

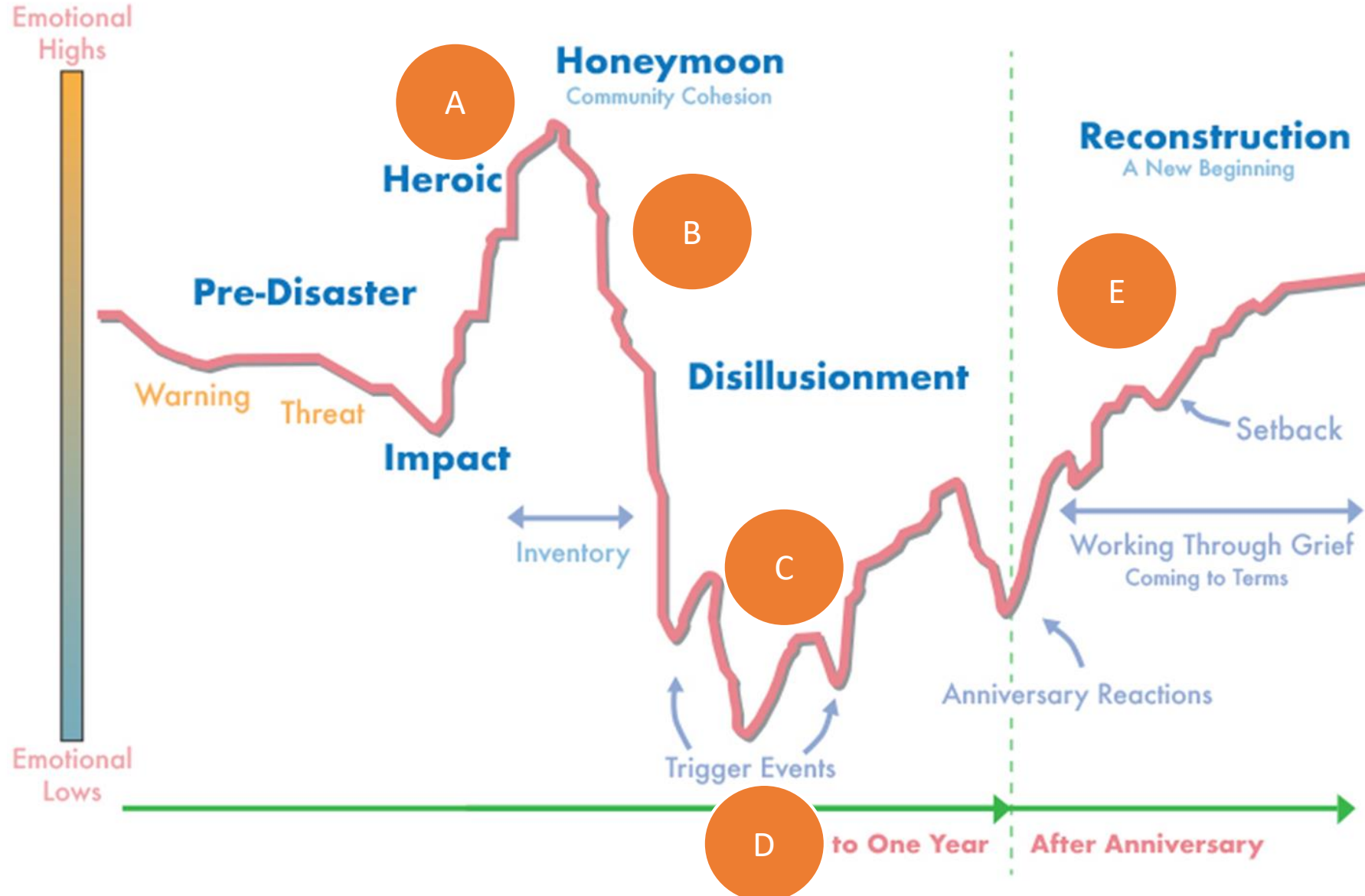
What is Well-Being?

Leveraging Stanford's Framework

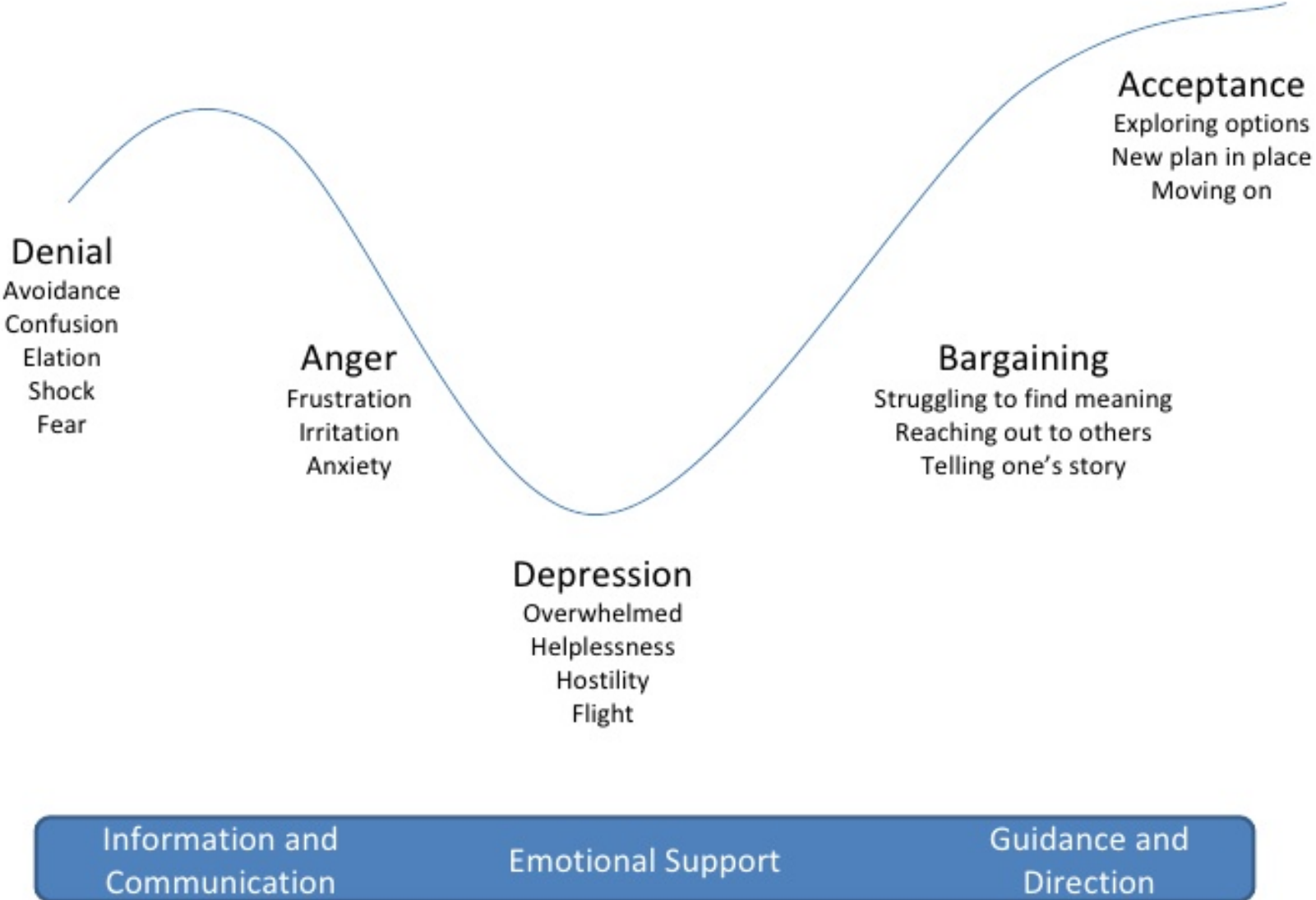
- Culture of Well-Being
 - Trust, respect, inclusion, career development, TAP
- Efficiency of Practice
 - Resources, staffing, policies and processes
- Personal Resilience
 - Physical, emotional, social and financial health



Safety, Calm, Connection, Hope, and Efficacy



Kübler-Ross Grief Cycle



Greif and Milestones



Feelings = Neurochemical Cascade

- They can't hurt you
- Circumstance->Thought->Feeling->Action->Result

Pause

Inhale with intention and awareness

Take note of the

Self (e.g., What am I noticing right now - thoughts, emotions, body?) and the

Task at hand (e.g., What task am I about to do? How can I bring presence to it?)

Observe where the mind has drifted and gently bring it back

Proceed with the task when ready