

QC60 Introduction to Supervision

Toni (video 11)	
Vimeo link	https://vimeo.com/760131537/4f6a0a3939
Toni	<p>I would say to myself now, if I could, to my younger nursing self, that being human is what makes you a good nurse. And it's OK to feel what you feel. And it's OK to have thoughts that obviously you're not going to broadcast them to everyone, this is how I'm feeling today.</p> <p>But you're going to have humanistic feelings. And you're going to have reactions. And you're going to have reactions that you don't want to share with anyone. Supervision is the place to take that to. And you should feel safe enough to be able to explore all those feelings.</p> <p>Because left unresolved, it's just not helpful. It's unhelpful to leave all those feelings unresolved. And you actually grow from it. And I feel like I'm a better nurse because of supervision, 100%.</p> <p>I'm a better mental health nurse because of it, because I've had that opportunity to explore my humanistic feelings and my reactions to working in mental health, which can be like running in treacle. You know? And that's not going to change. The thing that's going to change is my mindset and how I know I can keep going with this. I've got a supervision on Monday. We can talk about it then.</p>