

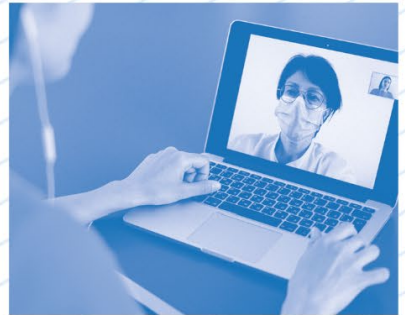
## The importance of Reflective Practice for you and your team

There's never been a more important time to create a safe, supportive and confidential time and space for our clinical colleagues.

The benefits of Reflective Practice for you and your team are:

- Supporting and maintaining: staff health and wellbeing; positive team working and relationships; ongoing positive and effective practice; good team communications and info sharing
- Recognition of your achievements and strengths
- An opportunity to gain different perspectives on both difficult and positive experiences and feelings and to avoid a build-up of stress and difficulties
- Reduce feelings of isolation through peer sharing and support
- Space to recognise and discuss team and individual positives and achievements

If you feel that you need specific support with Reflective Practice please contact the Wellbeing team, [wellbeing@nchc.nhs.uk](mailto:wellbeing@nchc.nhs.uk)



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