

Self-Care Reflection

Throughout the time I have spent on this course during the trimester, I have been able to examine myself more closely. In this self-examination I have been able to identify some of my triggers, see signs that self-care is necessary, figure out ways I give myself care, find things others can do to help me, and locate resources I can turn to for assistance.

I was surprised to learn that so many people are suffering from similar issues as I am. This tells me that we all need better support. I don't think I have met a single midwifery student that was just floating through school happy and stress-free. Life happens, and sometimes it seems like everything is happening all at once.

By taking the time to pay attention to my personal signals, I have discovered that I have been falling into depression once again. My husband is always the first to notice, and point it out, even if I don't want to believe him. The stresses of school, health, and life have really taken a toll on me the past 2 years, and I have not been dealing with it in a healthy way. I have been avoiding family and friends, taking long naps, procrastinating on my schoolwork, and watching WAY too much Netflix and Prime Video. But, because I have been able to examine this through coursework, I can see the things that are getting out of control and take steps to turn things around.

I am so grateful for the information and sharing that has happened in this class. Having a self-care plan that I can look at, with signs that I need self-care, information on how I can help myself, and how others can help me will be so beneficial for the future. I really think this class should be required before phase 2. I believe that if we would all open up more about what we are struggling with we could all help each other to get through the difficulties of school and life.

Sharing the burden with others makes it lighter. I think sometimes we don't want to bring anyone else down with our complaining, but often we just need to let it out, release it from ourselves.