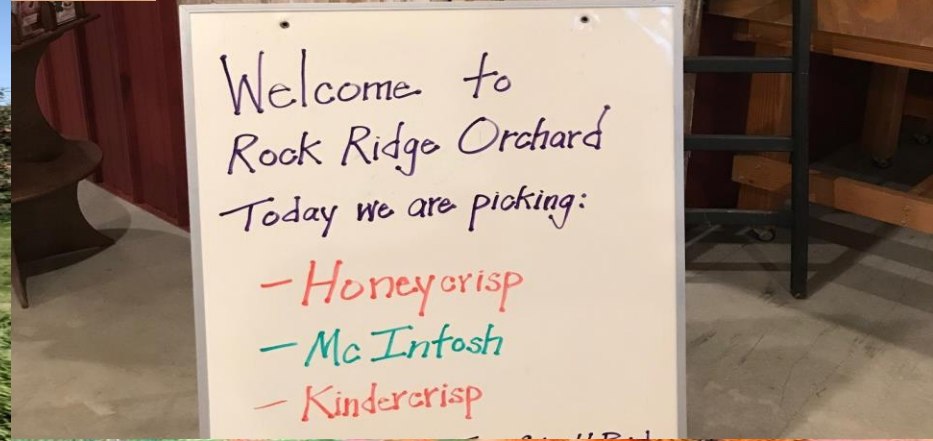


Marshfield Clinic Health System 2019 Annual Residents/Fellows Retreat



Marshfield Clinic
Health System



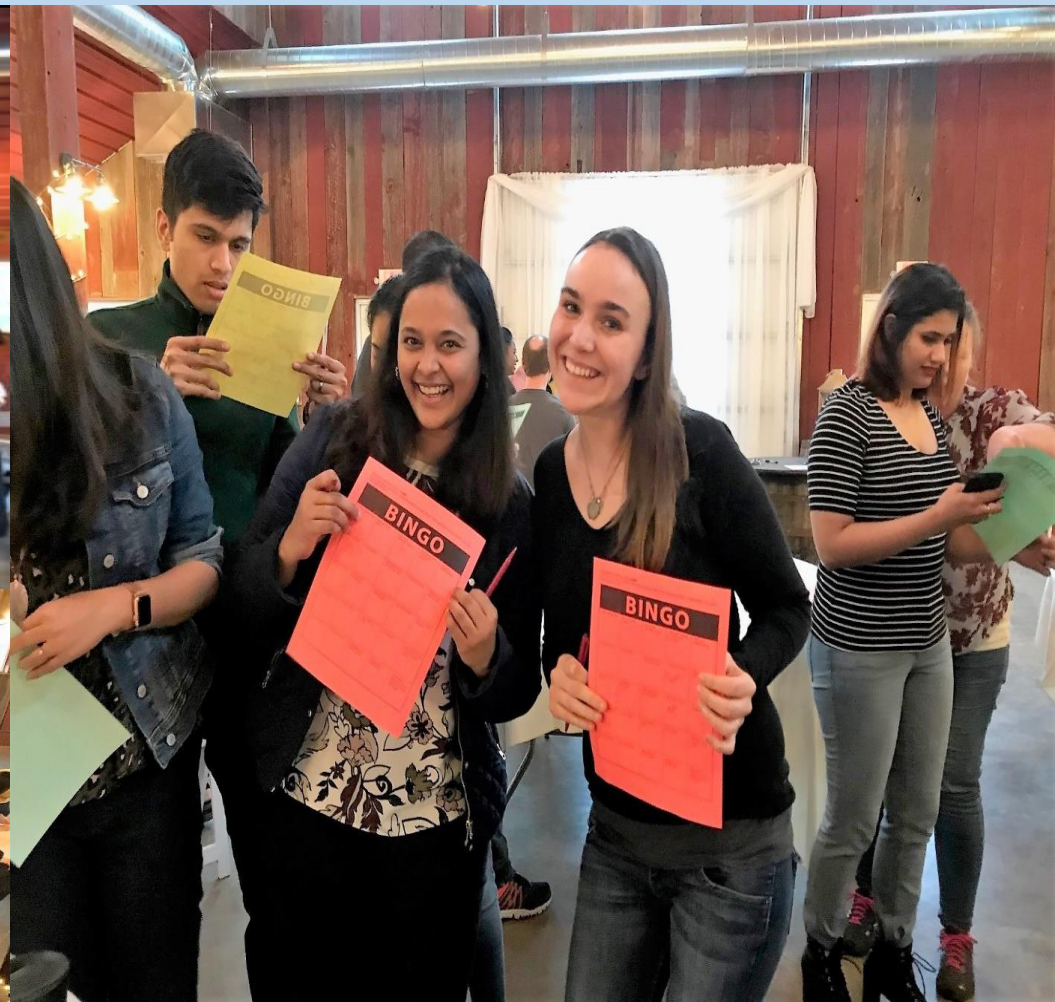
Getting Ready for the Retreat



**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:

- 9-19-19
 - Drink a glass of water q2^o
 - Pull up the self-questionnaire emailed
 - Caffeine for AoP - methylxanthine, 1/2 n. 5 days; improves physiological fun, dopamine, caffeine.
 - Dr. "C" prefers to use Cerner over Cettails always (use it during rounds)
 - Buy oranges after work
 - 7pm movie date - Rambo!
 - Kohl's sale starts on 9/22
 - Stop buying this

Editing

Key -

- abc — task done
- > migrate to next day's list
- < scheduled in calendar
- X no longer needed

e.g.

- > 7pm movie date (9am ~~sat~~ ^{tmrw} instead)
- < self-q (will do it on Monday, Sept 21 8am as a scheduled event)
- cross-out — buy oranges — task completed
- cancel X glass of water | prefer dehyd

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



Resident Skits



And the Goldberg Award for Best Skit goes to:
Surgery



Exploring the Orchard



More Time Exploring



Chiefs' Reflections on Residency

