

Healing Monthly Culture Conversation

June 2022

University of Nebraska
Medical Center



Nebraska
Medicine

Healing Reflection



Be Here Now & Gratitude

Who are you grateful for today? What impact have you found in being more present for those around you?



Cultural Humility

Over the past month, what example do you have where a filter may have influenced a decision or action?



Peer Check

What examples do you have of providing in-time feedback to those around you? What was the impact?

Last month, we began our discussion on Healing. Let's take a moment to reflect on how the concepts helped us provide healing to each other and our patients.

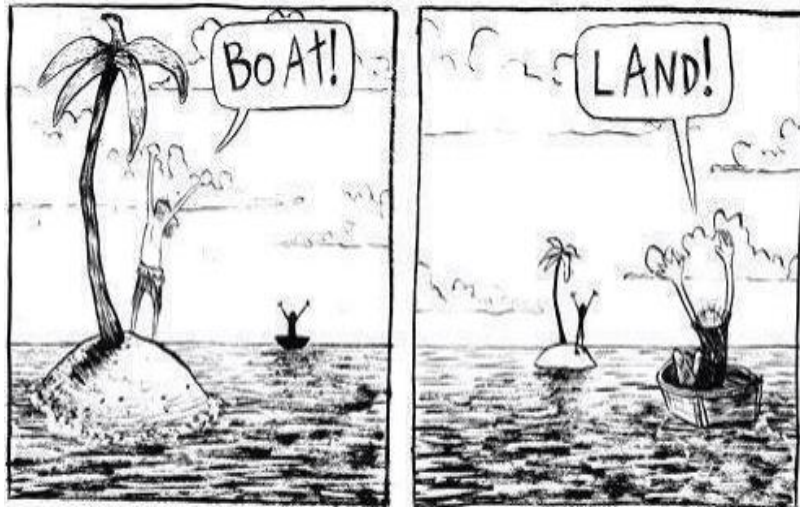
Healing



Healing in Action!

How can I continue to support Healing?

What behaviors or tactics do I want to continue, start, or stop doing with Be Here Now, Gratitude, Cultural Humility, and Peer Check?



Put Healing into Practice

- How do we start our meetings? Is there time to collect our thoughts, or recognize others before diving into the content?
- Am I asking for feedback? Who can I go ask for feedback over this next week?
- When is the last time I provided appreciation or checked on someone close to me at work?
- Where have I been on the Mood Elevator lately? How has that influenced my interactions with those close to me?