Getting Ready for the Retreat
Marshfield Clinic- Division of Education
Resident Well-Being Retreat Agenda
Thursday, September 19, 2019
Rock Ridge Orchard

8:30 - 9:00  Continental Breakfast
9:00 - 9:10  Retreat Overview: Dr. Schulein, RWBC
9:10 - 9:25  Retreat Introduction: Dr. Jansen, Director, Division of Education
9:25 - 9:35  Introduction to Rock Ridge Orchard: Daniel or Julie
9:35-10:00  Meet and Greet Bingo: Dr. Krolak
10:00-10:45 Fatigue/Stress Management Tools: Yoga & Breathing By Stacy Wolf- Off The Mat Yoga Studio
10:45-11:45 Self-Care Stations: Making It Real; Fatigue Management; Tough Stuff in Medicine-Demands & Mistakes; Feedback: Getting the Best, Handling the Worst; Life Outside of Medicine
11:45 – 1:30 Lunch, and Goldberg Skits
1:30 - 3:15 Wellness Activities
3:15 - 4:00 Reflections on Residency: Chiefs Presentations
4:00-4:20 Awards and Closing
Meet and Greet Bingo
What Resident Bingo Looks and Sounds Like

• https://www.youtube.com/watch?v=e2VKxObiCsQ&feature=youtu.be

If you have problems viewing this video, please copy/paste the url in a new window...or...type out the url in a new window.

Thank you.
Starting With Yoga provided by Off The Mat Yoga Studio
Self-Care Stations: How to Make Self-Care Real

How to do a mind DUMP

1. Make a list using this key -
   - to do
   - events
     - notes/thoughts on life

2. Optional - write monthly events/deadlines in the beginning of your journal or chapter.

Example:

- Drink a glass of water 9/2

- Caffeine free; 1 pump espresso, 1/2 sugar.

- Pull up the self-questionnaire from Dr. Schleifer emailed.

- Buy oranges after work. Used carrots in salad sometimes (use for diced salads)

- 7pm movie date - Rambo! It’s during finals.

- Kohl’s sale starts on 9/2.

- Stop buying things.

Editing Key -

- circled: task done
- > migrate to next day’s list
- < scheduled in calendar
- X no longer needed

E.g.

- 7pm movie date (9pm instead)
- self-9 (will do it on Monday, Sept 21, 8pm or at a scheduled event)
- cross out: buy oranges task completed
- cross out: glass of water I prefer Dixon
Resident Skits

“What is skitted at the Orchard, stays at the Orchard”  SSDD
Camp Resident: “I’m glad I’m a resident. There’s nothing I’d rather be!”
To the Point July 1st  Derm Life  Whose Call is It Anyway?  Team De-escalation
And the Goldberg Award for Best Skit goes to: Surgery
Exploring the Orchard
More Time Exploring