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 **STREAM:**

 **Meaning**

**1. Why Focus on Meaning, 2, How to Focus on Meaning, 3. Stories of Meaning**

Listening sections, no need to write

**4. Reflective Practice as a Tool**

PARTNER ACTIVITY: Reflect/Pair Share

As you look back on your life, try to recall key moments or events that helped you develop a deeper understanding of your purpose.  These might be influential teachers or readings, opportunities that were offered or denied to you, doors that opened or closed, decisions you made or did not make, tough challenges or exciting realizations.

Take a few minutes to remember one of these moments.

What happened?  How did the story unfold?

What did you learn about what has meaning for you?

LARGE GROUP DEBRIEF

**5. Asking Open and Honest Questions**

PARTNER ACTIVITY: ask your partner a question to help them go deeper into meaning

**6. How to Continue this work**

In your day-to-day life, what can you do to notice the events that have meaning for you?

What are the clues that let you know you have made that connection?

Resources for Support

1. [Physician Support Line](https://www.physiciansupportline.com/)

 **1 (888) 409-0141**

<https://www.physiciansupportline.com/>

Psychiatrists helping US physician and medical student colleagues navigate the many intersections of our personal and professional lives.

Free, Confidential & Anonymous

No appointment necessary

Call for any issue, not just a crisis

They report to no one

Open Monday to Friday (except federal holidays)

8:00 AM - 12:00 AM ET

2. Warmlines - Mental Health America

If you are in need of support, but not in crisis, consider reaching out to a warmline

The website [**warmline.org**](http://warmline.org/) keeps an up-to-date list of local and nationwide warmlines across the United States

Sometimes you just need to talk to someone about your mental health. It’s great when you can reach out to a loved one—but that’s not always possible. Fortunately, warmlines are there to help!

A warmline is a phone number you call to have a conversation with someone who can provide support during hard times. Whether you’re in crisis or just need someone to talk to, a warmline can help. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it’s like to need help.