What is reflection and how do you do it?  
A brief guide for WMS MMI candidates

“Reflecting on … experiences is vital to personal wellbeing and development, and to improving the quality of patient care.” (GMC)


Reflection: taking time to think about something that happened to facilitate learning for the future.

There are many ways to reflect – here is just one.

What to reflect on? If it triggered an emotional reaction, then reflection is likely to help.