Week 4: May 27 – June 2, 2021

Moving Forward
Using our stories and experiences to chart our path forward

Storytelling is an important way to share how our lived experiences and learnings shape who we are now as a team. Creatively sharing our stories creates meaning, while helping to envision our individual and collective path for the future.

Questions for Reflection:
- What have we learned this past year, as a team? As individuals?
- What are the stories you tell yourself about the work you do?
- How do these stories contribute (or not) to the meaning you get out of the work you do?
- What’s a revised or new story you may tell to support the future you want to create?
- What will your why look like moving forward?

Activities to participate in as a team, small group or as an individual:
- Share your story:
  - Create a space to collect your team’s experiences, stories, and goals via a bulletin board, online format or survey to collect and compile for sharing
  - Consider mapping out the different seasons or months we’ve experienced and are moving towards
- The power of writing, art and music:
  - Try poetry, journaling, blog posts, haikus, etc. to help tell your story and vision
  - Art is another meaningful form of expression and storytelling – paint, pencil, photography, clay, paper....
  - Do you play an instrument? Sing? How can these be used to share your story?

Resources to explore:
- Expressions of Clinician Well-Being - An Art Exhibition (website link [here](#))
- Narrative Expressive Writing Program (info/sign up [here](#)) and the Narrative Expressive Writing Journal (info/sign up [here](#)) provided by the American Nurses Association
- Readings, Prayers & Haikus – from the UVA SON ([here](#)) and UVA Chaplaincy Services ([here](#))
- Tips for Cultivating Optimism (article [here](#))
- Flourishing In Your Life (webinar link [here](#))

“Stories are memory aids, instruction manuals and moral compasses.” - Aleks Krotoski


Updated: 05.20.2021