

Healing Monthly Culture Conversation

May 2022

University of Nebraska
Medical Center



Nebraska
Medicine

May Healing Conversation

Show the empathy you feel. Be selfless in caring for patients, one another and the community.



Be Here Now

Be fully present for those around you and listen with the intent to understand



Gratitude

Readiness to show appreciation and return kindness



Cultural Humility

The process of self-reflection and awareness that allows us to develop meaningful and authentic relationships



Peer Check

Watch out for each other and share situational awareness to be at our best

Healing In Action!

Let's practice using our Be Extraordinary Together, Zero Harm, & DEI concepts:



Be Here Now Reminder

Decluttering our mind and being present in the situation allows us to be more empathetic to those around us and makes us more effective. Take a pause when you find your mind wandering and refocus on the present.

Practicing Gratitude

As a team, practice sharing the following three things:

- Something you are grateful for at work*
- Someone on the team you are grateful for, and why*
- Something in your life outside of work you are grateful for*

