

# A Guide to Reflective Practice

## Guiding Questions:

1

### The Situation

What went well?  
What didn't go well?

2

### Your Emotional State

How did it make you feel?

3

### Making Sense of the Situation

Why did it happen?

4

### Critical Review

Could you have done anything differently?

5

### Changing your Practice

What will you do differently in the future?

## Helpful Tips:



### Be mindful

Focus on one situation each day and take a few minutes to ask yourself these guiding questions.



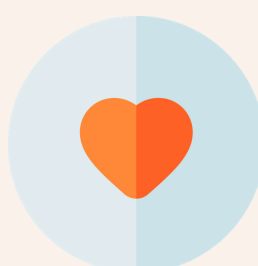
### Reflect with others

Reflecting with other colleagues can help you brainstorm new approaches to practice and avoid rumination.



### Reflect with a calm mindset

Engage in stress-relieving activities if needed and revisit the situation at a later time to keep an open mind.



### Be forgiving

Acknowledge things that you did well and recognize your achievements. Know that even the most experienced professionals are going to have tough days.



### Ask for feedback

Be proactive and have an open dialogue with your preceptors for guidance on ways to improve.

## Resources:

**The REFLECT Mnemonic:** <https://www.ausmed.com/cpd/articles/reflective-practice>

**The Gibbs Reflective Cycle:** <https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writing-gibbs/>

**Additional Readings:** "Reflective practice in health care and how to reflect effectively" (Koshy et al., 2017)