



HARMONY AND VITALITY: EMPOWERING WELLNESS PROGRAM

Physical Challenges

- Sleep: Sleep at least 7 hours 6 out of 7 days of the week
- Steps: Monitor & verify walking 7,000 steps a day for 7 days in a row
- Regular exercise: Exercise at least 20 minutes a day for at least 3 days in a week

Wellness Bucket: How Full is Your Bucket?

Reflecting upon your most recent interaction with another person, whether it was with your cherished spouse, trusted best friend, reliable coworker, or even an encounter with a passing stranger, take a moment to delve into the realm of emotions. Did that individual have a profound impact by graciously "filling your bucket," showering you with a cascade of positivity that elevated your spirits, uplifted your mood, and left you

feeling more content and buoyant than before? Or, regrettably, did their actions, words, or demeanor "dip from your bucket," depleting your emotional reserves and casting a shadow of negativity, causing you to feel more disheartened or drained than you were prior to the interaction? The #1 New York Times bestseller, "How Full Is Your Bucket?", demonstrates the profound impact of brief interactions on relationships, productivity, health, and longevity. Through a metaphor of a dipper and a bucket and backed by 50 years of research, this book guides you in maximizing positive moments and minimizing negativity in both your work and personal life. (book description from Amazon).

Wellness Survey

Thanks to Dr. Santucci for revitalizing wellness programming for pediatric anesthesiology. Please complete the attached survey before her talk "Wellness Part II" on June 28th at 6:30 am.

SAVE THE DATE

CA-III Residents Graduation: Saturday, June 17th 6:30-10:00 at St. Louis Science Center McDonnell Planetarium
Fellow Graduation & End of Year Celebration: Saturday, June 24th 6:00 pm at Brennan's Work & Leisure
Pride parade: Sunday, June 25th 10:00-2pm | "Wellness Part II" on June 28th at 6:30 am

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The biggest wall you've gotta climb is the one you build in your mind.

AT THE CONCLUSION OF A PHYSICAL CHALLENGE, PARTICIPANTS ARE ENCOURAGED TO EXPRESS GRATITUDE OR SUBMIT THEIR NAMES INTO THE WELLNESS BUCKET LOCATED ON THE DOOR FOR A CHANCE TO WIN A PRIZE IN THE MONTHLY DRAWING. NOTABLY, BOTH THE 2009 ADAPTATION FOR KIDS AND THE WELLNESS BUCKET ARE PROMINENTLY DISPLAYED ON THE DOOR. IT IS WITH GREAT PLEASURE TO ANNOUNCE THAT THE WINNER FOR THE MONTH OF MAY IS NONE OTHER THAN DR. WEINHOLD! CONGRATULATIONS!

Looking ahead, our wellness program will prioritize the physical components during the months of May, June, and July. We invite you to share your ideas and suggestions or express your interest in joining our team by reaching out to either myself or Dr. Caitlynn Miller. Together, let's create a dynamic and engaging program that promotes physical well-being and fosters a thriving community.

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Expressing Gratitude: Celebrating Contributions and Fostering Appreciation in Pediatric Anesthesiology

The Pediatric Gratitude Team, comprising Ashley, Sara, and Jenny, acknowledges the invaluable contributions of the various teams we collaborate with during both the holiday season and throughout the year. In addition to expressing gratitude towards others during holidays and specific healthcare occasions, such as Nurses' Week, we strongly encourage our division to cultivate a culture of appreciation by regularly extending gratitude towards one another. Kindly take a moment to fill out a card, expressing thanks to a member of the Pediatric Anesthesiology division, and submit it into the Wellness bucket.

Murph Challenge

The Murph Challenge is a high-intensity fitness challenge named in honor of Lieutenant Michael P. Murphy, a U.S. Navy SEAL who sacrificed his life in combat. The challenge consists of a one-mile run, followed by 100 pull-ups, 200 push-ups, 300 air squats, and concludes with another one-mile run, all performed consecutively and while wearing a weighted vest if possible. It is a test of physical endurance, mental fortitude, and a way to pay tribute to fallen heroes.

Congratulations to the outstanding individuals who have earned recognition for their remarkable achievements:

Bobi, recipient of the "Rookie of the Year" award, demonstrates exceptional talent and dedication in their field. Julie, Eddie, Andrea, & Max all succeeding in completing their best version of the Murph! Jake's remarkable strength and prowess have earned him the title of "Strongest Person of the Year," reflecting his exceptional physical abilities.

Your commitment, perseverance, and determination have undoubtedly played a significant role in your success. By pushing yourselves to your limits and conquering the Murph, you have demonstrated both physical and mental strength. Celebrate this achievement and use it as inspiration to continue setting and accomplishing new fitness goals. Well done!

Join us for Book Club:

Hello
Beautiful by
Ann
Napolitano
Wednesday,
July 26th
6:30 at
Global Brew
9578
Manchester
Rd
St. Louis, MO
63119

Written by Dalton

QI PROJECT: WELLNESS COMPETENCY CHECK

Please answer the questions below. Pick as many of the answers as you think align with the question (no limit).

INTRODUCTION TO WELLNESS:

1. What are the Dimensions of Wellness?
2. What are some strategies to enhance wellness?
3. What are the components of emotional intelligence?
4. What makes up physical well-being?
5. What are some strategies to reduce stress?
6. What are some strategies to enhance resiliency?
7. What are some components of emotional intelligence?
8. What are some strategies to improve spiritual wellbeing?

- a) Emotional
- b) Self-care (sleep & rest, healthy diet, regular exercise)
- c) Environmental
- d) Empathy
- e) Financial
- f) Managing Energy
- g) Intellectual
- h) Occupational
- i) Emotional Intelligence
- j) Physical
- k) Social Skills
- l) Mindfulness-based Stress Reduction (mindfulness, deep breathing, CBT)
- m) Spiritual
- n) Self-awareness
- o) Self-regulation/Motivation (Resilience, Reflection, Positivity)
- p) Social
- q) Workplace ergonomics
- r) Live by core values

BURNOUT:

1. What are some sources of burnout?
2. What are some independent risk factors that have been identified as independent risk factors for burnout?
3. What are some symptoms of burnout?
4. What are some consequences of burnout?
5. What are some individual solutions to burnout?
6. Preventing and resolving burnout is the responsibility of?

- a) The Individual
- b) Breakdown of Community
- c) Professional Isolation
- d) Reduced Satisfaction
- e) Increased Risk of Errors
- f) Rewards and Recognition
- g) The Organization
- h) Value Conflict
- i) Work Overload
- j) Increased Turnover
- k) Insufficient Reward
- l) Cultures and Systems that Support Balance Roles
- m) Alignment of Individual with Organizational Mission
- n) Lack of Control
- o) Unfairness
- p) Emotional Exhaustion
- q) Empowering Priorities of Health, Well-being, and Change
- r) Compromised Work Relationships
- s) De-personalization
- t) Mission-Oriented Workplaces
- u) Increasingly Ineffective Work
- v) Equity, Fairness and Accountability