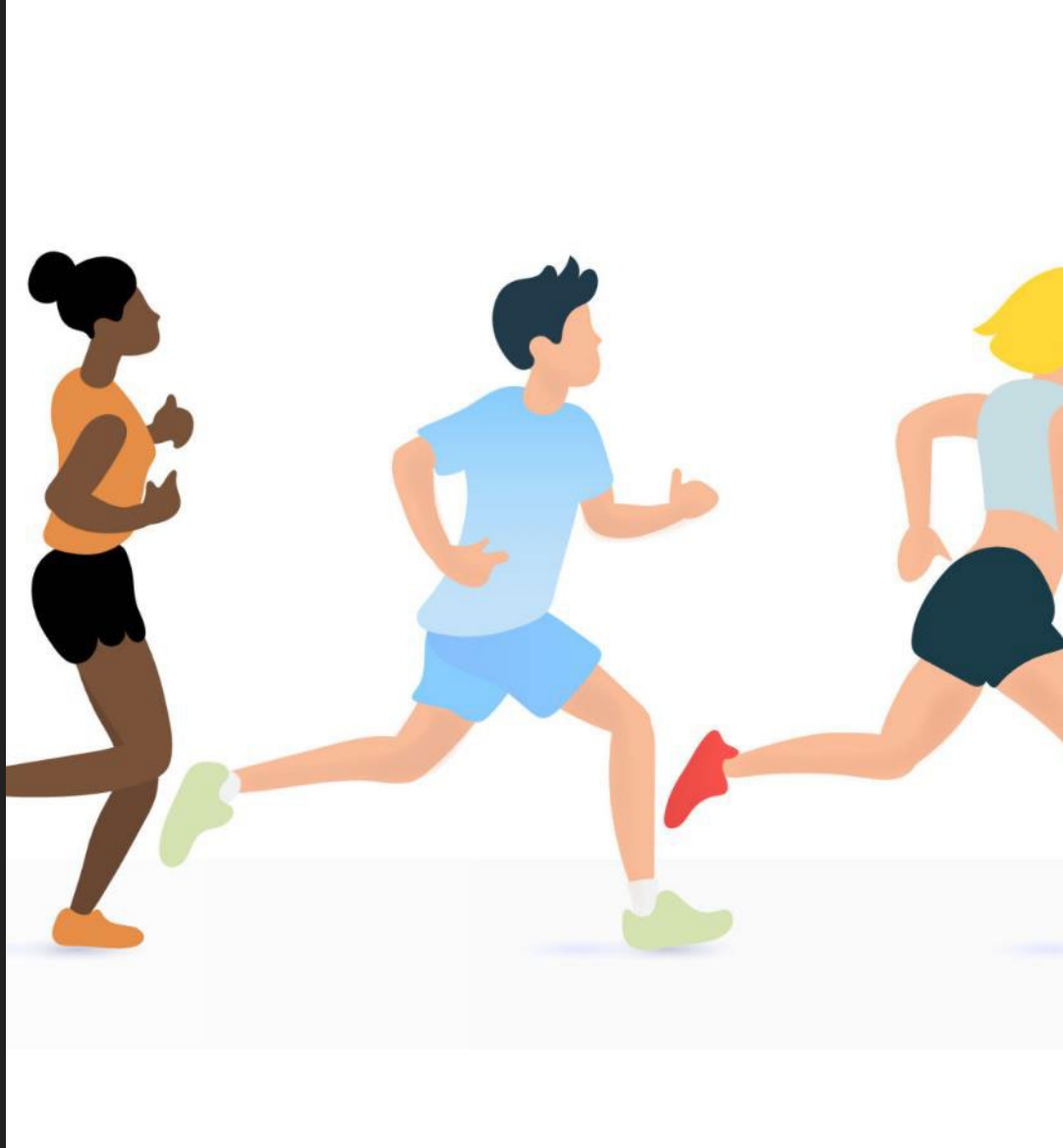


Stress and Anxiety Management: Being Open and Honest

Niamh O'Donoghue

Background







Phases of my Practice

1. Initial Project Proposal

2. 1st Set of Changes

3. COVID

Examples of Current Practice

Evolved Practice as a Result of the Post COVID World

Reflection

- **Daily open and honest conversations** with my partner about my state of mind
- Weekly journal reflections to assess what I need
- **Make necessary changes**
 - Went home to my parents
 - Stopped listening to the news



Where to go from here?

My Development as a Reflective Practitioner



Openness and Honesty

Immediate Action



THANK YOU!