

Q: The idea of storytelling is great but not everyone is good at doing it. What resources do you have available to help those that need some tips on storytelling?

A: I want to start by saying that storytelling may be the right way to express what we are experiencing as doctors and healthcare professionals, but it is not the only way. Giving ourselves space and time to engage in creative outlets can show us other ways that are a better fit for us.

What I have found for storytelling, the key is to practice! There are many opportunities in the cities to “throw in your hat” and share a story; the most famous is [The Moth](#) that hosts monthly storytelling events, but there are also U of MN med school opportunities through [CFAM](#). If you are interested in learning more about the CFAM storytelling opportunities e-mail (cfam@umn.edu) to learn more.

A couple other community resources (there are so many!) that offer classes and workshops on storytelling are [StoryArts of Minnesota](#) and [Park Square Theatre](#). If you're a reader, The Moth has written a book called [“How to Tell a Story”](#) that I thought was helpful. And finally, [The Nocturnists: Story Lab](#) is an online storytelling workshop series designed exclusively for healthcare workers; stay tuned for event updates you can register to attend.