



to express gratitude so Nikon is um it in Japanese it means looking inside or introspection um and it's a reflective exercise where you set some time aside to sit down and think about a person you have a relationship with in your life um often it's someone that you have a close relationship with like your parent or loved one um and then you ask yourself three questions um what has this person done for me or given to me um what have I given to them in return and what troubles or challenges have I caused them and you could set um however much time 10 minutes 15 minutes 30 minutes an hour um and try to answer those questions in as much details you can and it's really incredible when you um finish and you look at all the um amazing facets of your relationship with this person there's often when you stop to think about it so many things that someone has done for you that you probably didn't even you know take time to appreciate at the moment but you know like oh my mom took me to every single one of my Kung Fu practices in high school even though traffic was terrible an Austin kind of thing as you're talking I'm already you know thinking automatically and imagining and thinking about my parents and when you said you know the things that we have put them through I like I'm sorry parents I love you yeah I tried it's a great thing to do for Father's Day or Mother's Day true true beautiful yeah yeah when I've done this I realized pretty quickly when you some people actually make lists so you like make a list of



because um yes I stay late and work hard but it's because I find this job really meaningful and rewarding and it was um much better for him too after I made that shift of like no I'm going to tell you all the good things in my day then he um started feeling happier for me and uh resenting my job a little less because he knew like yes my wife is working late again but at least it's because it's something that she enjoys and is important to her yes and to many people you touch many people's life so I'm going to say my practice of gratitude today I'm going to include you I will tell my husband tonight that I'm very grateful that I got to hear this story that I got to hear this Pebble and I'm going to put it into practice thank you so much for being here with us well thank you I'm very happy to be here it's been great Holly thank you so

much rle Physicians well-being is made possible by the y r and Teresa loano long School of Medicine office for graduate medical education to contact us or learn more about the wellness home visit GM wellness. uta.edu this podcast is inspired by the Dalai Lama's powerful code just as ripples spread out when a single pebble is dropped into water the actions of individuals can have far-reaching effects we provide Physicians with pebbles tangible and actionable practices that can help make positive impacts in their personal and professional lives [Music]