Honoring
Recognizing UVA Nursing Professionals

This is a week to celebrate UVA Nurses for their unique and exceptional contributions. As nursing professionals, it is essential to pause and reflect, grounding ourselves in why we joined and continue in this profession.

Questions for reflection:
- Why did you become a nurse?
- In the last year, how has your motivation been affirmed or challenged?
- As you look forward, what renews your spirit to continue as a nurse?

Activities to participate in as a team, small group or as an individual:
- Listen and Reflect: *When the Road is Long* (audio link [here](#), 2 min 46 sec)
- Write and Rip
  - Ask yourself, “What has been most challenging about this time?”
  - Write down what you have been thinking or feeling during this time (not for sharing)
  - There is great importance in building resilience to first express what we have experienced. And then we release. We don’t want to live in the negative. But denying negative feelings makes them build and grow versus express and release.
  - Rip up what you wrote down and throw it away. How does that experience make you feel?
- Join the 21 Day Challenge: *21 Ways in 21 Days to Rest and Restore* (link [here](#))
- Five-Finger Relaxation Technique (link [here](#))

Resources to explore:
- *How Compassion (associated with being nourished by work) and Empathy (associated with burnout) Differ* (audio link [here](#))
- *Stress First Aid: Caring for Self & Others: 2020* (webinar link [here](#))
- *What is Mindfulness and Why Should I Care?* (webinar link [here](#))
- *Prayers, Reflections, and Readings* from Chaplaincy Staff (link [here](#))

"For nurses, many of them went into the field because of their ability to connect with people and make a difference in their lives. Mindfulness is a path to help us reconnect with what brings meaning to the profession. It brings humanity back to healthcare." – Susan Bauer-Wu