

Self-Care: How to be a sustainable practitioner

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:

Date completed:

Activity Name: Self-Care: How to be a sustainable practitioner

Learning outcomes

- discuss the importance of time management and how it relates to stress.
- identify strategies for setting boundaries and learning how to switch off.
- outline how to develop a self-care plan that includes assessing personal resources, work and lifestyle habits, personal and professional roles, inputs and feedback.
- discuss how to be a sustainable person in work and personal life.

Time spent engaged
in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.