

#SolidarityWeek

Solidarity for
Compassionate
Patient Care

GHHS - #SolidarityWeek 2021

Humanistic BINGO

Complete **every task** to be entered to win an awesome prize!
SOM students and faculty are also eligible to earn House Cup points!

<p>Take a “mindful pause” during your day. Notice something in the present moment, like your breathing or your surroundings, with a completely open mind!</p>	<p>Call a friend or family member</p>	<p>Find something you have in common with a patient or colleague (e.g. favorite type of food, what they like to do outside the hospital, hobbies)</p>
<p>Exercise for 30 minutes (can be broken up into multiple days)</p>	<p>Contribute to a local community organization or community-oriented non-profit organization in some way</p>	<p>Give a compliment to someone else</p>
<p>Give yourself a compliment</p>	<p>Write down 3 things you are grateful for today</p>	<p>Thank a patient or colleague for allowing you to be part of their care or work. Share one way in which caring for them has helped you become a better caregiver</p>

Submit completed boards by **FRIDAY, 2/19 @ 11:59 PM** to be entered into a raffle for gift card prizes! Limit 1 entry per person. Submit completed boards here: <https://forms.gle/XQ7UNNEubmTeRNfr8>