Module Four

Creating a Calm Safe Place



REFLECTIVE JOURNAL

Name:

Date Completed:

Manager’s signature on completion:

**Why Do We Need to Reflect?**

**Personal**

* Helps us understand about how we respond and react to situations
* Helps us to identify personal targets and goals
* Increases a sense of wider issues
* Increases a sense of social justice
* Helps to facilitate change
* Provides a form of learning and development

**Professional**

* To learn through practice
* To enhance our practice
* Initiates change for good
* Maintains motivation
* Helps to motivate others
* Shares knowledge
* Develops critical thinking
* Linked to professional standards

Don’t forget to work with your manager and buddy, you can all help each other to talk through situations that you are reflecting on. It would be a great idea to go back over your reflections when you complete Module Six to help you see if you would do things differently since undertaking the training. Keep this Reflective Journal together with your Journals from the previous modules.

Be kind to yourself, and once you have written your reflections, go to the wellbeing hub to enjoy some self-care.

**Title of Reflection One:**

**Description - What Happened?**

**Feelings - What I Was Thinking and Feeling?**

**Evaluation - What Was Good and Bad?**

**Title of Reflection One cont.:**

**Analysis - What Sense Did I Make of the Situation?**

**Analysis - What Else Could I Have Done?**

**Action Plan - If the Situation Arose Again, What Would I Do?**

**Notes Pages**

These are additional pages for you to jot down any thoughts, feelings and actions you feel that would help you in your care practice following your reflections.

**Title of Reflection Two:**

**Description - What Happened?**

**Feelings - What I Was Thinking and Feeling?**

**Evaluation - What Was Good and Bad?**

**Title of Reflection Two cont.:**

**Analysis - What Sense Did I Make of the Situation?**

**Analysis - What Else Could I Have Done?**

**Action Plan - If the Situation Arose Again, What Would I Do?**

**Notes Pages**

These are additional pages for you to jot down any thoughts, feelings and actions you feel that would help you in your care practice following your reflections.

**Title of Reflection Three:**

**Description - What Happened?**

**Feelings - What I Was Thinking and Feeling?**

**Evaluation - What Was Good and Bad?**

**Title of Reflection Three cont.:**

**Analysis - What Sense Did I Make of the Situation?**

**Analysis - What Else Could I Have Done?**

**Action Plan - If the Situation Arose Again, What Would I Do?**

**Notes Pages**

These are additional pages for you to jot down any thoughts, feelings and actions you feel that would help you in your care practice following your reflections.

Well done, you have really made a start on reflecting on your practice and on how the training is starting to help you understand more about dementia and how it can help yourself to help the people you are caring with. We will continue with more of our reflections in the next modules.



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