

Weekly Wisdom

Grow the Green for You and Your Team



"Great peacemakers are all people of integrity, of honesty, and humility." -- Nelson Mandela

The Wisdom of Humility

The quiet power of humility is one of the most important, and least discussed, traits in health workers.

Humble people find worth in their own - and others' - intrinsic humanity, not status or wealth.

They view life as "a school," learning from mistakes and from others.

Humble people are better able to cope with stress & report higher levels of well-being.

How do we become more humble?

1. Embrace your humanness.
2. Practice mindfulness & self compassion.
3. Practice gratitude.

Have an idea for a Weekly Wisdom topic? [Submit your idea here!](#)