

Invitation to Provide an Employee Reflection

The VHA Central Office program offices of National Center for Organizational Development, Chaplain Service, Mental Health & Suicide Prevention, Care Management & Social Work, and Patient Centered Care & Cultural Transformation are inviting VA Employees from across the nation to provide a very short Employee Reflection Video for their VA colleagues. We all recognize that as VA Employees, we are continually faced with a myriad of challenges and stressful situations. Being that various cultures have used rituals to provide restoration for those who are weary, we are inviting VA Employees to share a brief video that can be part of a practice of pausing for empowering resilience. We want to include a wide array of diverse voices and perspectives from our VA Employees across the nation, so we hope you will consider participating.

To participate, please follow these instructions.

1. Video yourself providing a calming reflection which may be a guided imagery, mindful meditation, musical cadence, or lyrical poem. Please follow either the attached iPhone or attached Android instructions for the creating of an effective video.
2. Begin your video by stating your full name, your VA job position, and the VA facility where you work.
3. Please ensure your video is between 90 and 120 seconds as we are looking for short reflections.
4. Please be sure that your peaceful reflection is respectful of all and will speak to anyone of any faith or cultural perspective as well as those of no particular faith or cultural perspective.
5. After you complete your short video, you must submit the words stated or sung in your short video reflection to your local VAMC Executive Leadership Team (ELT) for their approval.
6. With the approval of your local VAMC ELT and following their local instructions for responding to VACO, please submit the short video reflection through either your iPhone or Android phone by clicking on the following links:
iPhone - [HERE](#)
Android - [HERE](#)
7. Please click the following link to give Employee Education System (EES) permission for your video to be shared - [Click Here To Complete Form](#).
8. The Employee Reflections will be attached to Dr. Stone's Messages by an optional link for VA Employees to click to view a calming video of a VA colleague offering a moment of self-care.