

HEALTH MANAGEMENT ASSOCIATES

CCALAC Conference
Exploring Gratitude:
Enhancing Practitioner and
Team Vitality

April 1, 2016

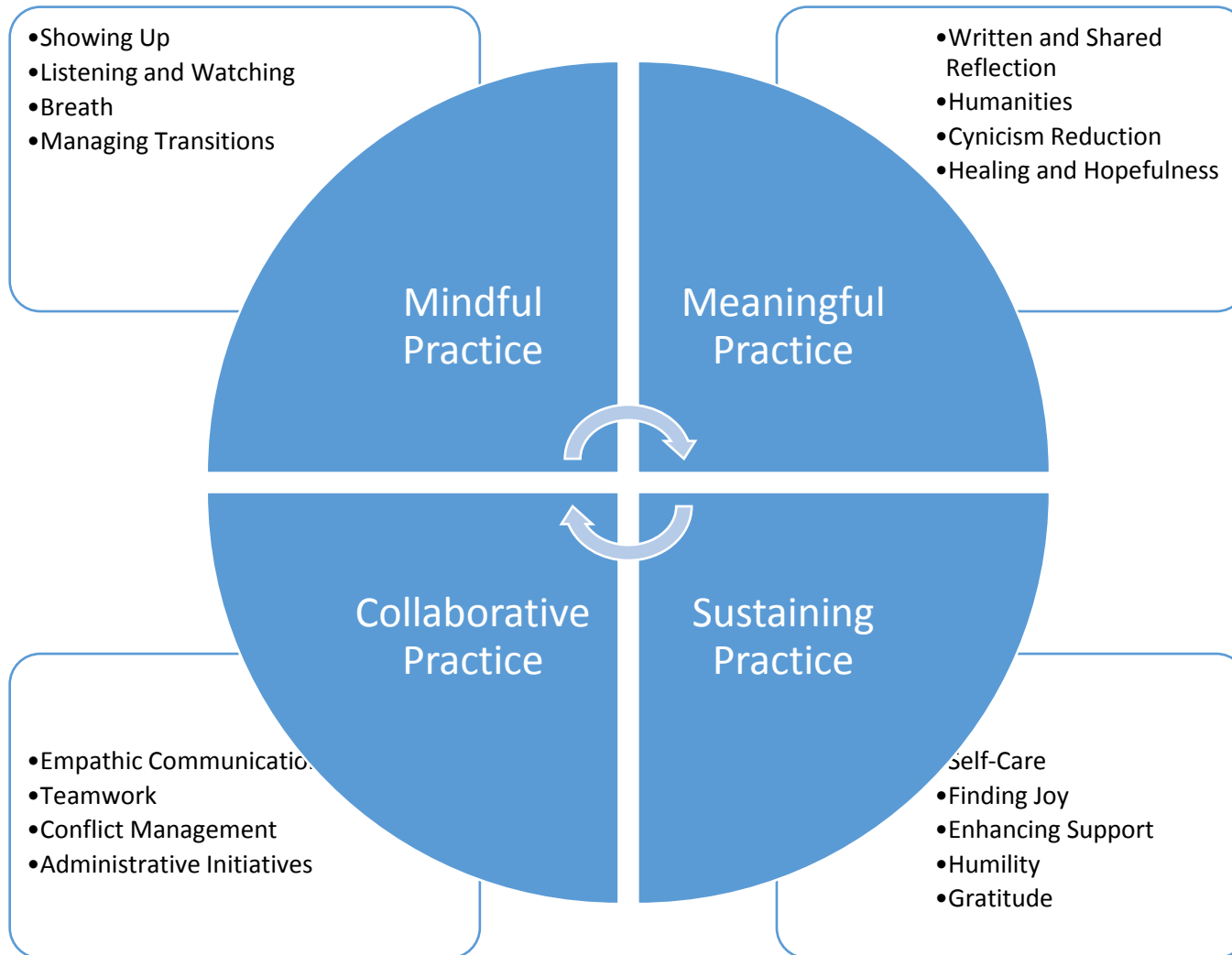
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HealthManagement.com

Objectives

- Deepen your Understanding of Practitioner Vitality
- Understand and Decrease Cynicism
- Explore the Experience of Gratitude

Vitality Model



Cherokee Creation Story



Introductions

- Name
- Where you work
- What you do
- Thread/Calling in One Sentence: Why you do what you do



Antonio Machado

Llamó a mi corazón, un claro día,
con un perfume de jazmín, el viento.

-A cambio de este aroma,
todo el aroma de tus rosas quiero.

-No tengo rosas; flores
en mi jardín no hay ya, todas han muerto.
Me llevaré los llantos de las fuentes,
las hojas amarillas y los mustios pétalos.
Y el viento huyó... Mi corazón sangraba...
Alma, ¿qué has hecho de tu pobre huerto?



Antonio Machado

The wind, one brilliant day, called
to my soul with an odor of jasmine.

‘In return for the odor of my jasmine,
I’d like all the odor of your roses.’

‘I have no roses; all the flowers
in my garden are dead.’

‘Well then, I’ll take the withered petals
and the yellow leaves and the waters of the
fountain.’

the wind left. And I wept. And I said to myself:
‘What have you done with the garden that was
entrusted to you?’



Mindfulness



“Gratitude is a vaccine, an antitoxin, and an antiseptic” Jowet



Pathways to Gratitude

- Pay Attention
- Count your Blessings
- Stop Focusing on What You Don't Have
- Embrace Humility
- Open Your Eyes to Those With Less
- Find Gratitude in Difficulty

Mindfulness



Three Good Things



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Enhancing Gratitude

- Gratitude Letters
- Gratitude Walk
- Meditation
- Journaling
- Collage



Healing and Hopefulness

Reilly and Ring (2005) Healing and
Hopefulness: A Tool for Doctor Well-being
Medical Education, 39, 1158-1159



Commitment to Act

List two things you intend to do (new or enhanced) in your personal and/or professional life based on our work here today.

