

May Healing



As you prepare for the monthly culture conversation, review the points below to ground yourself in the concepts. Remember the goal of this conversation is to re-introduce the concepts and make clear connections for your staff so they feel confident in using and supporting these practices.

Healing

Supporting our colleagues, patients, and community require us to be selfless and empathetic. Building an empathy-first approach will help show and return kindness to those around us, and these practices will boost ourselves up the Mood Elevator.

Be Here Now & Gratitude

Being truly present in the situation allows for better observation and appreciation to those around us. Clearing the cluttered mind helps our gratitude come forward and show meaningful appreciation for those colleagues, patients, and community members.

Peer Check

We can't be perfect all the time. We all work together as a team, and when we have second sets of eyes on work and projects, we build better situational awareness and can help be at our best together.

Cultural Humility

We have filters, selective perceptions, and blind spots that influence how we interact with those around us. Spending time and effort to build awareness can help us better heal and support others.



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Now that you have grounded yourself in the concepts, take a look at some of the tips and best practices below. Select one or two behavior(s) that you can commit to over the next month.



Healing in Action

- Start meetings with appreciation/gratitude sharing (e.g., recognizing team members for their contribution and help)
- Use a high, low, kudos activity to end each week – what was a high, what was a low, and who would I like to give kudos
- Use a physical representation of gratitude and appreciation (e.g., a gratitude jar where you share out colleague-submitted comments)
- Use an application (or physical copy) of a gratitude journal over the next two months; and share the impact the journaling has had on you
- Use [NebraskaMed.com/appreciation](https://www.nebraska-med.com/appreciation) to share appreciation with colleagues
- Deliver an iValue card to a team member, or recognize people using the praise tool on Teams
- Give appreciation through the [Be Extraordinary Together](#) portal



Healing and Cultural Humility

Healing happens through meaningful and authentic relationships. Building and developing these relationships happens through a process of turning self-reflection and awareness into personal action. During our Courage Conversation we shared the empathy video (<https://youtu.be/1Evwgu369Jw>) and who we are helping video (<https://youtu.be/7pYpTQ93SFM>). This is an opportunity to build behaviors from those conversations. Ask your team:

- How might we use the concepts from those videos to build meaningful and intentional relationships with each other? How does this link to Healing?
- What specifically would we like to do in the spirit of healing for the next two months?

