

## 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 Johnnathan 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 [Johnnathan Ward](#) at ext. 56585.

[Back to News Center >](#)

## Children's School Program Offers Educational Services for All School-Age Patients

The school program at Children's offers educational support for all school-age patients.

[View Full Story >](#)

## Children's Helps Staff Overcome Stress

Stress is a normal part of life that can help us learn and grow.

Conversely, stress can cause significant health problems if left unchecked.

[View Full Story >](#)

## It's Not Too Late to Participate in Strong4Life! Submit Your Profile \$50

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

[View Full Story >](#)

## Children's Patients Compete in Rehab Summer Games

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

[View Full Story >](#)

## Focus on Wellness: Transplant Services

### Weight Loss Challenge

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

[View Full Story >](#)

## Clinical Informatics Specialist Teaches Data at Medical Conference

Pamela Simmons, Clin