

# UABLEARNDEVWHISPER

*A Weekly Publication of Learning*

## Holiday Stories

Picture this:

Holiday music fills the air. Lots of traditional and non-traditional food to share. A fire surrounded by family and friends while sharing memories

Most associate these images with the holidays. This year will be different. We may not be able to see loved ones in person. However, there are still ways to make the holidays special and memorable. You can dress up, play games, pop crackers and even do a virtual potluck. In addition, we can tell and listen to stories from family members to make new precious memories.

Stories make up our lives and relationships by building empathy and resilience, two emotions that can bring relief from the 2020 stress. Begin today by listening to and telling your own stories.

**Did You Know:** Storytelling can help you at work and in your career to leave a lasting impression!

### CALL TO ACTION:

- Make a list of 3 things you are grateful for and tell a short story about why you are truly grateful for them.
- Read aloud a story that means something to you and your family. Before you read it, share the reason it is so meaningful.
- Call a friend and share a memory from your past.

### KEEP ON LEARNING\*

- ▶ Watch [Introduction to Storytelling](#). (2m 44s)
  - ▶ Check out [The Science of Why Great Stories Build Relationships and Make People Care](#). (3m 48s)
  - ▶ Here's another one called [Storytelling: Your Secret Power](#). (3m 23s)
- Read [Stories Matter: Why Stories Are Important to Our Lives and Culture](#). (5m read)



LEARNING  
& DEVELOPMENT

The University of Alabama at Birmingham

[go.uab.edu/learndevwhispers](https://go.uab.edu/learndevwhispers)