Hi Everyone,

Thank you for your attendance at our series of modules on cultural humility. We talked about mindfulness as a way to avoid looking at situations without a filter. The MedlinePlus page, [How to Improve Mental Health](https://medlineplus.gov/howtoimprovementalhealth.html) has some interesting information about Mindfulness.

To continue learning on this topic on your own, I suggest registering for the series of on-demand courses from the National Network of Libraries of Medicine titled, [*Serving Diverse Communities*](https://nnlm.gov/classes/serving-diverse-communities). You can register for free on their website after you setup a username and password.

Thank you,