**Building your Resilience[[1]](#endnote-1)**

Aim to enter at least one thing in each section you do well and one or more things you could do to help develop or improve your resilience. In the final section consider what you can do to develop resilience in others:

|  |  |
| --- | --- |
| Attitudes and perspectives – valuing what you do as a doctor, maintaining interest in the job, developing self-awareness and accepting your own limitations | Balance and prioritisation – setting limits, work life balance and looking after and valuing yourself, taking effective approaches to CPD |
| Organisation of your work environment – good management, having good staff, effective systems at work | Supportive relations – positive personal relations, effective professional relationships and good communication |
| What three things could I do as a priority to build resilience in myself, in my practice or department, or in trainees or those I support? |

1. **Jenson P et al** *Building Physician Resilience* (2008) Canadian Family Physician [↑](#endnote-ref-1)