

Resident Annual Retreat

September 21, 2017



Wellbeing Definition

- Wellbeing is a *continuous process* involving *self-awareness and healthy choices* resulting in a balanced life. During residency this process results in a strengthened sense of engagement and accomplishment. Wellbeing supports a resident's acquisition of knowledge, clinical performance, and positive attitude. These benefits combine to strengthen resilience to the challenges of training.

Wellbeing Definition-2

- Dimensions of wellbeing include: physical; emotional; intellectual; spiritual; social; cultural; occupational; and, environmental.
- Prerequisites to wellbeing include: feeling engaged and empowered ; maintaining physical health with rest, healthy diet, and regular exercise; achieving a balance of work and time away from work; being present in the moment; understanding one's own` limitations and those of others.

Evidence Base for Retreats

- ICPH 2008 Conference Recommendation
- HCPro Residency Program Alert Aug. 2015
- Impact on:
 - comradery
 - collaboration in learning
 - collaboration in patient care

Intention and Gratitude

- The value of intention and gratitude
- What are your intentions for today?
- Using intentions everyday
Rx: q/am
- Take a Selfie
- What are your gratitudes as you start the day?
Rx: 3 Good Things q/hs

The most important person we see is
the one in the mirror in the morning.
How we treat that person affects how
we treat all the other people we see
that day.



Retreat Professionalism

- Being present during the retreat
- Respecting the presenters
- Engaging during the retreat

Millennials and Health

- 38% of the workforce
- More focused on purpose in their work and how work integrates with their life
- Want engagement yet 71% don't report feeling engaged in their jobs. Lower engagement leads to higher burnout
- The critical role of Belonging
 - This includes conversations at work that aren't about work. Well-being related activities are important to discuss as part of development (Gallup, 2016)
- We hopefully leave a mark on you, but you also leave a mark on us.

Related to Belonging



- Our new residents and fellows belong here
- Please welcome them
- Please sign their bandanas

VITAMIN N (nature)

- 1 hour of interaction with nature lead to improvement in memory performance and attention span of 20% U MI study
- Multi-study analysis “acute short-term exposures to facilitated green exercise improves both self-esteem and mood irrespective of duration, intensity, location, gender, age and health status.” (Barton and Pretty, Environmental Science and Technology, 2010)
- There is an immediate effect and benefit occurs from any short engagement in green exercise.

Resident Health Survey

- Go through all your answers and mark 2 +s for things that you see as going well, supporting your success and resilience
- Go through all your answers and mark 2 –s for things that could interfere with your doing well, your success and resilience
- Add up the total scores on the Epworth and the PHQ9

Resident Health Survey: Please consider contacting RWBC If:

- Questions 2,3,6,7 answered Sometimes, Rarely, or Never
- Question 18 answered None
- Epworth Sleepiness Scale total score 10 or higher
- PHQ: 10 or higher or >0 on #9
- You've just had a disruption in an important relationship

Self-Care Plans

- Why do self-care?
- Why have a plan?
- Why have a plan in residency?
- Use the RWBC website topic pages on self care plans to develop yours.
- Name 3 observable self care activities you will do today.