Stanford Children's Health | Lucile Packard Children's Hospital Stanford

Stanford MEDICINE

Stanford Wellness Menu

Intellectual

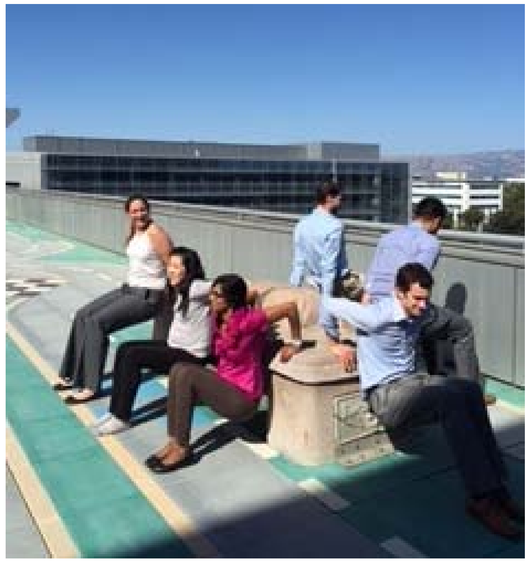
- Complex mentoring system: Career mentors, coaches, life mentors
- Access to resources for residents struggling with learning difficulties

Financial

- Bi-annual financial planning lectures
- "How to Negotiate" educational seminar
- 6 Career Development Evenings

Emotional

- Monthly Humanism Lectures
- Dedicated Wellness Days
- Pet Therapy Days
- Ice Cream Delivery
- Golden Ticket Awards



Our Wellness Mission

We recognize that wellness may take many different, sometimes overlapping forms for each individual. Some residents find wholeness by meditating in solitude, others by socializing with their classmates. One resident's 5 mile run is another's book and a blanket. We hope that by offering many different opportunities to experience wellness here, that we meet each resident's specific need to find meaning in medicine, and joy in their lives.

Occupational

- Fatigue modules
- Anonymous mistreatment surveys
- PIMR Study with Arizona
- Intern Bootcamp

Social

- Annual Ice Cream Tasting
- Annual Mather's Classic Softball
- Annual Bowling Tournament
- Retreats, by Level
- Class dinners
- Lunch outdoors

Physical

- Massage Therapy Noon Conferences twice a year
- Extended gym hours to accommodate resident schedules
- Wellness Hikes
- 7-Minute Work outs

Spiritual

- Debriefing with our Palliative Care faculty after deaths on the wards