**Reflection of Values**

* Reflection of Person: looking at your own personal beliefs, biases and values and the influences they may have on interactions1
* Reflection of Profession: considering how a biomedical **worldview** influences how you see the world1

**Building Relationships**

* Building relationships can help a provider work in the “space between” their own values and the values of a patient3

**Being Aware of Past and Present**

* Consider how the **history** of our country has contributed to current advantages and disadvantages2

**Mindfulness**

* Trying to avoid “auto-pilot” when busy2
* Looking at situations without a **filter**2
* Responding to the current situation thoughtfully2

**5R’s of Cultural Humility**

1. **Reflection.** *“What did I* **learn** *from each person in that encounter?”* 10
2. **Respect.** *“Did I treat everyone involved in that encounter respectfully?”* 10
3. **Regard.** *“Did unconscious* **biases** *drive this interaction?”* 10
4. **Relevance.** *“How was* **cultural humility** *relevant in this encounter?”* 10
5. **Resiliency.** *“How was my personal resiliency affected by this interaction?”* 10



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