

# Advisor on a Committee: Thoughts and Feelings after a Meeting

Being an advisor requires a degree of openness and vulnerability to share parts of your healthcare experience to support the discussion. For many families, receiving care from the healthcare system can be a stressful time. Recounting past experiences, even if they were positive experiences, can bring up a variety of feelings and emotions. Some expected and some not expected. This is normal!

In addition, sometimes during an engagement conversation or meeting, it might be challenging to express all your thoughts and ideas or to feel your input is being fully considered. An advisor might also feel general stress related to the responsibility of being a patient or family representative. Collaboration in general can be a messy and uncomfortable process - merging of different ideas and different perspectives can sometimes be difficult for everyone involved.

Below are strategies to help you manage any thoughts, feelings, or emotions that might arise after a meeting.



## Refuel and Recharge

It is recommended to plan in advance a "refuel and recharge activity" after an engagement activity.

Depending on your time availability and your needs there are different options for consideration:

- Schedule a debriefing with your staff liaison
- Practice some mindfulness breathing exercises
- Exercise - e.g. walk, run or stretch
- Listen to your favourite music
- Connect with a fellow advisor (peer support) or a friend
- Journal your thoughts
- Reflect on what you have accomplished

“ There have been times after a meeting where I have wished I would have given a different perspective or a more concise story. Sometimes I have found myself ruminating on this after a meeting.

*Over time, I gained the confidence to follow-up with the staff liaison afterwards to clarify a thought or add any context I thought I might have missed that might be important to the discussion. I don't do this every time but it helps me to move on. I have also learned over time not to be so hard on myself. ~ Parent Advisor* ”



**RULE** If you are **feeling frustrated or disappointed**, consider waiting

24 hours before you take any action. Some people find it helpful to write down all your thoughts and feelings, review what you have written, and then respectfully share your experience and thoughts with your staff liaison after 24 hours.

## Contact the committee or PFCC staff liaison

If you need any assistance in processing a meeting or if you have questions, concerns, or additional ideas you can contact your staff liaison or your PFCC team contact.