Teacher Feedback

Thank you for this, you have displayed your understanding of the content thus far however your work reads more as an essay rather than a reflective piece. I would really like you to explore the comments made within your work in relation to your grammar and see support via study skills to work on these minor issues, also aim to provide a piece that is more reflective to display your learning journey for week 10. Thanks Steph

Reflective

Self-awareness is the process of understanding and knowledge about one’s self-belief, thought, traits feeling, motivations and behavior and recognize how they affect others in different ways. Nurses spend most time with the patients than any other health care professional thus self-awareness is an essential tool in developing a therapeutic relationship with the client (Palmiere,2012), the process of knowing about oneself is not an easy task and require a lot of time, it helps one in setting up realistic career goals and managing personal life stressors. One is well equipped to face challenges and solve a problem after identifying where his or her unique strength and limitation lie, thus when we lack self-awareness skills, we tend to repeat the same mistakes over a long period.

As a nurse it is also essential to learn how to react and manage different situations which may arise in the course of work, it is also advisable to learn and understand different verbal and non-verbal gestures since we deal with clients from different background and culture. Additionally, therapeutic communication is an essential tool in modern nursing as it helps nurses in treating and caring for patients in a better manner thus, proper self-awareness skills can assist in directing communication toward the needs of the patients hence creating a therapeutic environment for care, (Jack & Smith,2007).

In conclusion, Nurses spend most of the time in helping others thus it is important to understand their own needs and limitations and how they affect others, for one to develop good self-awareness skill he or she should reflect on their experience, appreciating the positives and working on their weakness. Additionally, writing journals, taking to mentor or friend are also important tools in developing good self-awareness skills, the more the nurse is self-aware of the therapeutic environment for caring is enhanced.

References

Palmiere, C (2012) Self-awareness: an important tool in personality development.

Jack, k &smith A (2007), Promoting self-awareness in nursing to improve nursing practices, pg. 47-52.

Jack & Miller E (2008), exploring self-awareness in mental health practises pg. 31-35