



# The Laura Hyde Foundation

Caring for those who care about us

The Laura Hyde Foundation is committed to providing all medical and emergency services with bespoke and relevant mental health support.

One initiative we want to encourage is documenting your experiences to help you with processing the challenging, emotional, traumatic and rewarding parts of your day to day job.

## Here are some tips which we hope will help



### BE HONEST

Tell your story truthfully as capturing the difficult bits will help in the long run and be true to yourself with your feelings and emotions.



### BE FAIR

Be reflective and acknowledge your experiences but be fair on yourself and those around you. Allow the writing to be a constructive process to help you move forwards.



### BE FLEXIBLE

The format and frequency of your journaling will be individual and unique so write where and when it feels right.

Leah Hazard, midwife and author provides her encouraging words of wisdom below:

“

You don't need to be a brilliant author to write about your day. Just the act of taking a few minutes of time for yourself can be therapeutic, and jotting down a few thoughts (or even just random words) to describe that day's experiences can be a great form of release. Don't worry about spelling or punctuation, and don't worry if nothing comes – or if you just want to draw a picture! Your words and thoughts are valuable; YOU are valuable.

”

Please do share with us your experiences of journaling as we love hearing from you

[laurahydefoundation.org](http://laurahydefoundation.org)

#caringforthosewhocareaboutus

Registered charity number 5118624

 LauraHydeFoundation

 thelaurahydefoundation

 LhFoundation