful, we all saw that during #clapforcarers, so harness that love and use it to get you through this time.

An opportunity



Covid-19 has brought much sadness and strain, and most people reading this will have been affected by it, or know someone that has been affected by it. But there is another side to this too: it is an opportunity. An opportunity to pursue all the things that have been put on hold so that you could start your midwifery studies. An opportunity to take up running or riding. An opportunity to become that A-class student you didn't feel you had the time to become before. An opportunity to finally learn another language, start writing that book, perfect that headstand, take up cooking, connect with your family and friends on a deeper level, plan that dream trip, start that blog, decorate your home, take up knitting or learn to play the guitar. Use this time to become the best version of yourself that you can, and prepare to share your new-found talents once we've come out on the other side of this crisis.

Wellbeing

I know for some, the time ahead seems daunting and full of worries about our physical and psychological wellbeing, so I am sharing my morning routine and why it is so important and helpful for me. I will also share some books and apps that have supported me to meditate and find happiness. All of these things are essential for me to have a productive and



o!

1. Gratitude

I start each day by thinking about things I am grateful for. Small things like accessing an outdoor space or drinking my morning coffee have been things that I feel so grateful for during this time. It's so easy to focus on what life is lacking at this time, but it is so refreshing to remind yourself of what you *do* have! I tend to take 5- 10 minutes each day to write down 5 things I am grateful for.

2. Breathing techniques

Practice "conscious breathing" — filling your lungs slowly and then emptying them slowly over and over again for a few minutes has many benefits, including relieving stress and anxiety and preparing the body and mind for meditation. Alternatively, you can practice the 'Four-Part Breath' (also known as Sama Vritti in Sanskrit): this involves holding your breath for a count of 4, exhaling for a count of 4, holding your breath for a count of 4 and repeating this cycle 4-6 times.

3. Meditation



For some, the idea of meditation isn't very appealing, so I recommend looking at it from another point of view: mediation is purely time spent sitting quietly and alone, to give yourself a breather before you start your day. It has many benefits such as reducing symptoms of depression, improving mood, focus, stress and anxiety. You don't have to meditate for long and you can meditate wherever and however suits you best. However, I would recommend wearing comfortable clothing and sitting on a yoga mat, or on a chair with your feet flat on the ground. Close your eyes, roll your shoulders back, close your eyes or bring your gaze towards the floor. Do not manipulate your breathing and let your chest rise and fall naturally. Every time you get lost in thought, gently bring your thoughts back to your breathing.

4. Getting dressed, bathing and making your bed

These may seem obvious, but small things such as getting washed, dressed and making your bed have a profound effect on the mind. By doing each of these small but powerful things, you're letting the mind and body know that the day has begun, and the simple task of making your bed has been known to increase productivity, and create a sense of accomplishment.

5. Fresh air

It doesn't matter what you do in your allocated hour of exercise, but I strongly recommend going outside. Going out and getting fresh air, whether it's alone or with those you live with boosts wellbeing.

6. Making a to-do list

My daily to-do list includes things like midwifery revision or assignment preparation, or even something non-midwifery related such as exercise, drinking X amount of water or doing something nice for myself or someone else.

Books and apps

I am ending my blog entry with some books to help you find happiness and clarity, such as ***The Earth is Hiring*** by Peta Kelly, ***A New Earth*** by Ekhart Tolle and ***The Universe Has Your Back*** by Gabrielle Bernstein, as well as the following apps to help with your meditation journey: ***Insight Timer***, ***Headspace*** and ***Oprah and Deepak's 21-day Meditation Experience***.

Category

1. Aspiring Students
2. Global Issues
3. Student Midwife Blog
4. Student Midwives

Tags

1. coronavirus
2. COVID-19
3. Covid19
4. England
5. student midwife
6. support our students

Date Created
23rd April 2020