

## Why reflect?

- *Build self-awareness*
- *Review events*
- *Resolve uncertainty*

## Opportunities for reflection

### Spaces for listening

[ODTeam@  
nhslothian.scot.nhs.uk](mailto:ODTeam@nhslothian.scot.nhs.uk)

Spaces for Listening are small facilitated groups which follow a simple structured approach. Participants have the opportunity to listen & share what is going on for them.

### Values based reflective practice

Click [here](#) for more info.  
Contact: [Linda Dunbar](#)

Regular inter-disciplinary group reflection to help staff deliver the care they came into the service to provide

### Balint

A safe place where you can talk about interpersonal aspects of your work with your patients. Often participants will bring up cases or situations that have stayed with them and want to explore why.

### Schwartz rounds

Twitter: [@schwartz\\_rie](#)  
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Schwartz Rounds are meetings that welcome all staff to share & reflect on the rewards & challenges of working in healthcare

More information on these practices on the Wellbeing page of the MED website