Week 2: May 13 – 19, 2021

Engaging
Our Teams and Relationships Matter

This is a week to honor and celebrate our teams at UVA. When we engage with each other in our work environment, we can enhance our interprofessional practice, as well as our team and personal wellbeing.

Questions for Reflection:

• What do you value most about engaging with your team?
• What is something new that you discovered about yourself or your team this past year?
• What attitudes and actions can you take to ensure your team continues at its best?
• How does or could your team support your work in a way that makes you feel you matter?

Activities to participate in as a team, small group or as an individual:

• Create or enhance your Shout-out Board:
  o Create a space to celebrate the strengths and achievements of your colleagues; incorporate it into huddles or team meetings
• Challenge each other to play:
  o Commit to and share how you incorporated play into your day off – have fun!
• Charting the way forward together:
  o Create an interactive message board (virtual or in your environment) to share hopes for your team in 2021, what you are most proud of about your team or role, and reflect upon what you want to carry forward.

Resources to explore:

• What It Means to Matter (article here)
• Do Good, Feel Good: The Positive Impact of Helping Others (webinar link here)
• TED TALK: Play is more than fun (link here – 27 minutes)
• Stress relief from laughter? It's no joke (article here)

“Mattering is created in the small moments of our lives. Mattering is about feeling heard and connected. It is about a sense of achievement. It is about making a contribution. It is about standing out from the crowd, even if it is only in the eyes of one other person.”

- Dr. Julie Haizlip

More information available at UVA Wisdom & Wellbeing Program www.medicalcenter.virginia.edu/wwp/