

SESLHD Strengths, Positive Thoughts & Affirmation cards



Strengths, Positive Thoughts & Affirmation cards include 60 strengths cards with uplifting, inspiring statements and curious questions on the alternate side.

The Purpose of the cards: Positive quotes & affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons. Strengths are a good way to self-encourage and regain self-confidence, they can be used individually or to engage as a team, combining our strengths can cement our teams together.

Facilitation Cards: Facilitation cards are included for strengths spotting & cultivating positive thoughts through affirmations.

Strengths Exercise

The strengths you bring

Identifying your individual 'strengths' is a good way to self-encourage and regain self-confidence. As a team we have so many strengths to combine, our individual strengths can complement each other's; they are the cement that holds a team together. Sharing strengths within a team can open up valuable reflection and discussion as strengths words are extremely powerful.

Ask yourself, 'Which strength words resonate most with me and my role as a Health Care Professional?' 'What strengths do I bring to my role?' As a team you could consider individual team members identifying their strengths and then collating to produce a creative team representation of strengths.

Team strengths can also be considered. Each member of the team could be asked to self-reflect and share the strengths they see within the team, to spot those strengths.



Positive Thoughts & Affirmation Exercise

Positive self talk & affirmations can change our lives for the better. Saying them to ourselves sends out positive energy to the universe.

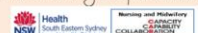
Consider the cards & affirmations, the image may draw you to the card or the words. Choose a card.

Feel free to change your card if the words do not resonate with you today, take your time and chose one that does.

Consider how you respond to the questions posed, what commitment can you make?

Who could you share this with today?

What can you do differently as a team? What can you personally commit to?



Creating a positive workplace culture

'Trust in what you love, continue to do it - and it will take you where you want to go'
ANON

Remind yourself why you came into your profession

How do you recharge your enthusiasm?

Promoting self care & wellbeing

'It is never too late to be what you might have been'
George Eliot

What personal goal do you aim to achieve in the next year?
What actions do you need to take to reach it?

Other resources to support facilitators with The Heart of Caring Framework & Reflective resource book are on the SESLHD intranet & internet sites.

Contact your Local Nursing & Midwifery Education Unit or the SESLHD Nursing & Midwifery Practice & Workforce Unit for this resource.

SESLHD NMPWU Tool Kit for Leading Person Centred Compassionate Care: Strengths & Positive Affirmations