



WIRED FOR CONNECTION

HUMANING IN HEALTHCARE IS HARD

June 2024
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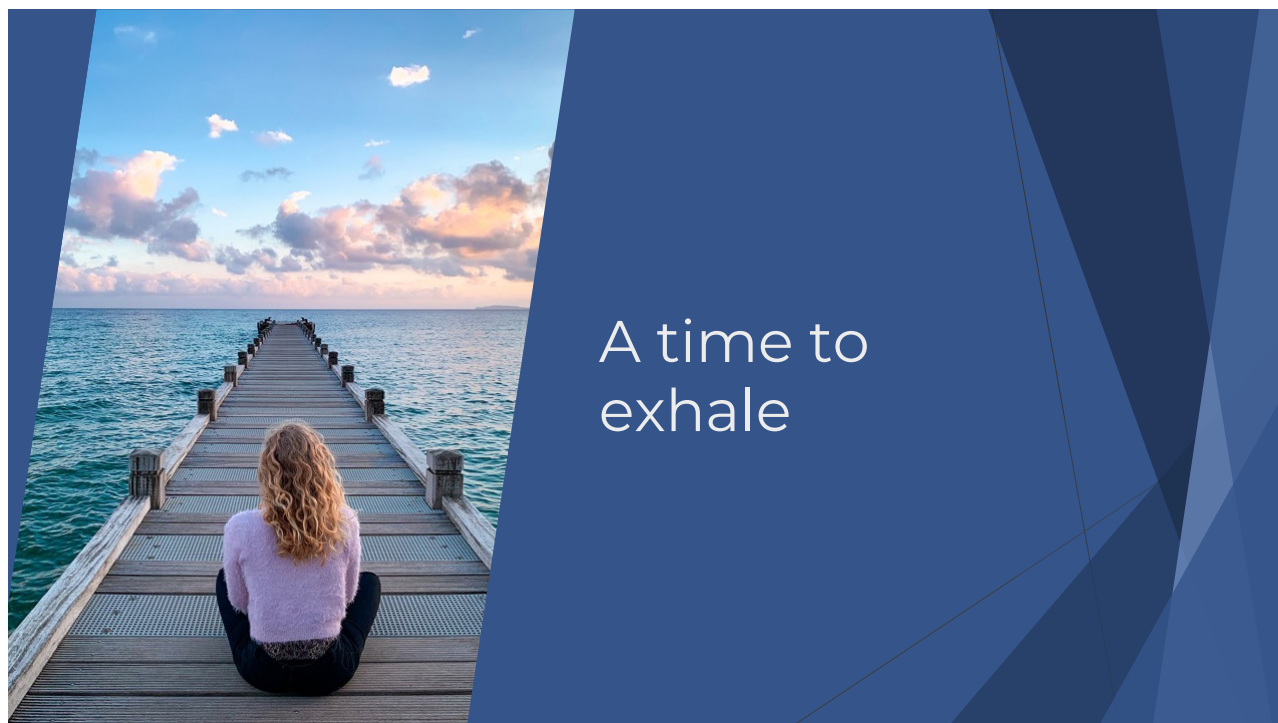
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SCAN ME

For slides and resources,
and to sign up for the “Wired for Connection” newsletter!

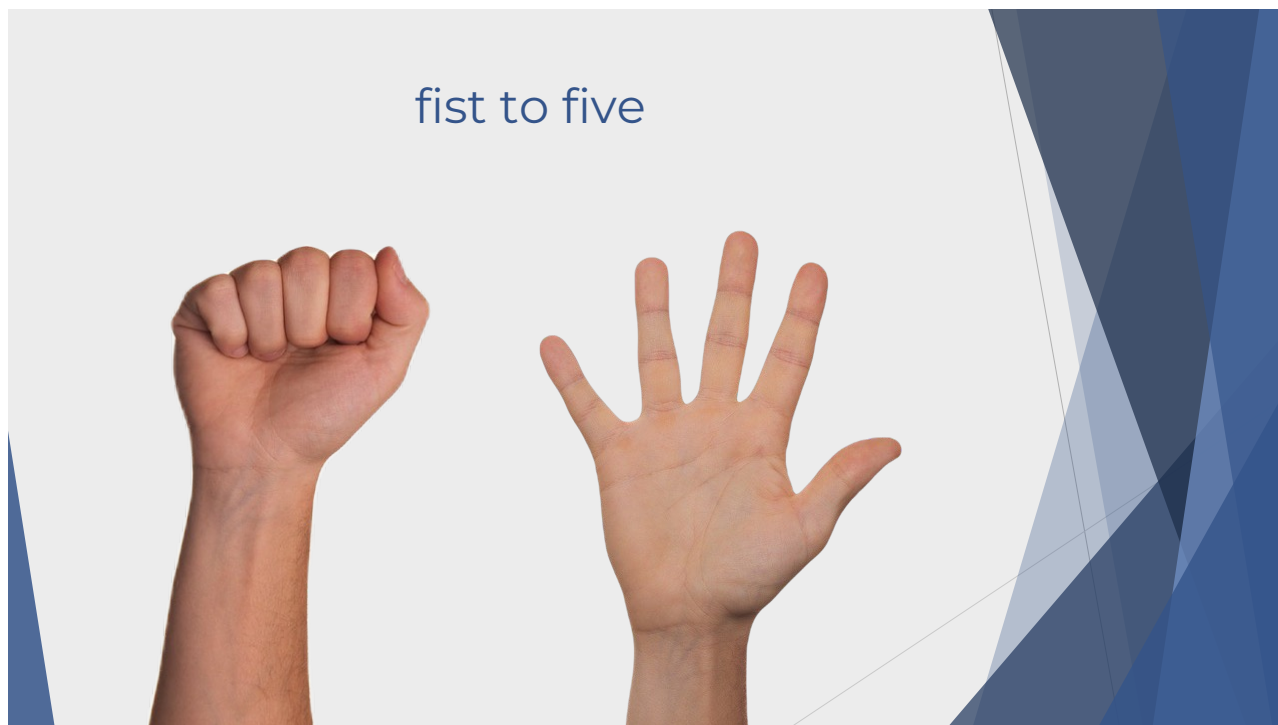
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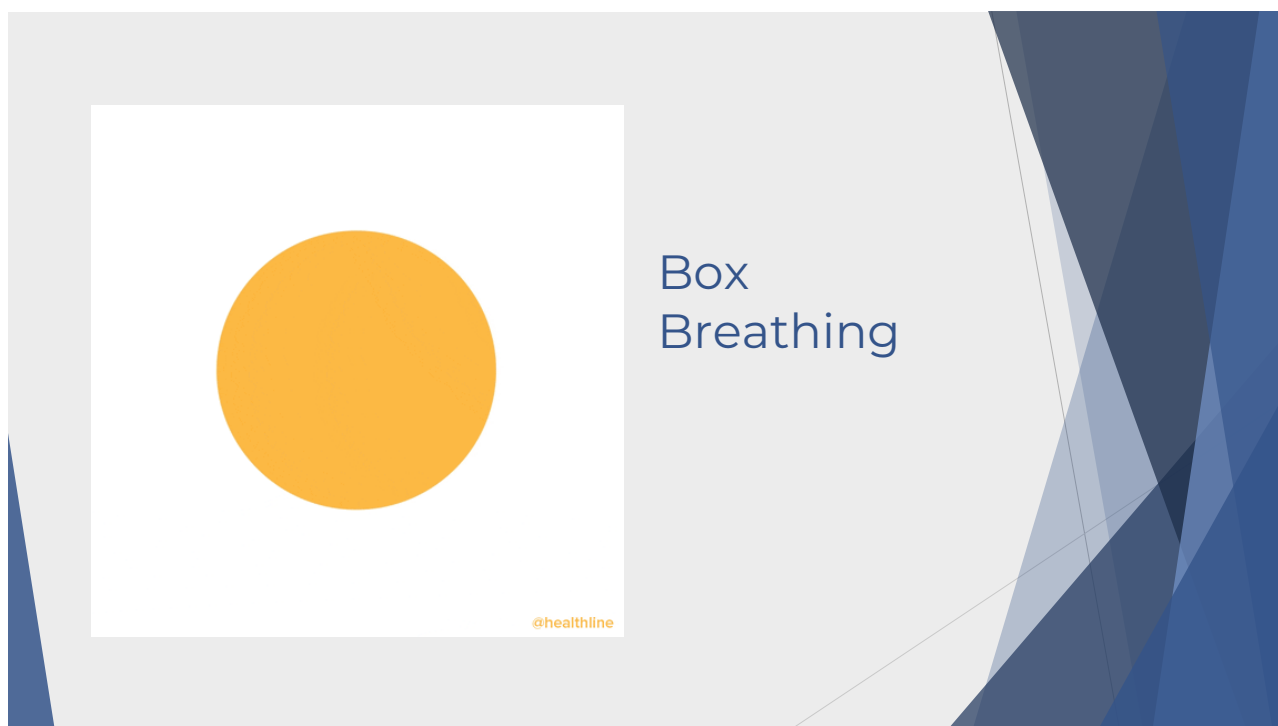
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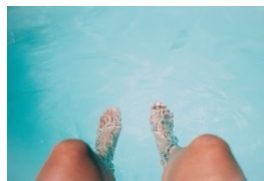
If you can't ask for help without self-judgment, you cannot offer help without judging others

Dr. Brené Brown

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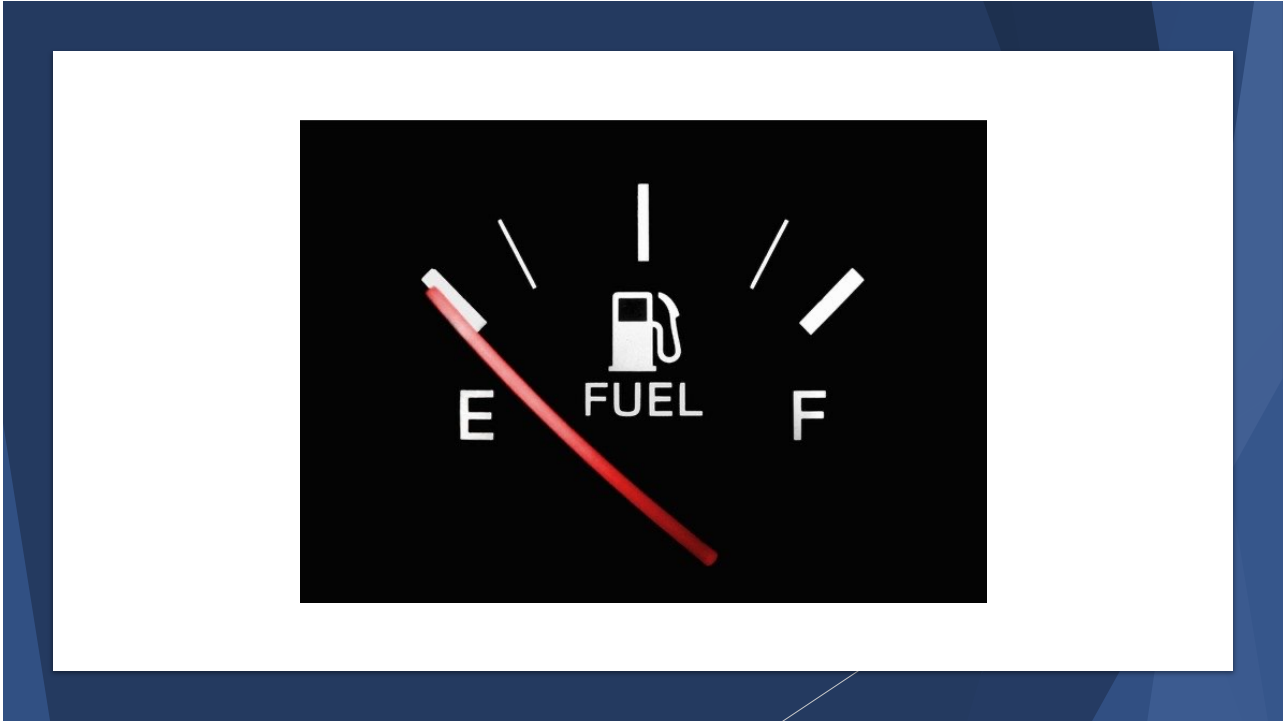


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Immerse at the right level for you.

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Frustration Warning
Tips and Tricks are secondary
Hold space for paying attention to the
discomfort



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The fact that I'm
not fragile doesn't
mean it didn't
break me.

Renata Suzuki



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The release of
tears --with safety

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Moral Injury

A moral injury can occur in response to acting or witnessing behaviors that go against an individual's values or moral beliefs

The slide features a dark blue background with a light blue geometric pattern on the left. A red first aid kit icon with a white cross is positioned on the left side. The title 'Moral Injury' is centered in white text. Below the title, a paragraph of white text explains the concept of moral injury.

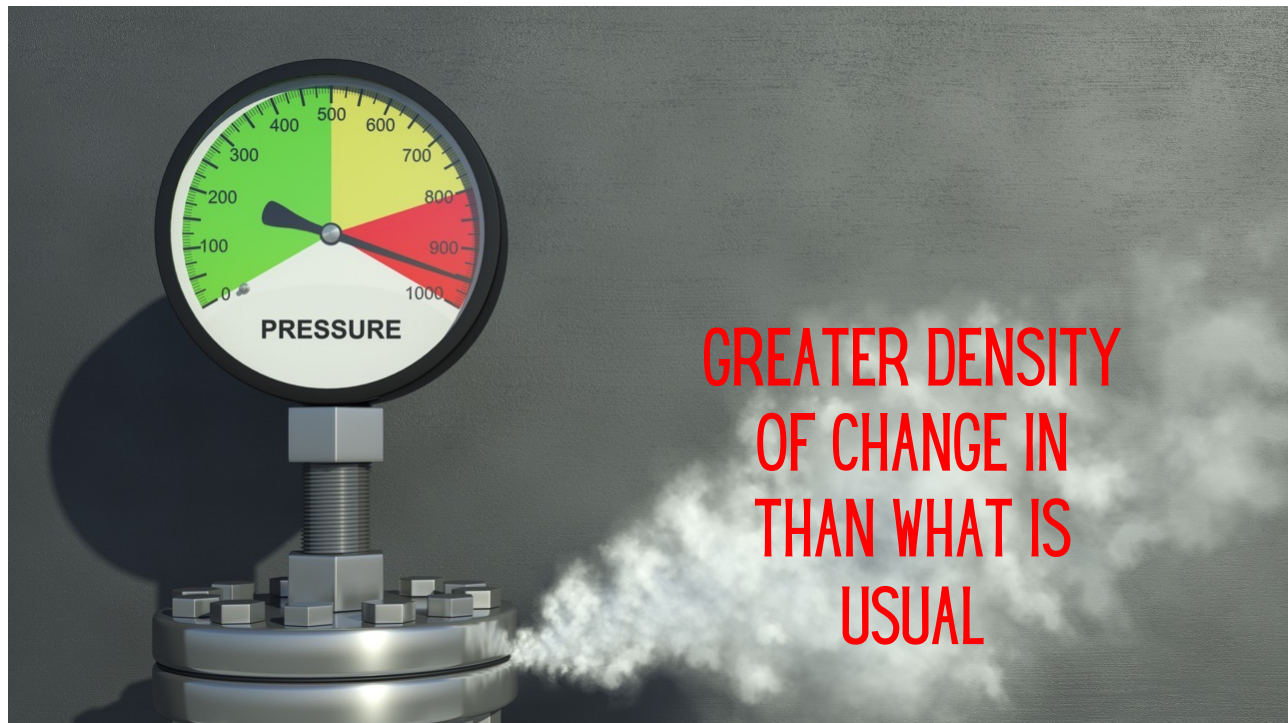
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REDLINED INTO DAMAGE

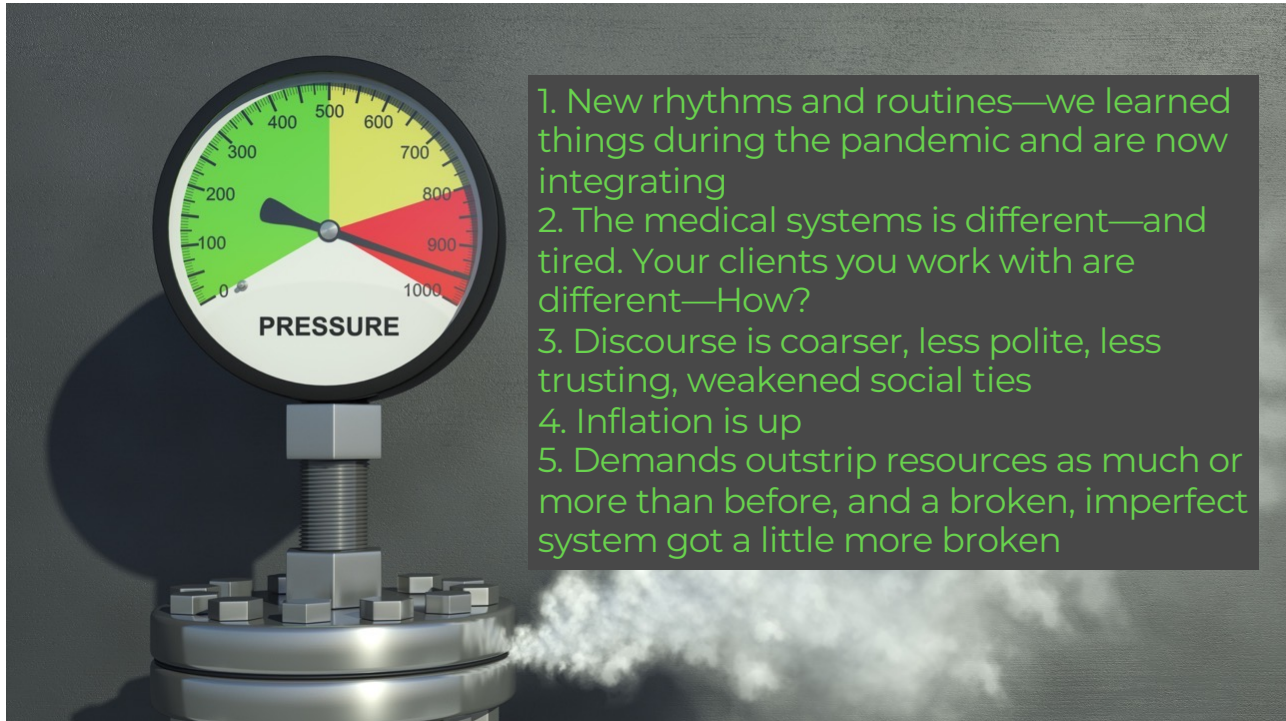
Many of us are not
completely recovered
How could we possibly
be?

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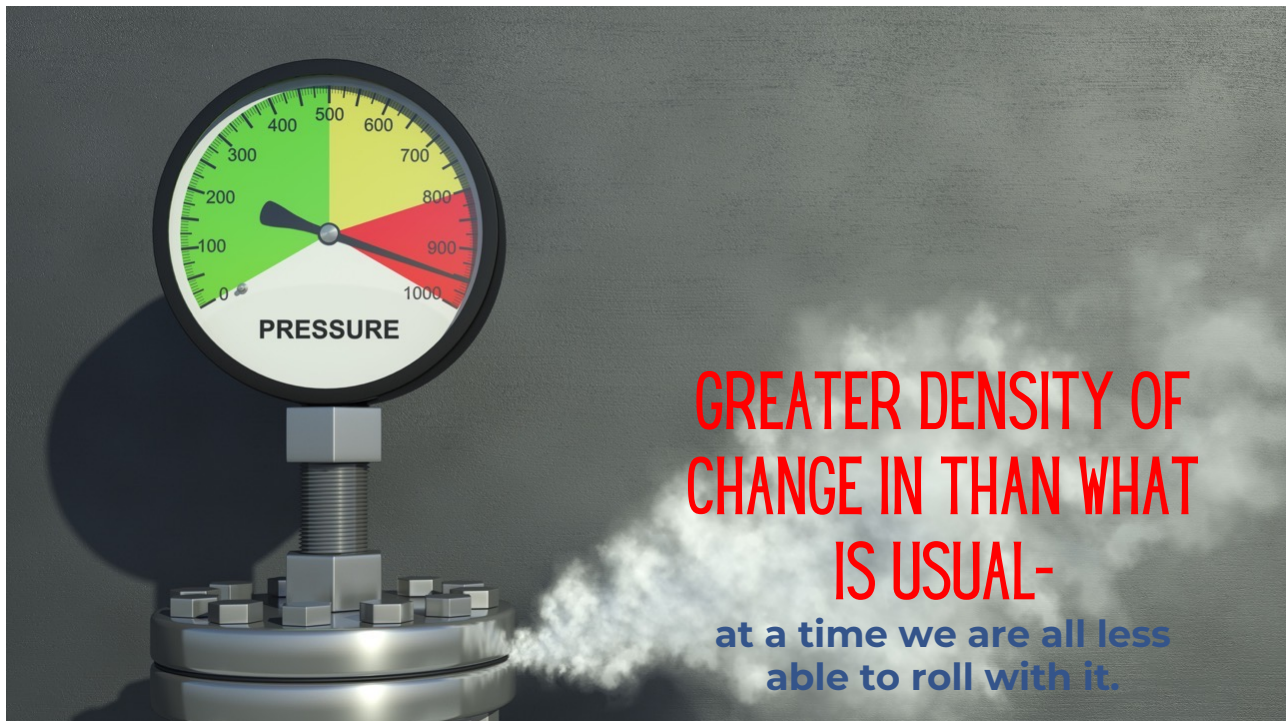


GREATER DENSITY OF CHANGE IN THAN WHAT IS USUAL

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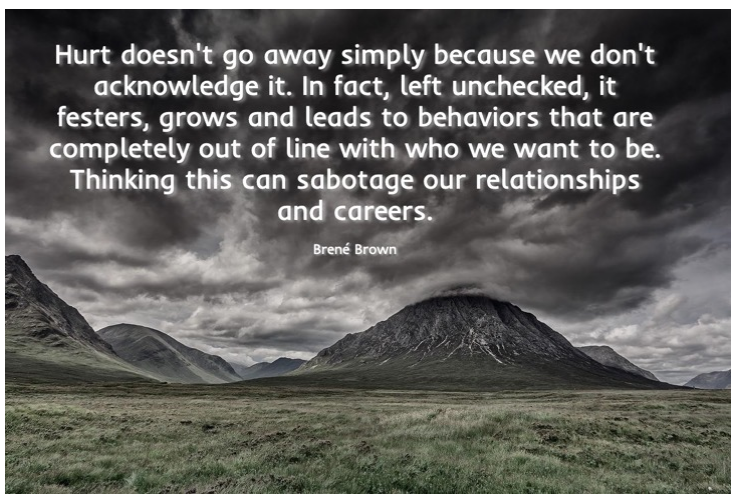
Conversation:
How much do you hate it and think it unnecessary that I mention the pandemic today?



25

Hurt doesn't go away simply because we don't acknowledge it. In fact, left unchecked, it festers, grows and leads to behaviors that are completely out of line with who we want to be. Thinking this can sabotage our relationships and careers.

Brené Brown



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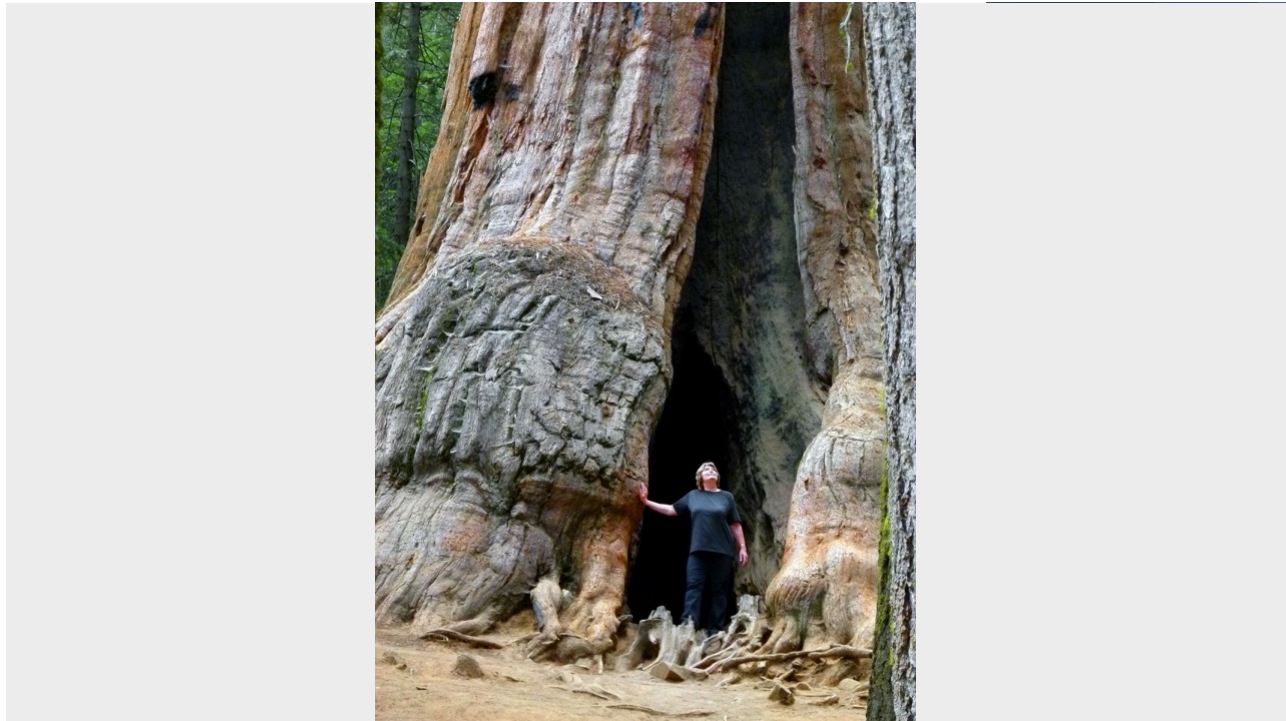
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Sequoia Trees - 80 metres tall

- ▶ Look for the six foot tall man at the bottom!

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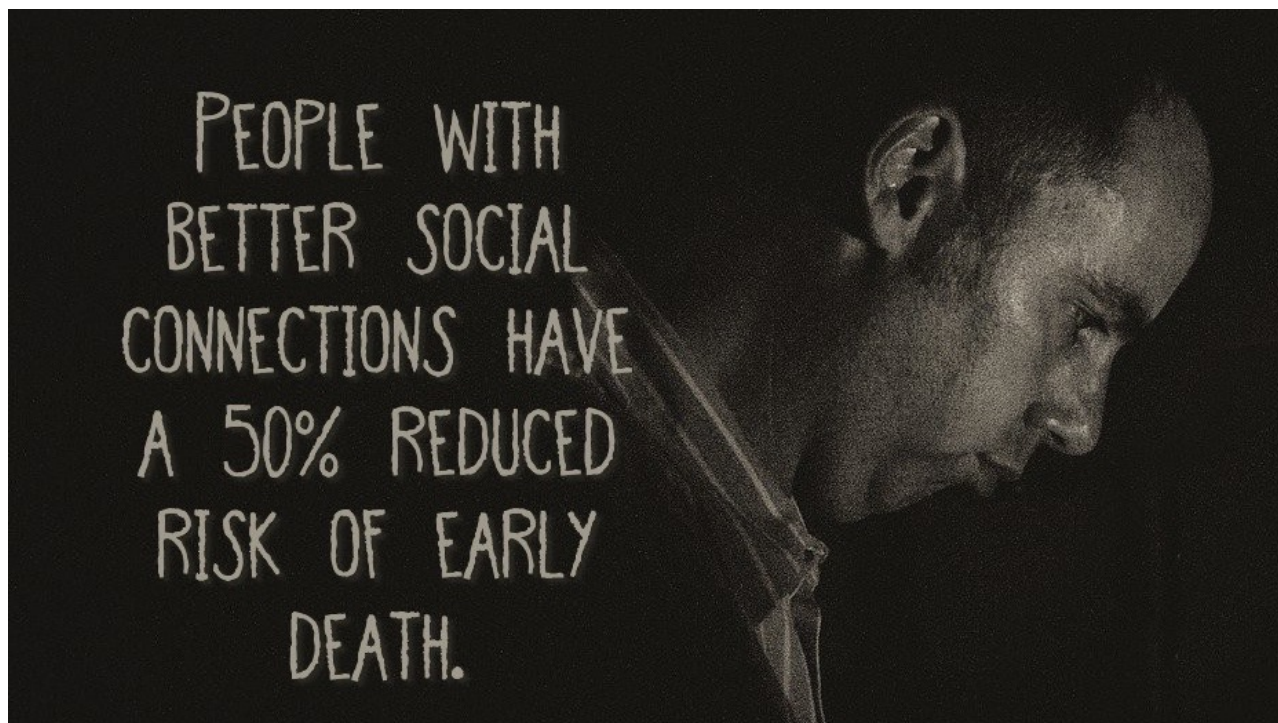
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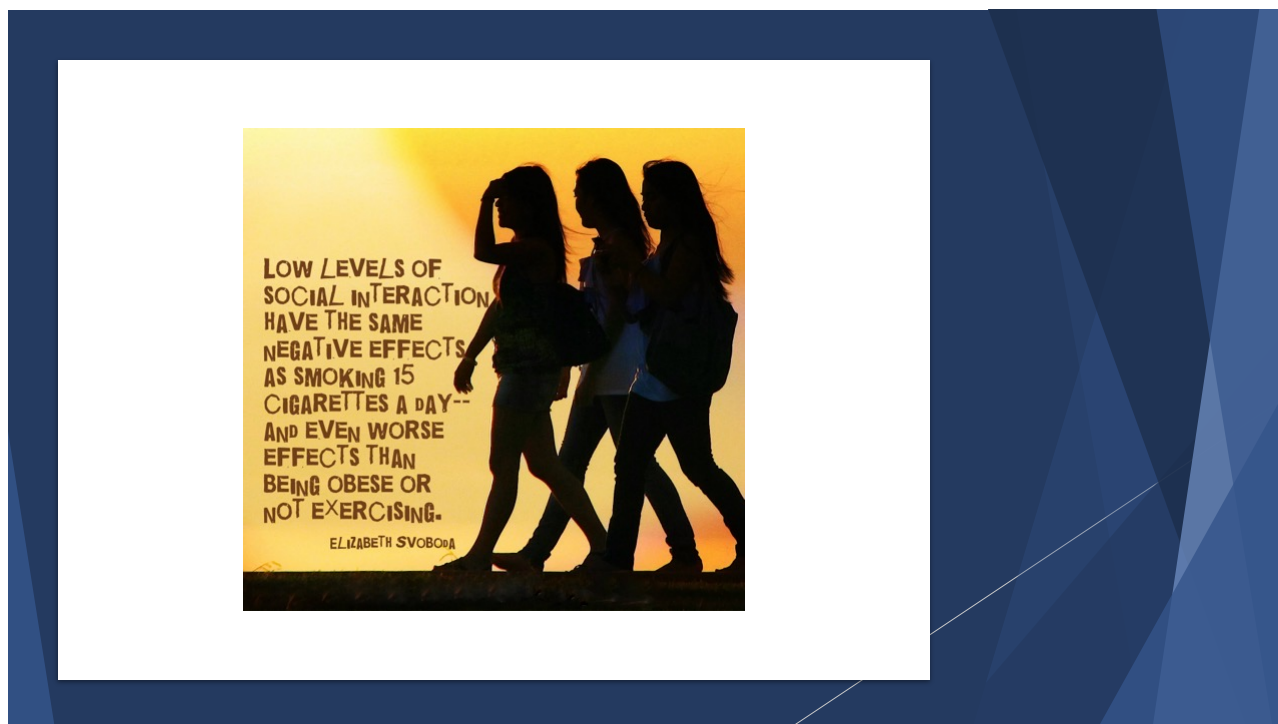
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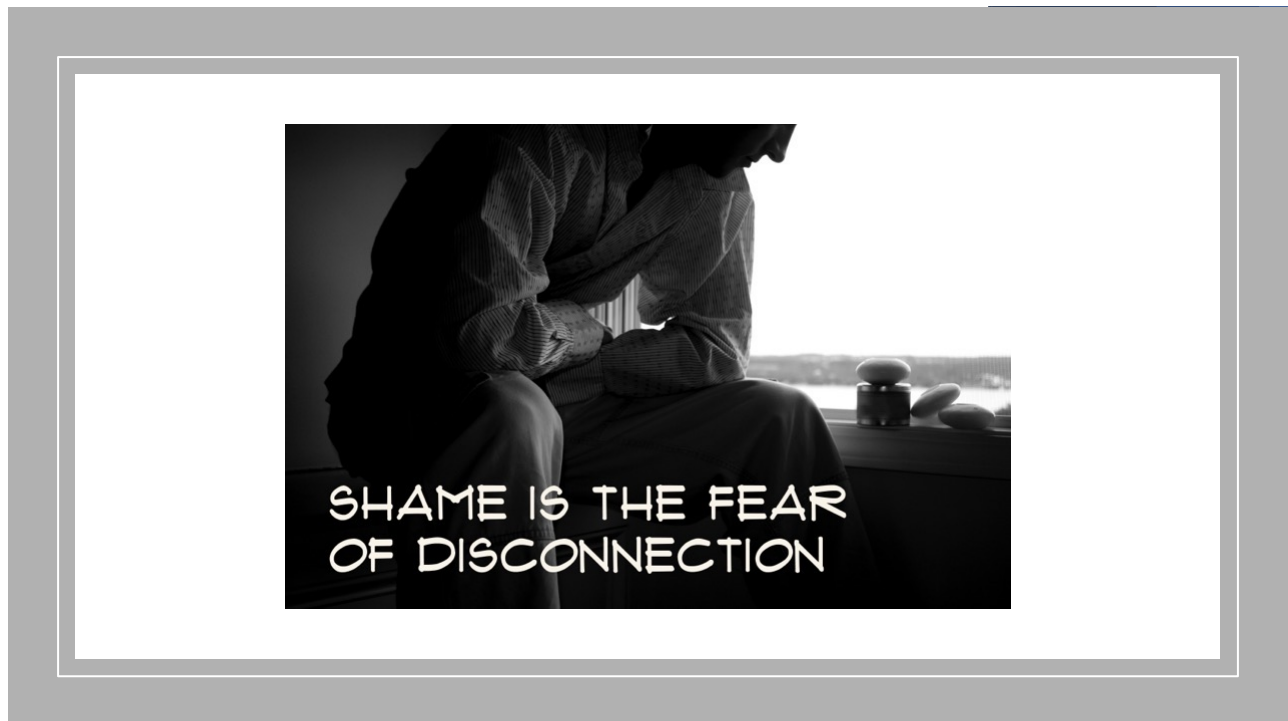


We are wired for connection

Connection has always been hard

PHOTO BY IAN
MCCLAUSLAND

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SHAME IS THE FEAR
OF DISCONNECTION

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Shame, Trauma and Loneliness work together

1. Deserving
2. Secrecy, Silence
3. Being alone in it
4. Shame doesn't allow requests for help



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We are wired
for story.
We are
meaning-makers



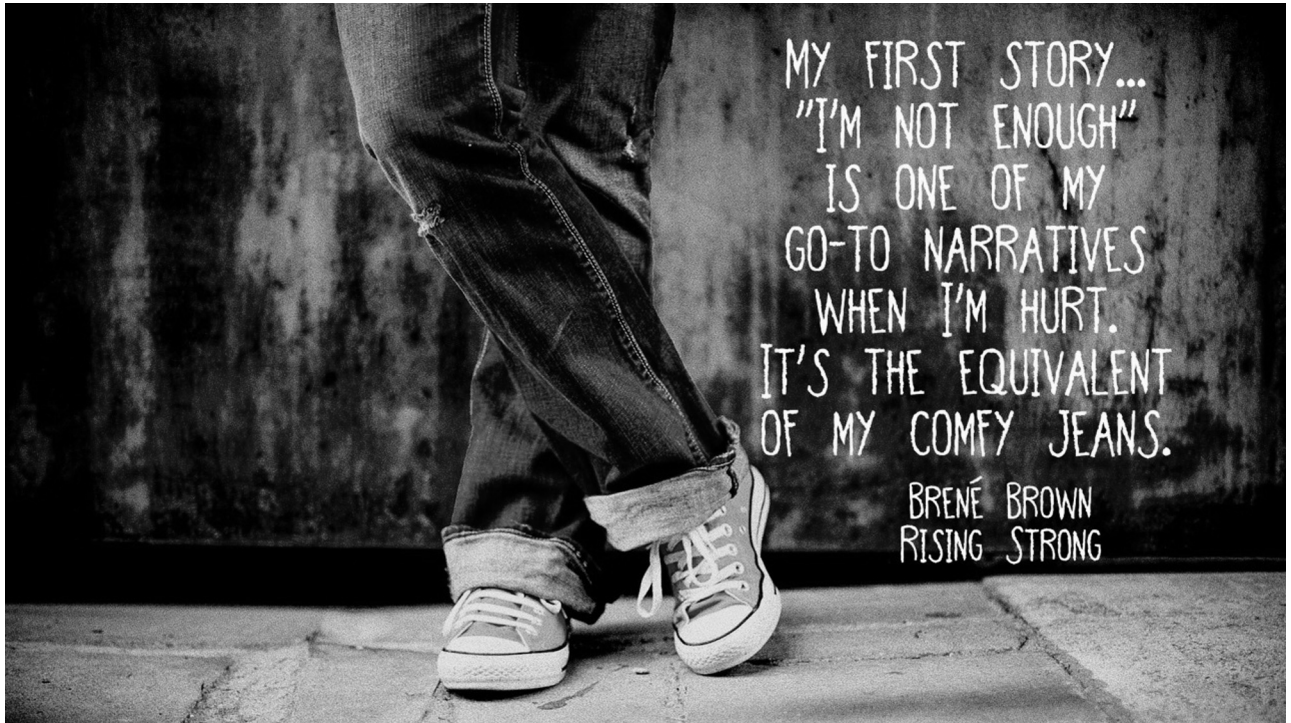
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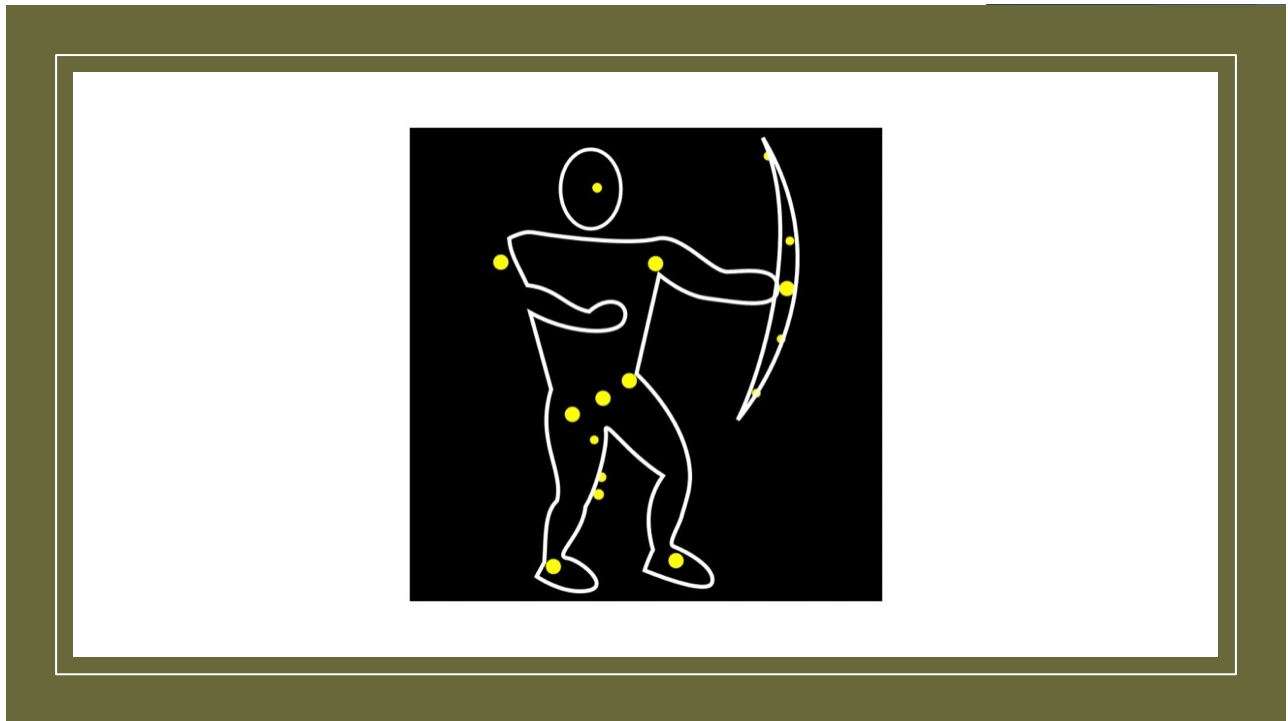


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Conspiracy: connecting the dots without realizing that we are adding information that isn't there

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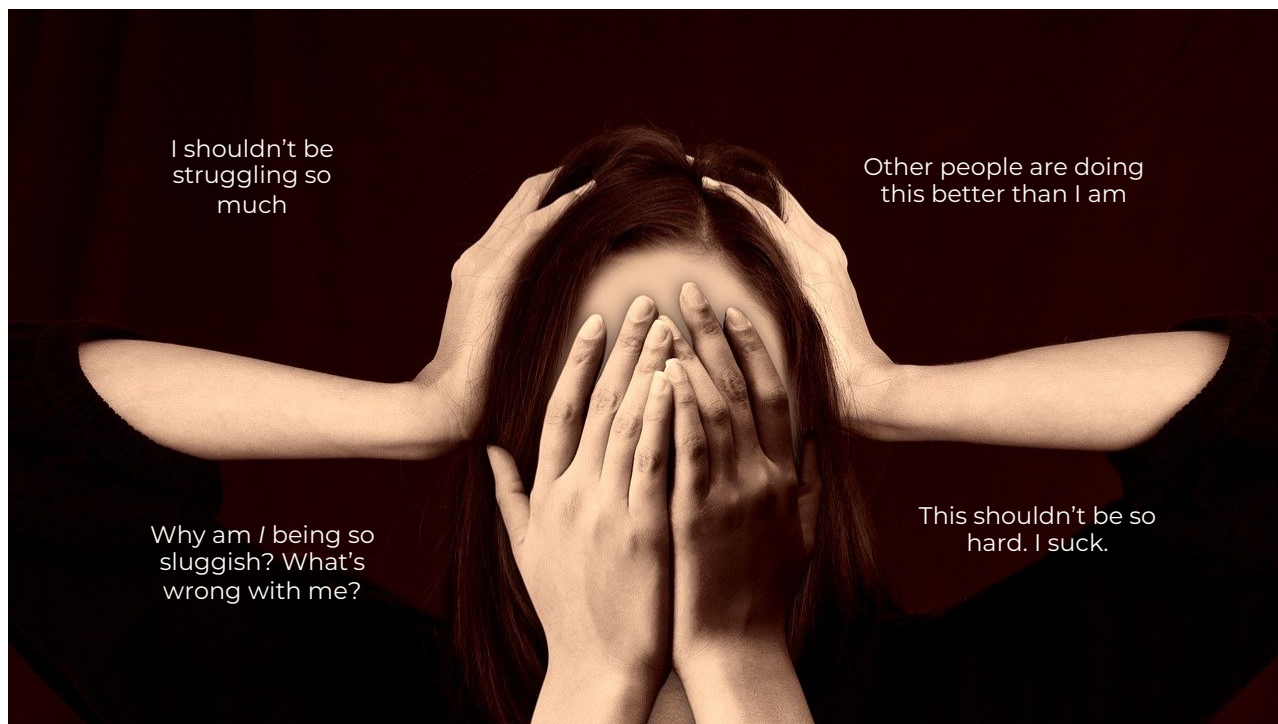


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Confabulation: A lie told honestly

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I shouldn't be struggling so much

Other people are doing this better than I am

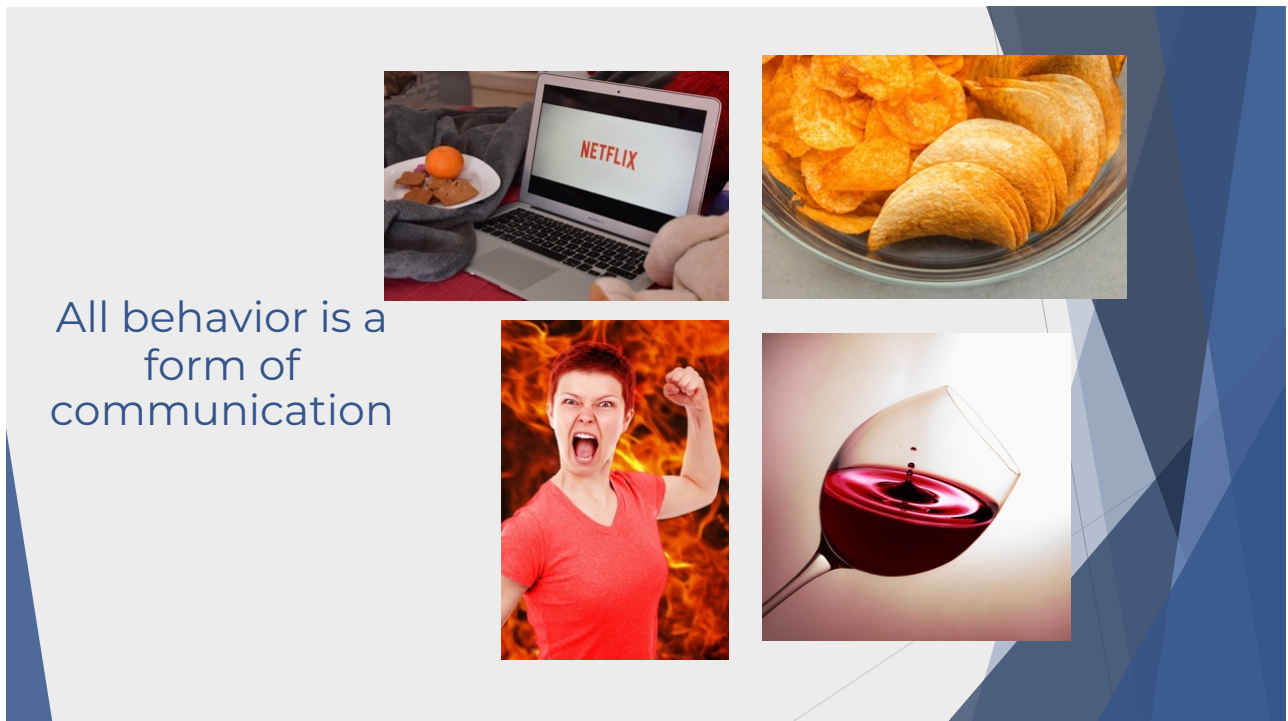
Why am I being so sluggish? What's wrong with me?

This shouldn't be so hard. I suck.

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All behavior is a form of communication

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All behavior is a form of communication



What is your behavior saying about how you are feeling?



What might your client's behavior say about what's really going on?



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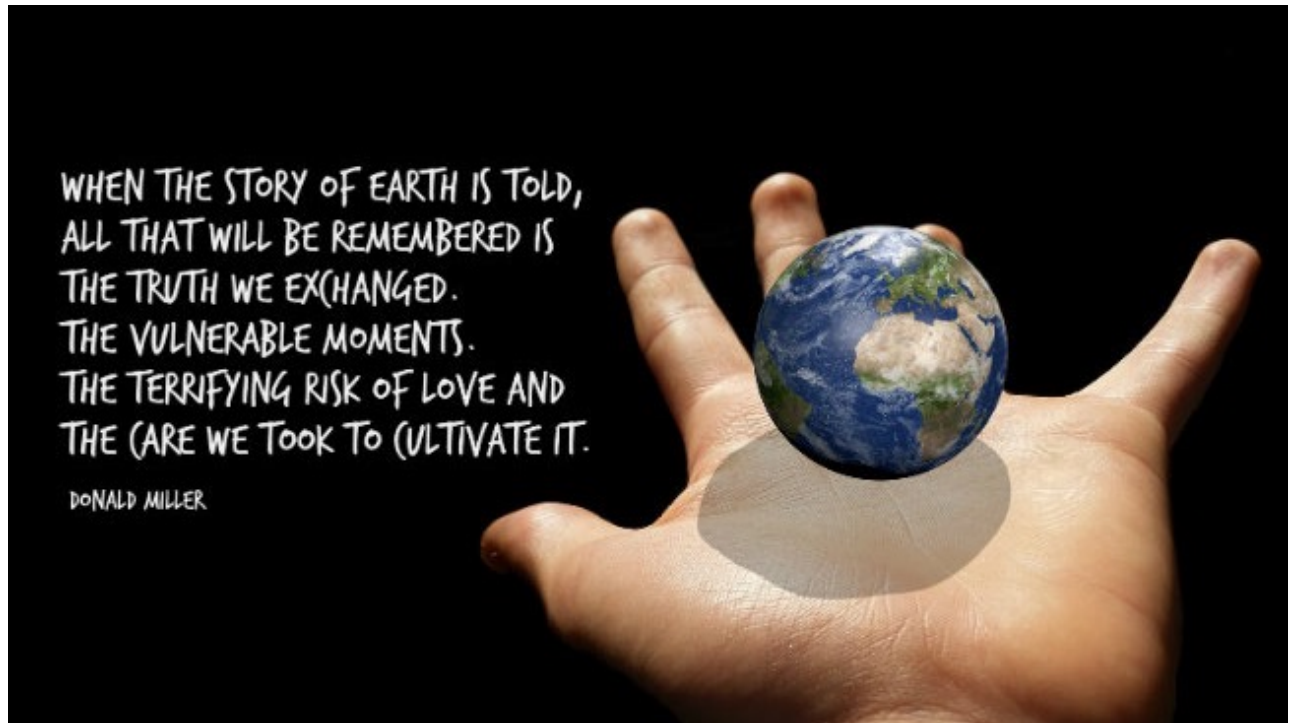
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Peek behind
the mask?



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Please respond:

1. In healthcare right now, vulnerability feels like...
2. When I grew up, letting people in on my thoughts of struggle/anxiety/sadness was seen as...
3. I notice a struggle in me about the work in health care that is real but might be judged if I talked about it more broadly. That struggle is...
4. You are about to exercise courage. What is keeping you from going in? What feelings or thoughts are you experiencing?
5. What messages crop up as you contemplate tackling something that feels intimidating?
6. How DO you show up when you find yourself afraid of what people will think?

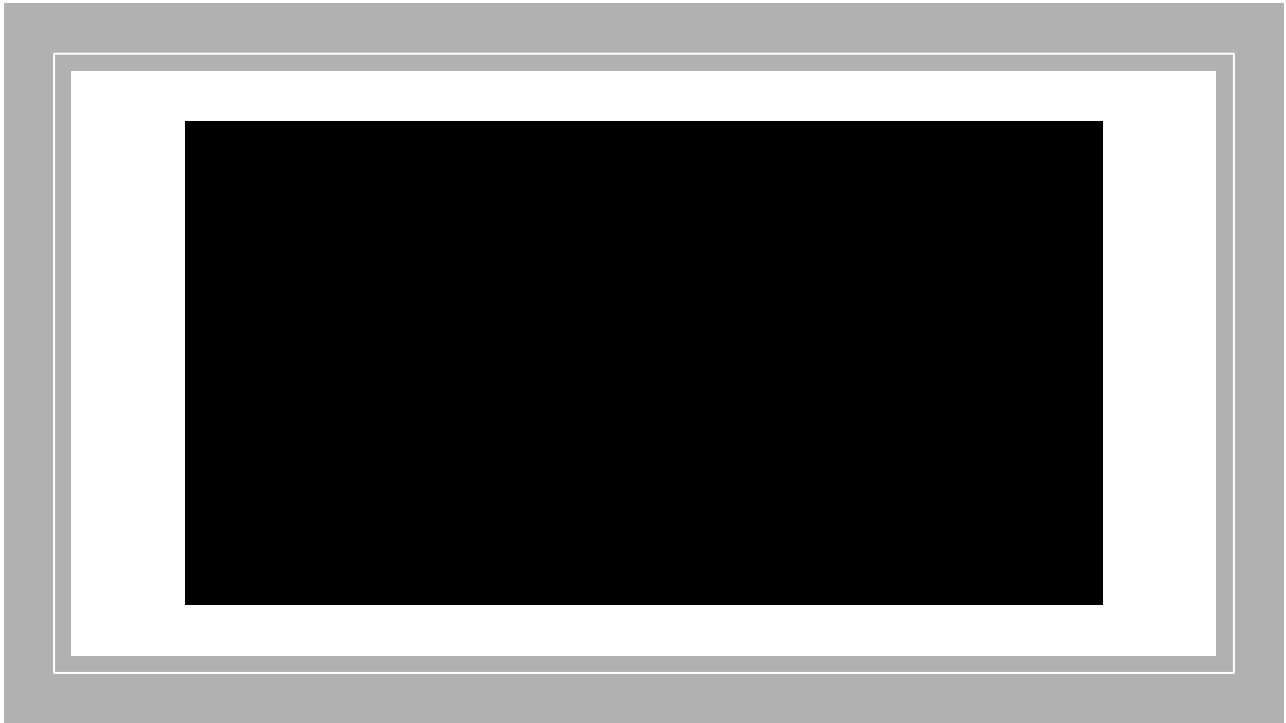
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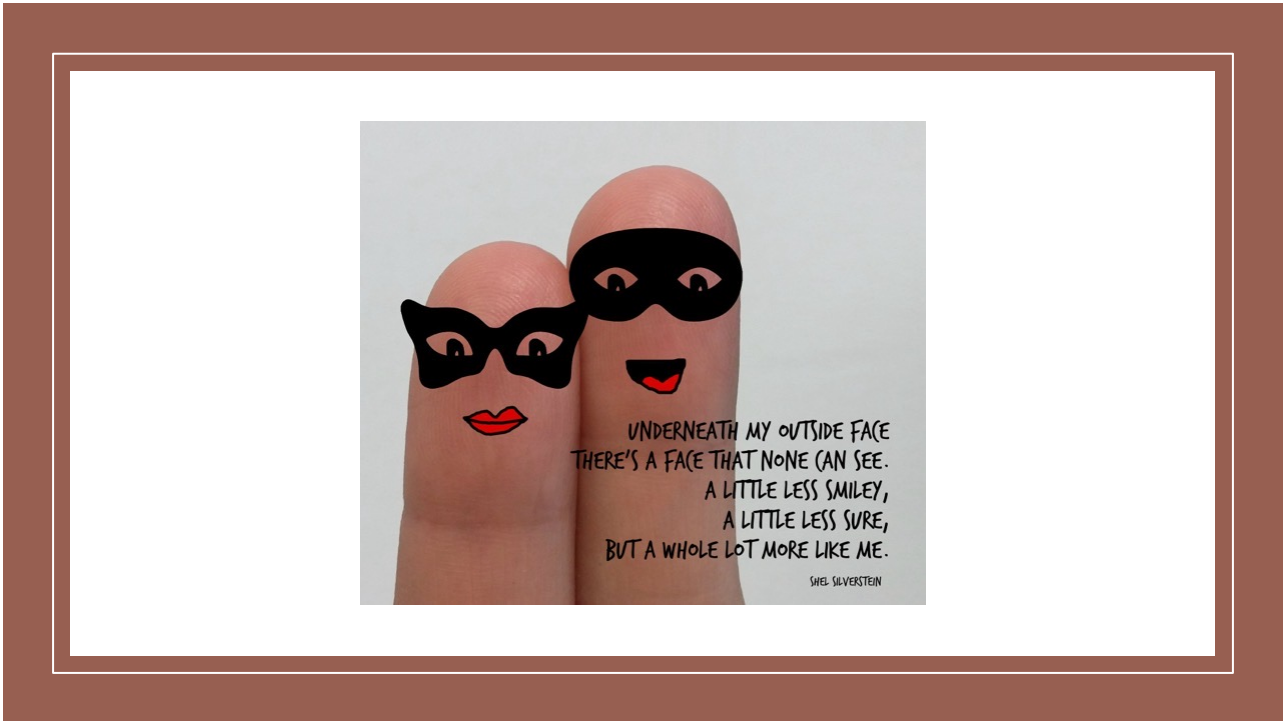
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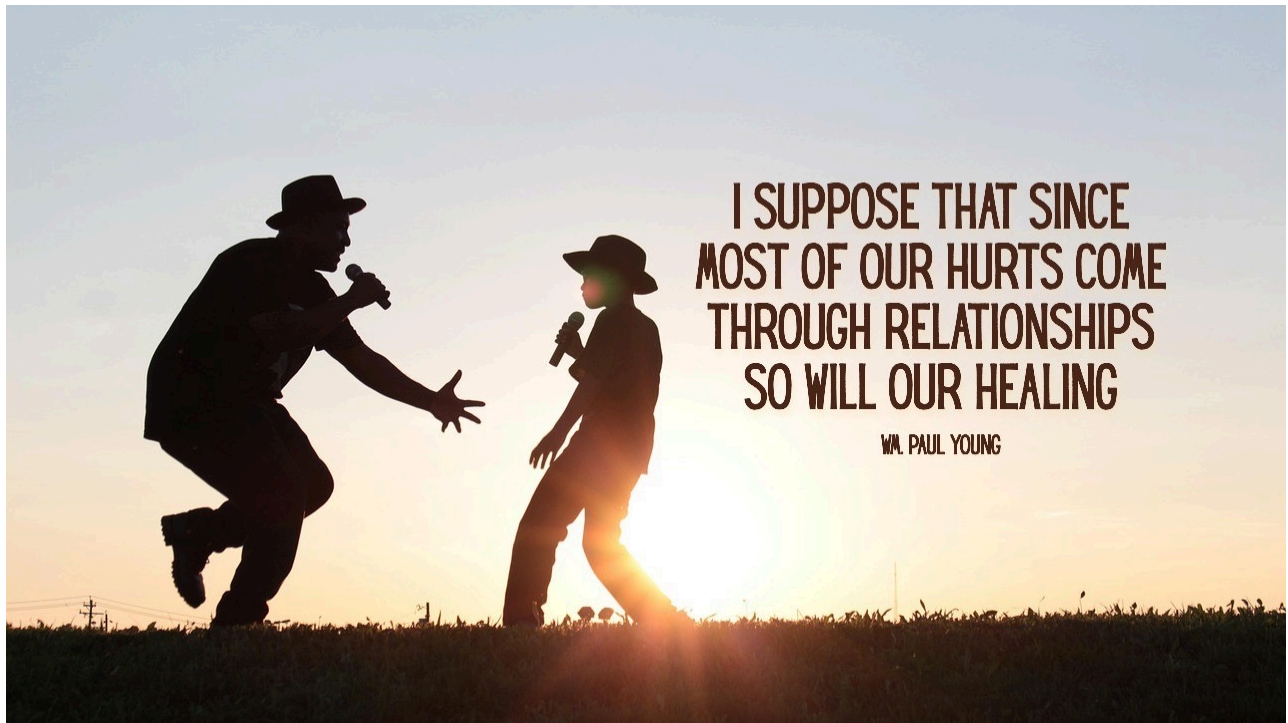
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Forced positivity

- Decrease resilience
- Make it more difficult for us to have tough conversations
- Lead us to avoid difficult emotions, so we fail to harness the wisdom they contain

A photograph of a person sitting on the floor, wearing a black hoodie and blue pants. They are holding a red card with a simple smiley face drawn on it. The background is a blue and green textured wall. The person is wearing several black beaded necklaces and bracelets.

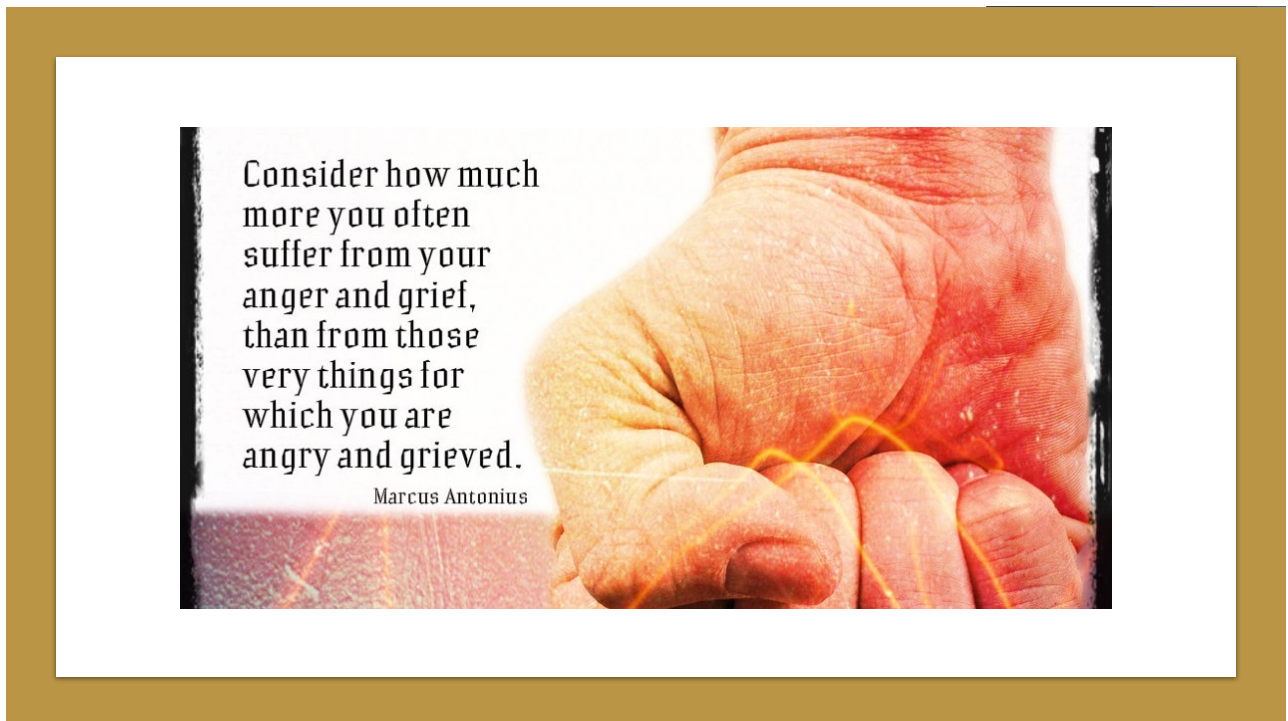
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I SUPPOSE THAT SINCE
MOST OF OUR HURTS COME
THROUGH RELATIONSHIPS
SO WILL OUR HEALING

WM. PAUL YOUNG

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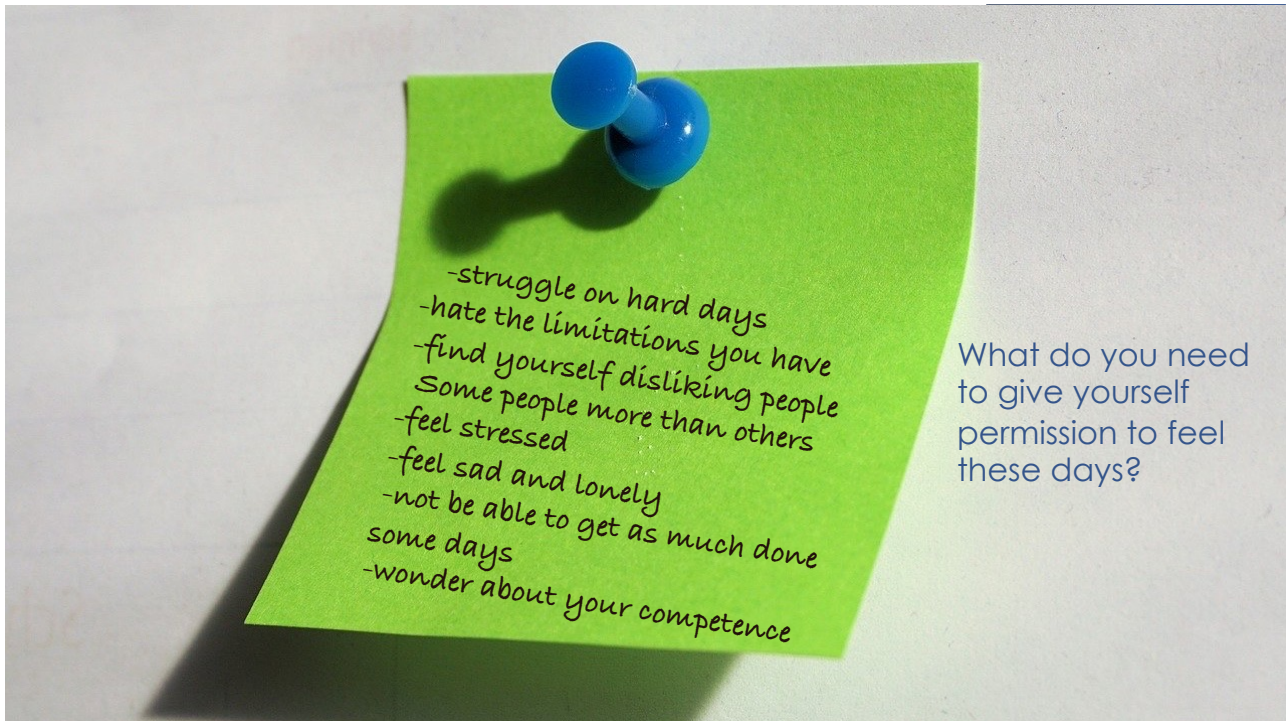
Consider how much
more you often
suffer from your
anger and grief,
than from those
very things for
which you are
angry and grieved.

Marcus Antonius

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When we can see beyond the distorting lens of harsh self-judgement, we get in touch with other parts of ourselves, the parts that care and want everyone, including ourselves, to be as healthy and happy as possible. This provides the encouragement and support needed to do our best and try again.

Kristin Neff

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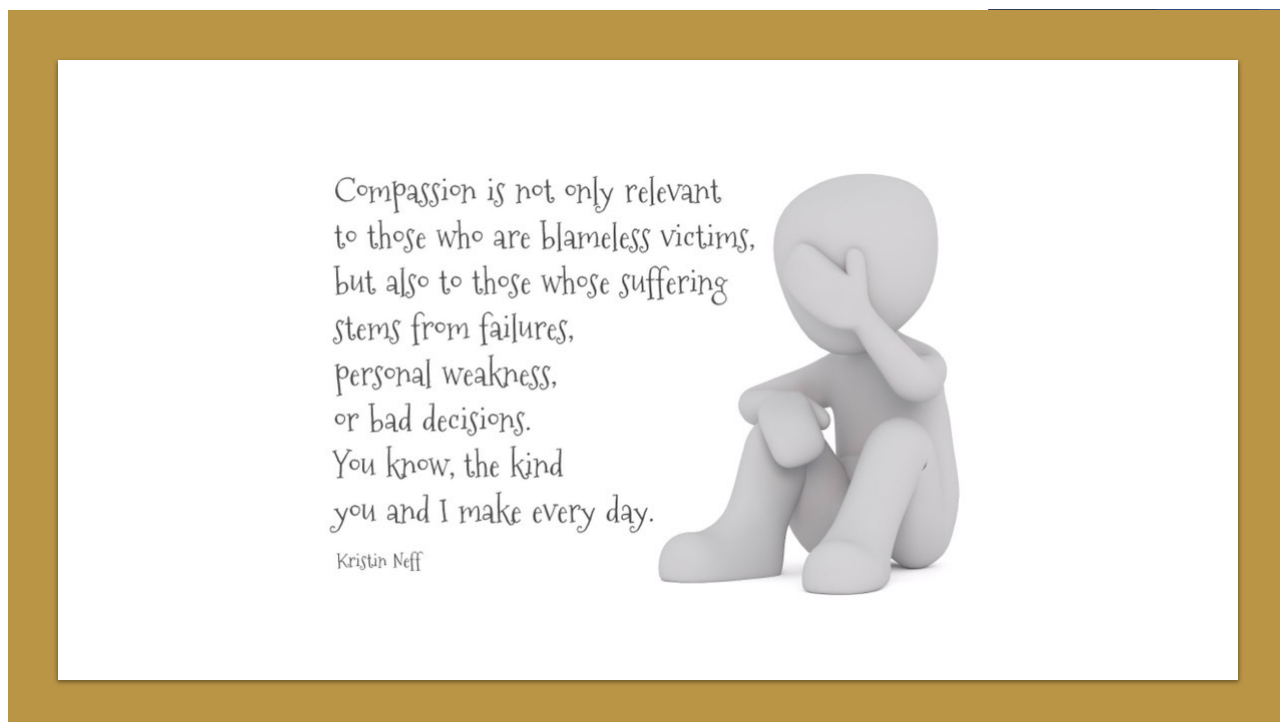
Self-Compassion

1. Self-kindness
2. Mindfulness
3. Common Humanity

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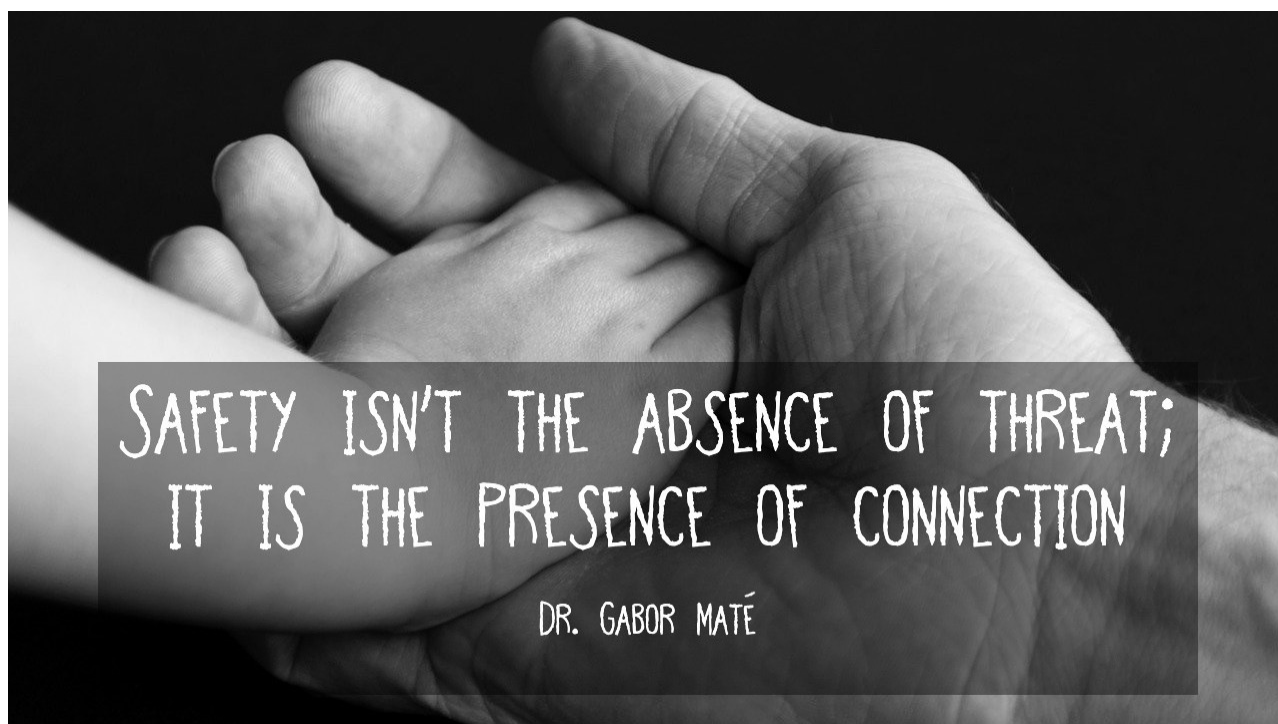
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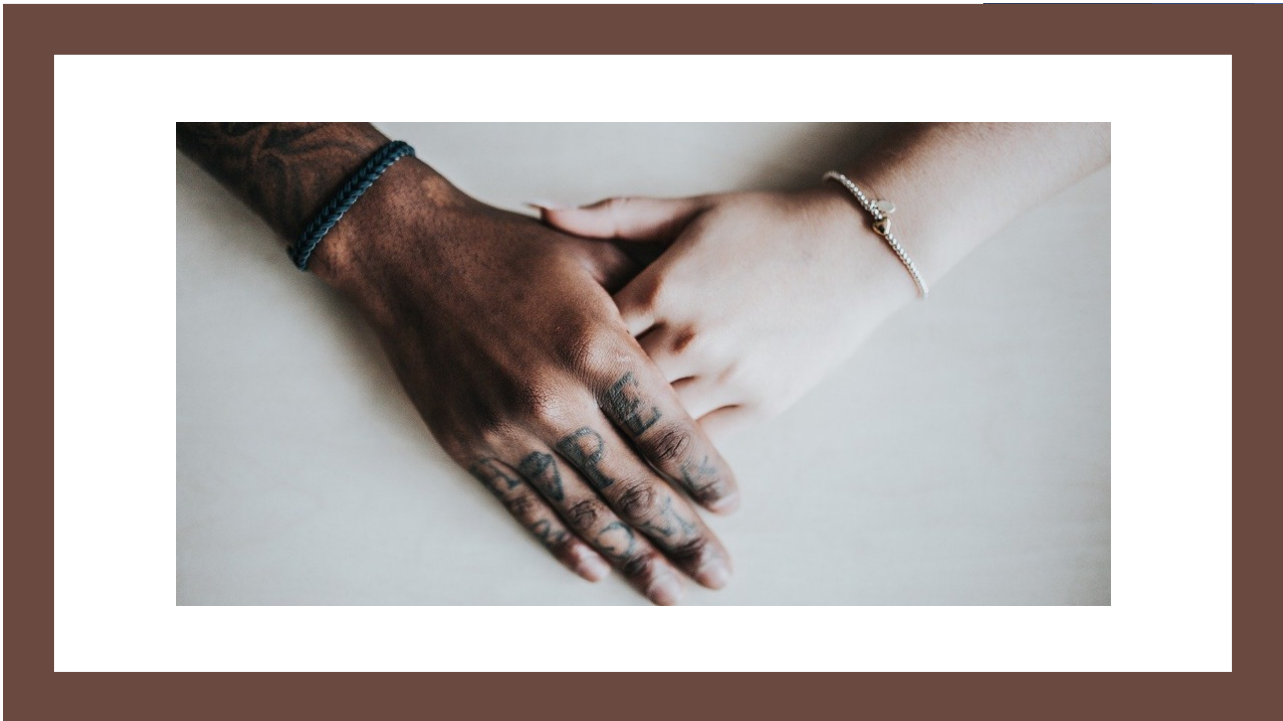
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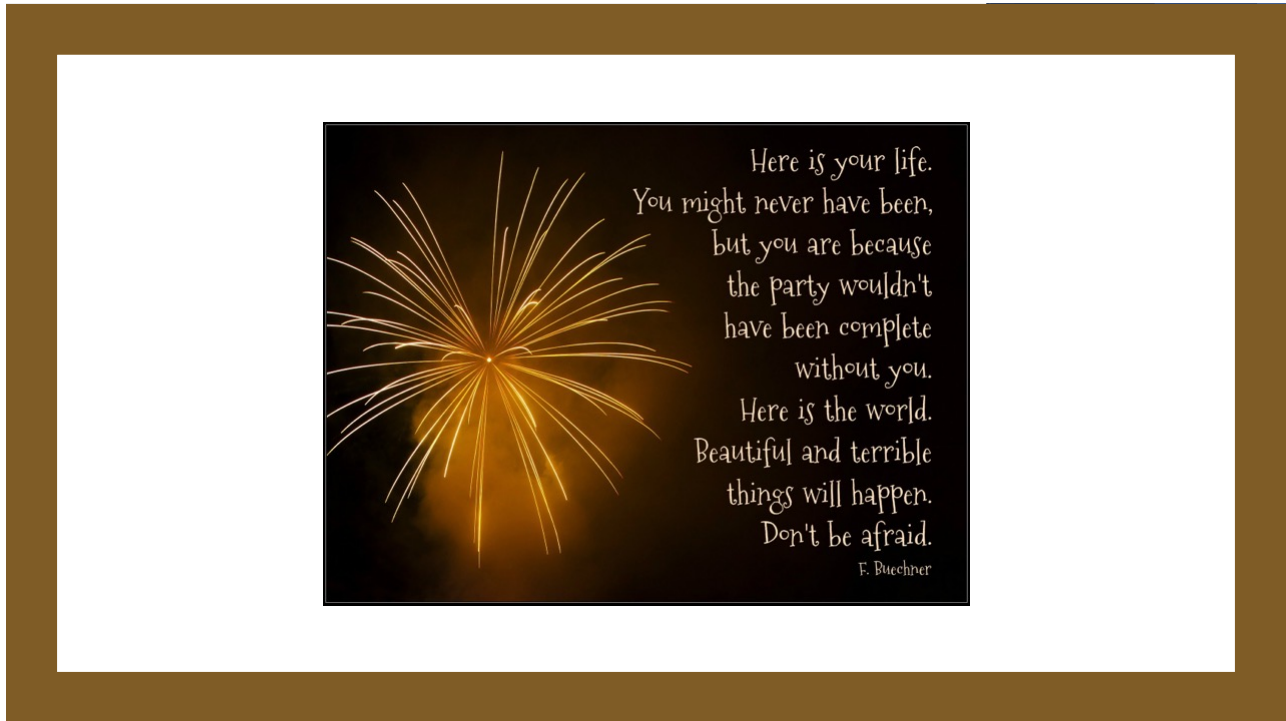
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One Human Family, Food for all

Caritas Internationalis

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