



Weekly Wisdom

Grow the Green for You and Your Team



"Awe is a 'hack' that can boost well-being in what has become an increasingly challenging profession." -- Leif Hass

Awe in Healthcare - A Path to Resilience

We don't talk much about awe in our work, but we experience it every day when witnessing courage, love, determination, or hope.

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world.

We often feel awe in nature (think Grand Canyon), but awe can be induced by "small" things, too.

The benefits of experiencing awe are fascinating! Here are just a few:

- Awe leads to humility.
- Awe makes us more cooperative.
- Awe sharpens critical thinking.
- Awe leads to ethical decision making.
- Awe makes us feel more connected to others.

Look for opportunities to feel awe at work. They're all around us!