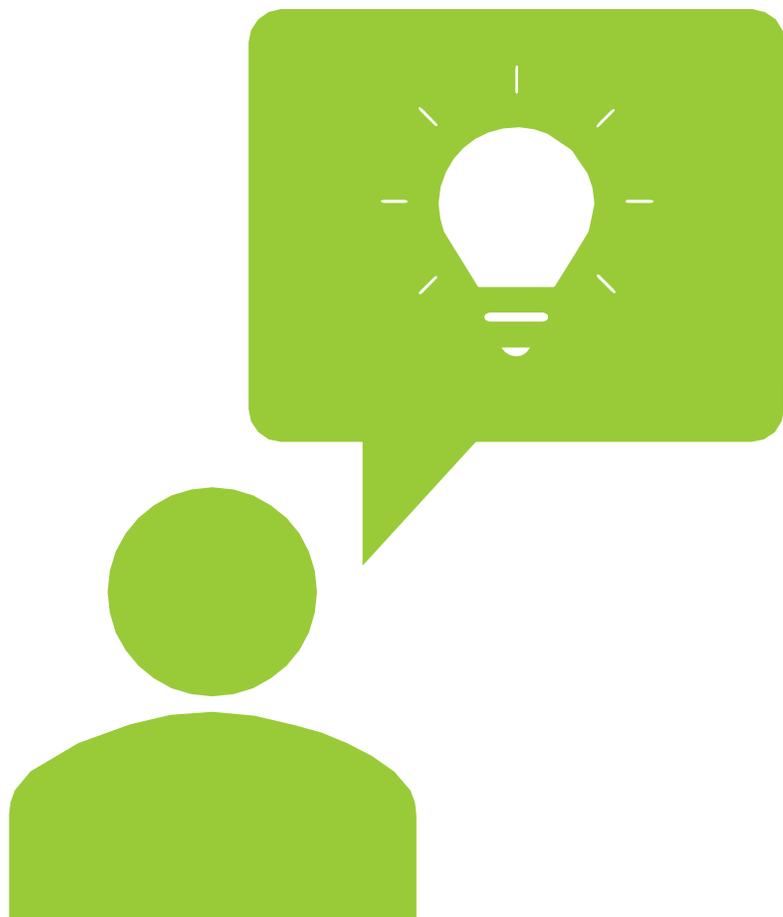


PUBLIC HEALTH PRACTITIONERS – BUILDING THE VALUE OF REGISTRATION

Being a resilient practitioner – banking your value for wellbeing.

DR NIKE AROWOBUSOYE, CONSULTANT IN PUBLIC HEALTH

12/11/19



Over the next 60 minutes

- Introducing the benefits of creating a Valubank ©
- Talk, learn new things and have fun together adopting a positive approach to our own mental health at work
- Reflect on your style, self awareness and potential Interventions
- Reflect on being a resilient and reflective practitioner

Valuing our space ..ground rules

Ice breaker

Introduce yourself, say what you want to get out of the session

Draw something about yourself that begins with a P



Why important



We are on our career journey



to complete practitioner portfolio, have done and what is next, finding it difficult, getting knock backs, feeling excluded ..

Whatever the reason we need value



What does value mean?

The word ‘value’ is derived from Latin ‘Valere’ i.e., “to be strong” or “to be worth”. Therefore, etymologically the term value denotes the worth of something.

According to the Oxford English Dictionary ‘value’ is worth, utility, desirability and qualities on which these depend. In general the word ‘value’ expresses the qualitative significance we assign to ideas, feelings, activities and experience

Used in the world of computer science, mathematics, ethics, business, marketing, philosophy and economics

Wikipedia

In philosophy the study of value is called Axiology

Today we shall look at it simply, through the personal development tool lens

Value ... what is value

What do we value? State as many things as possible that you value. Examples include:

- Our faith
- Our health
- Our job
- Our looks
- Our material things
- Our reputation
- Our status
- Our legacy
- What do we do to keep those things we value- sf value ourselves

Think about a time in the last week when you felt really valued at home and work ... could be something you/someone did, saw, said, experienced



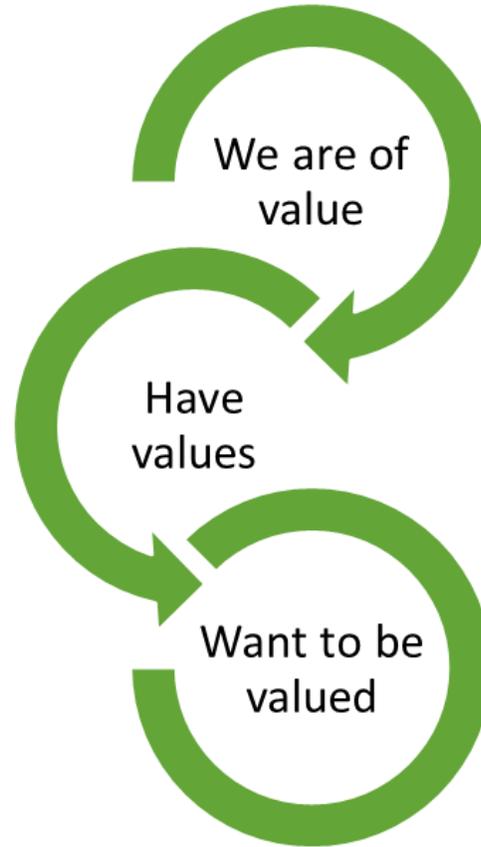
Turn to your neighbour and tell them about it, describing what happened and how it made you feel- 2 mins, partner listens and observes

When you finish your partner will tell you what they heard you say and what they observed, using the words

When xxx happens it may make you feel xxx. Observe if resonates with you

Then swop places and hear your partner's story

Repeat for when not valued



Spectrum

Value impacts our health and wellbeing

Moods and emotions are consistently found to be associated with biological measures such as blood pressure and inflammation, as well as indicators of diseases such as artery wall thickening (Diener and Chan, 2011).

Think of a recent example when you felt you were working well and achieving what you wanted to achieve



Turn to your partner and describe what happened and how you felt to your partner

What you were thinking

Partner to share observation see if they agree with you

Based on what you just told it seems that maybe you are

and then do same for when you were feeling that things were not going so well

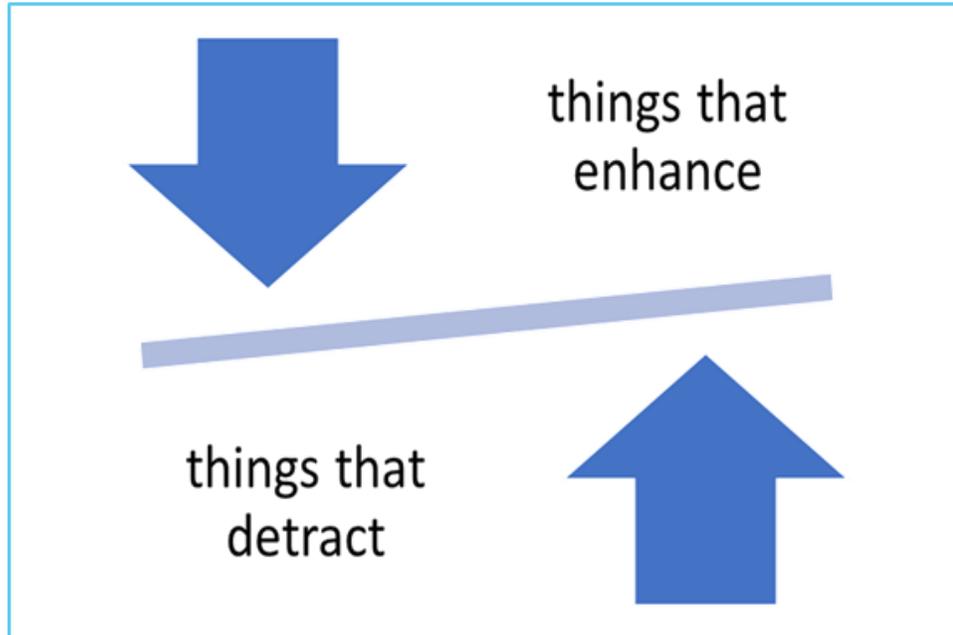
The Valubank ©



Value invested
Value drained =
Value retained (**resilience**)



Resilience and well being



The capacity to be pro-active in the face of difficult, stressful events and to gain mastery over them....and beyond

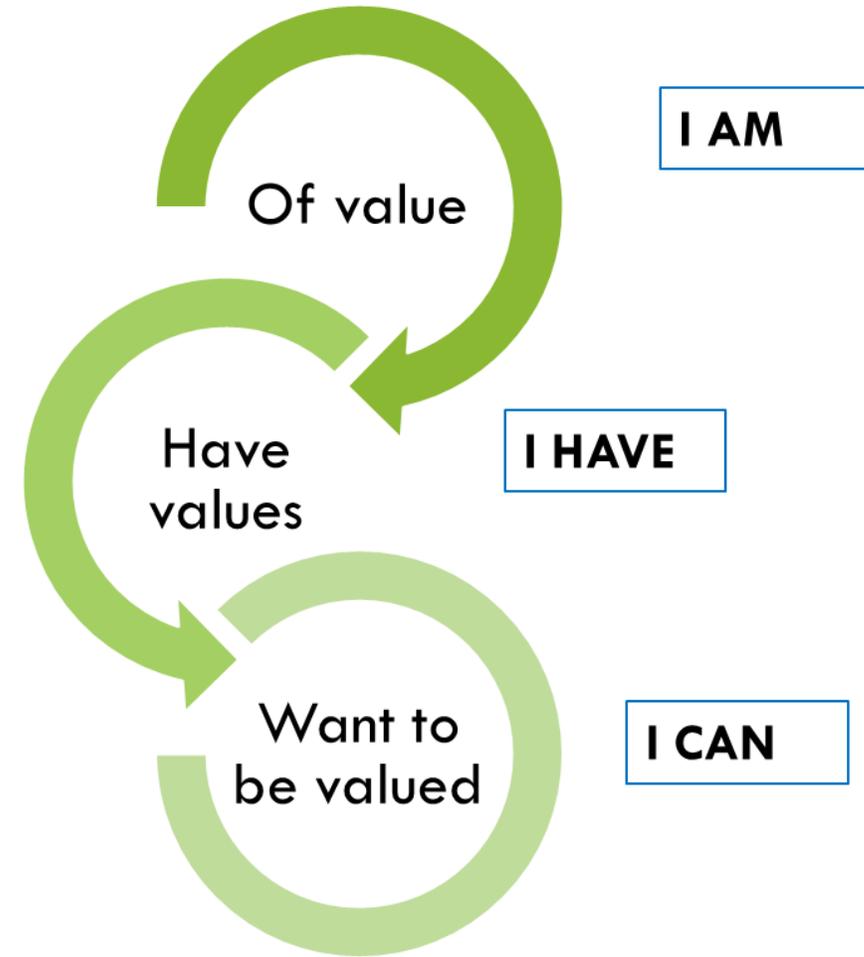
Your Valubank ©

1. Create your Valubank ©- build, deposit, notice
2. Opening times- at what point do I need to have it actively open or giving out
3. It is guarded as important stuff that is there- gate and lock
4. Consciously go to your bank .. It is yours
5. At the point at which you became aware of how you were feeling where was your bank
6. What adds to it- investing in your Valubank ©
7. What takes from it
8. So Value invested/Value diminished = Value retained - RESILIENCE
9. What are you doing to keep/retain
10. What helps – Enablers, barriers I AM

Just because we can't do everything and this can feel overwhelming, we will not diminish the importance of what we can do, no matter how small

Abby Brockman, Despair is not a strategy: 15 principles of home

In summary:
your value &
your resilience



Intervene for wellbeing.... Become and build resilience

Deposit to your Valubank ©

Five ways to Wellbeing – New Economic Foundation

- Keep learning
- Stay connected
- Be active
- Give
- Take notice

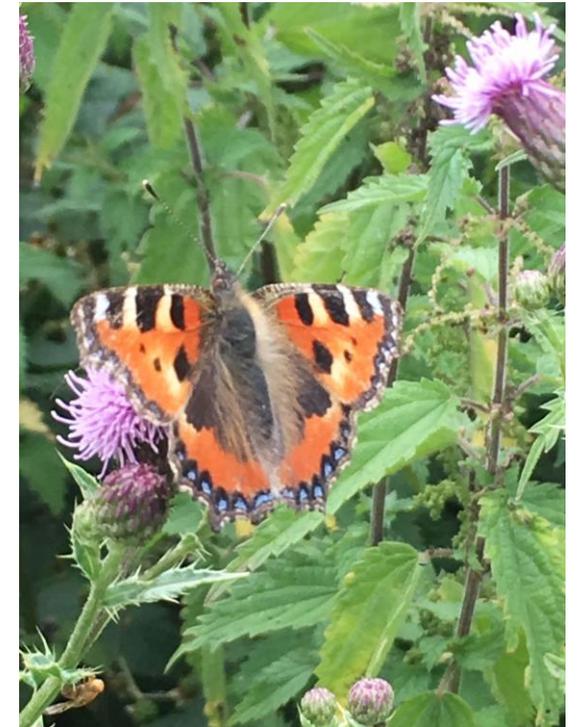
It's your bank so

Build, Keep, Guard and Go to!

AND BREATHE...

BREATHING EXERCISES- BEE, HUMMING BIRD, STILLNESS ETC.

Examples, practice, and practice



Reflective practice

Based on

FPH Reflective Notes Made Easy

Faculty of Public Health CPD
Committee (Naveed Syed & Andrew
Terrell)

Dumbledore to Harry....

Harry stared at the stone basin. The contents had returned to their original silvery white state, swirling and rippling beneath his gaze.

“What is it?” Harry asked shakily.

“This? It is called a pensieve”, said Dumbledore. “I sometimes find, and I am sure that you know the feeling, that I simply have too many thoughts and memories crammed into my mind.”

“Er”, said Harry, who couldn’t truthfully say that he had ever felt anything of the sort.

“At these times”, said Dumbledore, indicating the stone basin, “I use the pensieve. One simply siphons the excess thoughts from one’s mind, pours them into the basin, and examines them at one’s leisure. It becomes easier to spot patterns and links, you understand, when they are in this form”.

Source: J.K Rowling The Goblet of Fire, Bloomsbury (2000: pp518 – 519)



Share with the room when you have ever had this experience

What is reflection

Why reflect

Consciously thinking about and analysing what you are doing and what you have done; thinking about what and how you have learnt'

Reflection is a developmental thinking process that is contextualised into past experiences, thus it is unique to each individual and not merely a description of the events

Reflective thinking process starts with you

How

- Before you can begin to assess the words and ideas of others, you need to pause and identify and examine your own 'as is' position
- This involves looking back at your prior experience and knowledge of the topic/ issue/ concept you are exploring & **consider how and why you think the way you do**
- The examination of your beliefs, values, attitudes, biases and assumptions forms the foundation of your interpretation of any new events
- You recognise and define the valuable knowledge you bring to every new experience
- The learning process fundamentally relies on the important connections between what you already know and how you place that in the context of new events.

In this way, you become an active, aware and critical learner and replenish and thrive—using your Valubank

THE REFLECTIVE THINKING PROCESS

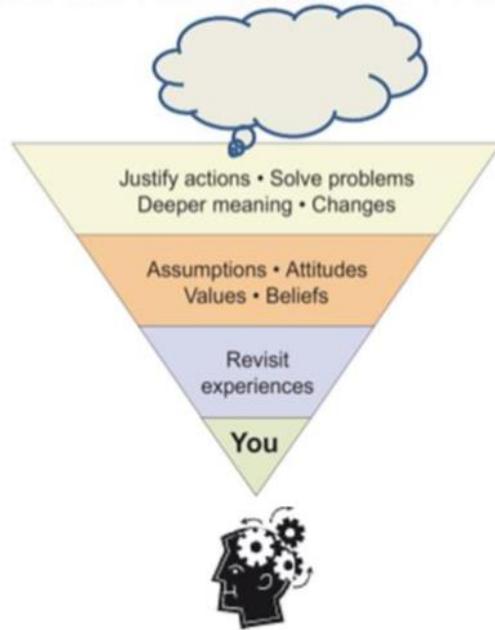


Figure 1: The Thinking Process (adapted from Mezirow 1990, Schon 1987, Brookfield 1987)

So we come to
the end of our
time together
today



heard about value and valuing yourself,
explored ways to add to your valubank© and
feel valued; building your resilience and
reflective practice

Continue to value yourself...

Our actions, no matter how small, register in two ways:

externally in the social world and

internally towards the cultivation of our character.

In the social world, our actions often have a delayed sense of cause-and-effect as they aggregate with the actions of others.

This can fool us into thinking our actions failed to accomplish our goal-like flipping a light switch and the light not going on.

That said, even when it seems that our actions truly haven't had the impact we had hoped for (in the time we hoped it would take), our efforts were not wasted if they contributed to our growth and the fortification and improvement of our moral personhood.

Abby Brockman, Despair is not a strategy: 15 principles of home

Thank you

Aided by your Valubank...