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On the Cover: This month’s cover image is entitled Woven. It was created by Tia Calvert who currently works at Mayo Clinic in Rochester, Minnesota for the Department of Public Affairs, Division of Brand Strategy and Creative Studio.

Tia has a degree in Studio Art with a Masters in Arts and Cultural Management. Through opportunities at Mayo Clinic, she has been able to coordinate several art exhibits and an Arts in Healthcare Symposium. She says, “My art is typically inspired by nature and then by my environment. Sometimes I feel moved to create something specifically for someone. The process of creating a piece is nothing short of a roller coaster ride; starting with an idea, working through it only to have to let go and let the color and movement guide you. Woven is no exception. I create art that I hope will inspire, bring peace, hope, healing and joy or that the viewer experiences freedom in areas of their life that may be weighing them down.”

The image is part of Expressions of Clinician Well-Being, a nationwide art project conducted by the National Academy of Medicine (NAM), a nonprofit research organization in Washington, DC. The Academy called on artists of all skills and abilities to express what clinician burnout and clinician resilience/well-being looks, sounds, and feels like to them. The purpose was to promote greater awareness and understanding of barriers to clinician well-being—and solutions that promise a brighter future. To learn more about the project, visit nam.edu/ExpressClinicianWellBeing.