

Children's Helps Staff Overcome Stress

Stress is a normal part of life that can help us learn and grow. Conversely, stress can also cause significant health problems if left unchecked.

To help Children's staff effectively deal with stress, Children's Chaplain Johnathan Ward created the staff wellness retreat "Care for the Care Provider: Building Resilience through Self-Care" in 2003. The focus of the retreat, according to Ward, is to educate staff about the effects of cumulative-traumatic stress, burnout and compassion fatigue.



The quarterly retreat was held July 25 and 26 at Simpsonwood Conference Center in Norcross. The retreats are open to staff to help inform them how to reduce their cumulative stress that can lead to burnout and compassion fatigue.



Ward says the goal of the retreat is to encourage participants to develop their own personal wellness plan at work and commit to use it.

The retreats host 10-15 people and are full with a waiting list this year. The workshop is listed in Aspen as "Pediatric End of Life Care and Care for the Care

Provider." Ward co-teaches the workshop with Sue Gammill, RN PICU.

To learn more about the retreat and workshop, contact [Johnathan Ward](#) at ext. 56585.

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Children's School Program Offers Educational Support for All School-Age Patients
The school program at Children's offers educational support for all school-age patients.

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Were you unable to attend Children's Wellness Summit? Don't worry, there's still time to participate in Children's Strong4Life initiative.

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More than 350 children competed in special events incorporating rehabilitation therapy at the ninth annual Rehab Summer Games held Aug. 28 at Phillips Arena.

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As part of our Wellness initiative, some Children's departments are taking their own steps to promote wellness within their team or hospital through special "department challenges." Read their stories and tell us about your department's activities.

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Pamela Simmons, Clinical Informatics Specialist