

# *Calm, Courage, and Inspiration*

*For Staff Huddles, Personal Reflection  
and Encouragement*



**PennState Health**  
St. Joseph

*For Staff,  
Care Providers, and  
Leaders of  
Penn State Health*



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# Quotes

## Courage

*Do what you can, with what you have, where you are.*

Theodore Roosevelt

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

Serenity

*The impediment to action advances action. What stands in the way becomes the way.*

Marcus Aurelius

*I have not ceased being fearful, but I have ceased to let fear control me.*

Erica Jong

*Courage starts with showing up and letting ourselves be seen.*

Brené Brown



*We are all faced with a series of great opportunities brilliantly disguised as impossible situations.*

Charles Swindoll

*The more you are motivated by love, the more fearless and free your action will be.*

Dalai Lama

*One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.*

Maya Angelou

*Courage does not make the man, they reveal him.*

James Allen

*I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our [butts] kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time.*

Brené Brown



*Life shrinks or expands in proportion to one's courage.*

Anaïs Nin

*Courage is not the absence of fear, but rather the assessment that something else is more important than fear.*

Franklin D. Roosevelt

*Be still and know that I am God.*

The Psalmist

*Life is not the way it is supposed to be. It is the way it is. The way you cope with it is what makes the difference.*

Virginia Satir

*Vulnerability is our most accurate measurement of courage.*

Brené Brown

*Courage is not something that you already have that makes you brave when the tough times start. Courage is what you earn when you've been through the tough times and you discover they aren't so tough after all.*

Malcolm Gladwell

*To dare is to lose one's footing momentarily. To not dare is to lose oneself.*

Søren Kierkegaard

*Courage is about learning how to function despite the fear, to put aside your instincts to run or give in completely to the anger born from fear. Courage is about using your brain and your heart when every cell of your body is screaming at you to fight or flee – and then following through on what you believe is the right thing to do.*

Jim Butcher

*"[At the end of my life] I shall not be asked, 'Why were you not [a great Prophet]?' Instead, I shall be asked, 'Why were you not Zusya?'"*

Rabbi Zusya

*Your conversations help create your world. Speak of delight, not dissatisfaction. Speak of hope, not despair. Let your words bind up wounds, not cause them.*

Tao Te Ching

*To do what nobody else will do, a way that nobody else can do, in spite of all we go through; that is what it is to be a nurse.*

Rawsy Williams

*The hero, in living her own life, in being true to herself,  
radiates a light by which others may see their own way.*

Laurence G. Boldt

*I have never been especially impressed by the heroics of  
people convinced that they are about to change the world. I  
am more awed by those who struggle to make one small  
difference after another.*

Ellen Goodman

# Hope

*Waking up in the morning, I see blue sky  
I join my hands in thanks for the many wonders of life;  
For having twenty-four brand new hours.  
The sun is rising in the forest  
and so is my awareness.*

Thich Nhat Hanh

*By opening our hearts and minds, positive emotions allow us  
to discover and build new skills, new ties, new knowledge  
and new ways of being.*

Barbara Fredrickson

*Worry gives a small thing a big shadow.*

Swedish Proverb

*I have accepted fear as part of life – specifically the fear of change... I have gone ahead despite the pounding in the heart that says: turn back....*

Erica Jong

*Worry is a special form of fear. To create worry, humans elongate fear with anticipation and memory, expand it in imagination, and fuel it with emotion. Worry is what humans do with simple fear once it reaches their cerebral cortex. They make it complex.*

Edward Hallowell



*A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.*

Christopher Reeve

*Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.*

Thich Nhat Hanh

# Comfort

*Words of comfort, skillfully administered, are the oldest medicine known to man.*

Louis Nizer

*Wounding and healing are not opposites. They're part of the same thing. It is our wounds that enable us to be compassionate with the wounds of others. It is our limitations that make us kind to the limitations of other people. It is our loneliness that helps us to find other people or to even know they're alone with an illness. I think I have served people perfectly with parts of myself I used to be ashamed of.*

Rachel Naomi Remen

*May your days be many and your troubles be few. May all God's blessings descend upon you. May peace be within you and may your heart be strong. May you find what you're seeking wherever you roam.*

Irish Blessing

*Nurses are angels in comfortable shoes.*

Anonymous

*Nursing is not for everyone. It takes a very strong, intelligent, and compassionate person to take on the ills of the world with passion and purpose and work to maintain the health and well-being of the planet. No wonder we're exhausted at the end of the day!*

Donna Wilk Cardillo

# Teamwork

*Be patient with everyone, but above all be patient with yourself.*

St. Frances de Sales

*Serving is also different from fixing. One of the pioneers of the Human Potential Movement, Abraham Maslow, said, "If all you have is a hammer, everything looks like a nail." Seeing yourself as a fixer may cause you to see brokenness everywhere, to sit in judgment of life itself. When we fix others, we may not see their hidden wholeness or trust the integrity of the life in them. Fixers trust their own expertise. When we serve, we see the unborn wholeness in others; we collaborate with it and strengthen it. Others may then be able to see their wholeness for themselves for the first time.*

Rachel Remen



*At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.*

Albert Schweitzer

*I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down.*

Mia Hamm

*If you want to go fast, go alone. If you want to go far, go together.*

African Proverb

*A true friend is the greatest of blessings, and that which we take least care of to acquire.*

Francois de la Rochefoucauld

*What do people experience when they are with us? Do they experience a sense of respectful space where they can rest their burdens, stress, anxiety? Or do they feel our sense of exhaustion, need to be right or in control, or our desire to be viewed as always being strong and resilient?*

Robert Wicks

# Gratitude

*Gratitude is the wine of the soul. Go on. Get drunk!*

Rumi

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.*

Melody Beattie

*No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.*

Alfred North Whitehead

*When I started counting my blessings, my whole life turned around.*

Willie Nelson



*He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.*

Epictetus

*Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented.*

Sonja Lyubomirsky

*When it comes to life the critical thing is whether you take things for granted or take them with gratitude.*

G.K. Chesterton

*In normal life we hardly realize how much more we receive than we give, and life cannot be rich without such gratitude. It is so easy to overestimate the importance of our own achievements compared with what we owe to the help of others.*

Dietrich Bonhoeffer

*Grace and gratitude belong together like Heaven and earth. Grace evokes gratitude like the voice of an echo. Gratitude follows grace like thunder and lightning.*

Karl Barth

*Like other forms of practice, gratefulness makes us more resilient and flexible, and also offers a way to frame and learn from everything that unfolds in our lives.*

Kristi Nelson

*If you're grateful, you act out of a sense of enough and not out of a sense of scarcity, and you are willing to share. If you are grateful, you are enjoying the differences between people, and you are respectful to everybody, and that changes this power pyramid under which we live.*

David Steindl-Rast

*So, after every case, you have to go up to somebody and say 'Thank you?' What a nightmare.*

My Cousin Vinny

*Of all crimes that human creatures are capable of committing, the most horrid and unnatural is ingratitude.*

David Hume

# Reframing

*Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.*

William James

*To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit to too many projects, to want to help everyone in everything is in itself to succumb to the violence of our times. Frenzy destroys our inner capacity for peace.*

Thomas Merton

*Man does not simply exist but always decides what his existence will be, what he will become the next moment. By the same token, every human being has the freedom to change at any instant.*

Viktor Frankl

*Whatever is rightly done, however humble, is noble.*

Sir Henry Royce

*We act as though comfort and luxury were the chief requirements of life, when all we need to make us really happy is something to be enthusiastic about.*

Charles Kingsley

*I don't know what your destiny will be, but one thing I know, the only ones among you who will be really happy are those who have sought and found how to serve.*

Albert Schweitzer

*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.*

Helen Keller



*Right now I want a word that describes the feeling that you get--a cold sick feeling, deep down inside--when you know something is happening that will change you, and you don't want it to, but you can't stop it. And you know, for the first time, for the very first time, that there will now be a before and an after, a was and a will be. And that you will never again quite be the same person you were.*

Jennifer Donnelly

*My life has been filled with terrible misfortunes, most of which have never happened.*

Mark Twain

*And be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.*

Jennifer Cramer Lewis



# Poetry

## **The Peace of Wild Things**

*Wendell Barry*

When despair grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may  
be,

I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron  
feeds.

I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting for their light. For a time  
I rest in the grace of the world, and am free.

## **Everything Is Waiting for You**

*David Whyte*

*After Derek Mahon*

Your great mistake is to act the drama  
as if you were alone. As if life  
were a progressive and cunning crime  
with no witness to the tiny hidden  
transgressions. To feel abandoned is to deny  
the intimacy of your surroundings. Surely,  
even you, at times, have felt the grand array;  
the swelling presence, and the chorus, crowding  
out your solo voice. You must note  
the way the soap dish enables you,  
or the window latch grants you freedom.  
Alertness is the hidden discipline of familiarity.  
The stairs are your mentor of things  
to come, the doors have always been there  
to frighten you and invite you,  
and the tiny speaker in the phone  
is your dream-ladder to divinity.

Put down the weight of your aloneness and ease into  
the conversation. The kettle is singing  
even as it pours you a drink, the cooking pots  
have left their arrogant aloofness and  
seen the good in you at last. All the birds  
and creatures of the world are unutterably  
themselves. Everything is waiting for you.

## **I Worried**

*Mary Oliver*

*From Swan: Poems and Prose Poems*

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?

Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
and went out into the morning,  
and sang."



**Start Close In**

*David Whyte*

Start close in,  
don't take  
the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

Start with  
the ground  
you know,  
the pale ground  
beneath your feet,  
your own  
way to begin  
the conversation.

Start with your own  
question,  
give up on other  
people's questions,  
don't let them  
smother something  
simple.

To hear  
another's voice,  
follow  
your own voice,  
wait until  
that voice

becomes an  
intimate  
private ear  
that can  
really listen  
to another.

Start right now  
take a small step  
you can call your own  
don't follow  
someone else's  
heroics, be humble  
and focused,  
start close in,  
don't mistake  
that other  
for your own.

Start close in,  
don't take  
the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

## **Remember**

*Joy Harjo*

Remember the sky that you were born under,  
know each of the star's stories.

Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the  
strongest point of time.

Remember sundown and the giving away to night.

Remember your birth, how your mother struggled  
to give you form and breath. You are evidence of  
her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are:  
red earth, black earth, yellow earth, white earth  
brown earth, we are earth.

Remember the plants, trees, animal life who all have  
their tribes, their families, their histories, too. Talk to  
them, listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows  
the origin of this universe.

Remember you are all people and all people  
are you.

Remember you are this universe and this  
universe is you.

Remember all is in motion, is growing, is you.

Remember language comes from this.

Remember the dance language is, that life is.

Remember.

## **A Ritual to Read to Each Other**

*William E. Stafford*

If you don't know the kind of person I am  
and I don't know the kind of person you are  
a pattern that others made may prevail in the world  
and following the wrong god home we may miss our  
star.

For there is many a small betrayal in the mind,  
a shrug that lets the fragile sequence break  
sending with shouts the horrible errors of childhood  
storming out to play through the broken dike.

And as elephants parade holding each elephant's tail,  
but if one wanders the circus won't find the park,  
I call it cruel and maybe the root of all cruelty  
to know what occurs but not recognize the fact.

And so I appeal to a voice, to something shadowy,  
a remote important region in all who talk:  
though we could fool each other, we should consider —  
lest the parade of our mutual life get lost in the dark.

For it is important that awake people be awake,  
or a breaking line may discourage them back to sleep;  
the signals we give — yes or no, or maybe —  
should be clear: the darkness around us is deep.

## The Journey

*Mary Oliver*

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice --  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
"Mend my life!"  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper into the world,  
determined to do



the only thing you could do --  
determined to save  
the only life you could save."

### **You will Never See Me Fall**

*Joyce Alcantara*

You may see me struggle,  
but you won't see me fall.  
Regardless if I'm weak or not,  
I'm going to stand tall.  
Everyone says life is easy,  
but truly living it is not.  
Times get hard,  
people struggle  
and constantly get put on the spot.  
I'm going to wear the biggest smile,  
even though I want to cry.  
I'm going to fight to live,  
even though I'm destined to die.  
And even though it's hard  
and I may struggle through it all,  
you may see me struggle...  
but you will NEVER see me fall.



## **Prayer**

*Julian of Norwich*

May I await this day, not as I expect, hope, or imagine,  
but just as it is in this moment.

May I allow the day to come and be what it is,  
without meeting my expectation.

May I accept it as a gift whatever comes or does not come.

Accept that I am not in charge.

Accept the infinity of the holy to be present whether  
or not I am aware.

And may I attend to the day with actions that the holy  
invites me to take from this stance of openness.

## **Breathing**

*Gulzar*

What kind of a habit is breathing  
What kind of a tradition is it to keep on living  
Not even a slight movement in the body anywhere  
No shadow in the eyes  
The feet are stunned, they keep on moving  
There is a journey, that keeps on flowing  
For how many years, how many centuries  
Keep on living, keep on living

Habits are such strange things...



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