# Spiritual Care Matters 2 – Looking after your own spiritual well-being

# Learning Diary

Use the following questions to reflect on your learning from each day’s task.

When you have completed the course, ask your ‘go-to’ person or supervisor to sign your Diary. You can keep this record as evidence of training and you can use it to [apply for an Open Badge](https://www.badges.sssc.uk.com/badges/spiritual-care-matters/).

## Day 1 Why is my spiritual well-being important?

What does spiritual well-being mean to you?

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Why is it important to look after your spiritual well-being?

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## Day 2 How can I look after my spiritual well-being?

**What activity did you try, and how did it help your spiritual well-being?**

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What difficulties or challenges did you experience, if any, and how could you resolve them?

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## Day 3 What if… story of a care worker

What have you learned from listening to Jenny and your colleagues?

Identify 2 learning points in the box below.

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## ../../Badges/Badge_fiop_400.pngDay 4 Getting support when you need it

What support is available in your organisation and how can you access it when you need to?

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## Day 5 Your spiritual well-being matters!

Tell us about 3 things you learned from the course and why they are important to you.

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Tell us about 2 things you will do differently to look after your own spiritual well-being.

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## Course completion record:

Learner:

Print name: ­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor:

Print name: ­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:

## What next?

Now upload your completed Learning diary to gain an Open Badge for your learning on the course.