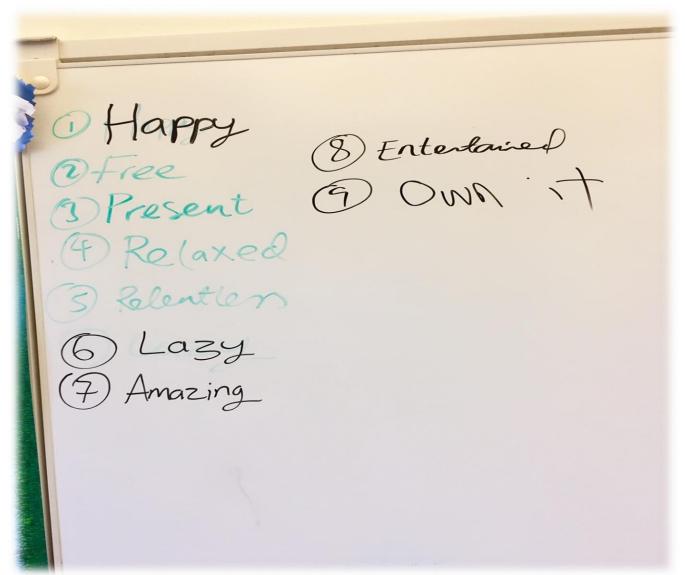


Intentions Made for How to BE During the Retreat



Dr. Jansen, Division of Education director, welcomed residents to their retreat



Marshfield Clinic- Division of Education Resident Well-Being Retreat Agenda and Objectives Thursday, September 21, 2017 Mead Wildlife Area

8:30 - 9:	00	Continental	Breakfast
0.30 - 3.	00	Continental	DICANIAS

9:00 - 9:10 Retreat Overview: Dr. Schulein, RWBC

- -Role and Value of Retreats: Evidence Base/Systems Base
- -Setting Intentions
- 9:10 9:25 Retreat Introduction: Dr. Jansen, Director, Division of Education
 - -Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.

9:30-10:00 Resident Annual Health Survey and Self-Care Plans

- -Objectives:
- 1. Complete a self-assessment of wellness activities engagement, sleepiness, and depression;
- 2. Describe linkages between components of well-being on the survey to performance on the general competency of patient care.
- 3. Identify 2 supports, including their self-care plan and 2 potential challenges to well-being based upon their self-survey.

10:00-11:00 Fatigue/Stress Management Tools: Yoga & Breathing

- Dr. Sojka
- -Objectives:
- 1. Describe the role of yoga and breathing in a self-care plan to manage fatigue and stress;
- 2. Practice basic yoga and breathing techniques during the retreat;
- 3. Identify 2 situations in which residents could use these tools to manage fatigue and stress.

11:00 - 12:00 Dr. Michael Miller Keynote Observations and Advice From a Career Working with Residents

12:00 – 1:45 Lunch, and Goldberg Skits

Objectives:

- 1. Residents learn about each other's interests & activities that support self-care and resilience
- 2. Residents learn from each other optimal ways to collaborate in learning and patient care
- 3. Residents engage with residents from other programs during the wellness activities

1:45 - 3:00 Wellness Activities

- -Objectives:
- 1. Participate in a variety of activities that support engaging with peers
- 2. Explore activities to incorporate in self-care practices;
- 3. Experience the rejuvenating effects of participating in a retreat.
- 4. Throughout this time, residents introduce themselves to each other and sign each other's bandanas

3:00 - 4:15 Reflections on Residency: Chiefs Presentations

-Objectives: Learn from the chiefs' reflections at least 2 ideas they can apply to support their success and well-being in residency.

4:15 - 4:45 Closing

- -Objectives:
- 1. Complete the retreat evaluation
- 2. Awards presented for:-best skit and resident's most signed bandana

Yoga and Fatigue Management On The Fly in the Medical Center



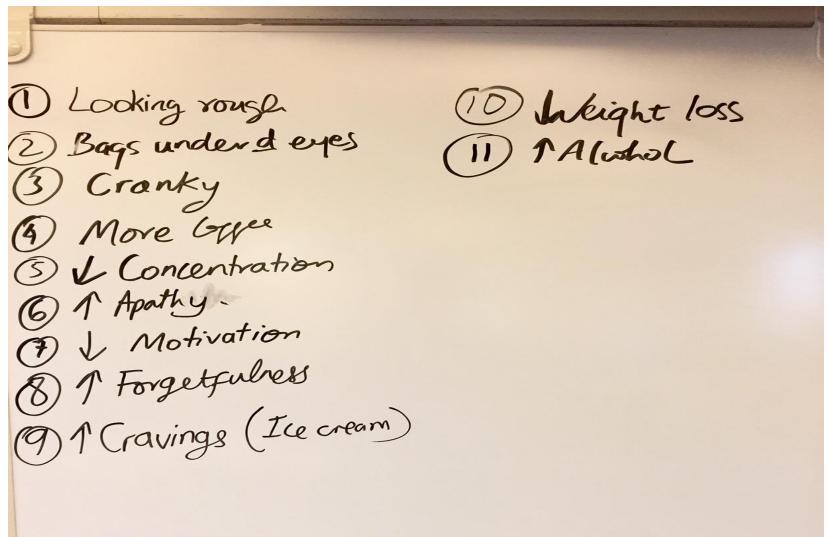
Yoga to Start The Day



Yoga at The Mead



Resident Generated Fatigue Warning Signs to Prompt use of Strategies



Keynote: Dr. Miller, A Pediatric Psychologist's Observations and Advice From A Career Working with Residents





















Breakfast and Lunch



Ice cream Bar Break





