

DEPARTMENT OR UNIT	TITLE	DESCRIPTION
Addictions, Drug & Alcohol Institute	Well-Being Walks @ ADAI	Well-Being Walks @ ADAI will be a series of guided nature walks for ADAI staff to reconnect with each other and with our magnificent natural surroundings. ADAI will use the funds to hire a naturalist or bird watching guide to take ADAI employees on guided walks in the Seattle area for bird watching, exploring endemic plants, mushroom gathering, or another activity to be determined.
Rehabilitation Medicine	Rehab Resident Debrief Sessions	The UW Rehabilitation Residency is introducing quarterly "Debriefing Sessions" to allow PGY2 residents dedicated time to destress by participating in fun bonding activities and talking about their clinical experiences together. A Well-Being grant from UW Medicine has allowed us to fund food and group activities for these events. Members of the Resident Wellness Committee and chief residents will be present at these sessions to collect program feedback and design initiatives to improve resident wellness with the help of our wellness ombuds. A group of residents is also surveying the PGY2s before and after each session on sense of wellness and belonging and analyzing the results as a Quality Improvement project. We anticipate that the debriefing sessions will decrease burnout and increase the sense of community among new residents in our program.
Virology	Lunch and Learn	We host a monthly Lunch and Learn forum for our Clinical and Research staff. Through funding of this project, we hope to promote engagement between both groups of staff. This project targets Community Building (70%) and Efficiency of Practice (30%). We aim to open communication between the staff as well as provide a space for continued education.
Medicine/Dermatology	Carving out reflections: Peer facilitated artmaking to enhance wellbeing and connection in healthcare teams	We will offer peer facilitated printmaking (art making) workshops to healthcare teams looking to build community. Each 2.5-hour workshop is facilitated by 2-3 of our team members, and will accommodate up to 30 individuals. These workshops are effective for team building, wellness through art making, and shifting perspective.
UWMC NW Heart Institute	Wellness Room	This money will be used to convert an unused room in the clinic into a wellness room for staff. This room will encourage staff to get away from their computers, disconnect from work, stretch, relax and be rejuvenated when they return to their desks. Our high stress work is demanding and this room will support staff's emotional and physical well being.
Pediatric Rheumatology	Rheumatology Wellness Committee	Funding will be used to expand upon already established Rheumatology Wellness Committee initiatives including supporting ongoing tea supplies for team meeting and division-wide gatherings in recognition of various roles such as Nurses Week and Medical Assistants Week. In recognition of the long-term patients we care for who pass away, we plan to use grant funds as well to provide art supplies that can offer a space for reflection and grief when patients pass. Additionally, to recognize and support birthdays, we will use funding towards monthly birthday recognitions.
UW Medicine - Digital Health	Department Volunteer Work Party for Green Seattle Partnership	This grant will provide an opportunity for extended team building for UW Medicine Digital Health. The Green Seattle Partnership volunteer work party at Golden Gardens will include trail maintenance and park cleanup, including a group lunch and basic supplies for the volunteer work.

UWMC Social Work & Care Coordination	Social Work &Care Coordination Leadership Learning Creative Expression	To guide the SW&CC leadership team’s commitment to continued growth we have chosen two books focused on topics of leadership development, diversity, equity, and inclusion with tools, assessments and discussion questions. After reading these books our team will gather in person to reflect and explore topics and meanings in the readings as they relate to our roles as leadership within UWMC. We will take these concepts with us to a glass blowing class where in a team building art experience, we will be led to work together, as a group, to learn unfamiliar techniques which will allow and encourage us to be vulnerable with new processes and environments, such as our new colleagues and employees may experience coming into leadership or out of graduate school as new staff into our department.
Department of Medicine, Division of Cardiology	Cardiology APP Funds for Well-Being and Team-Building	We will use this money for the purposes of improving morale and providing recognition, and for team-building within our UW Cardiology APP teams at ML and NW campuses for the purposes of improving well-being and retention!
Department of Surgery	Department of Surgery Women's Resident Council Project Proposal	The University of Washington Department of Surgery Women's Resident Council is comprised of female-identifying physician trainees in General Surgery, Plastic Surgery, Vascular Surgery, and Cardiothoracic Surgery. The Women's Council was founded in 2016 with the mission of addressing gender inequities in the field of surgery, creating educational opportunities for women surgeons, fostering collaboration across surgical subspecialties, and inspiring the next generation of women surgeons. We intend to use our UW Medicine Wellness Grant to support wellness, mentorship, and career development events for residents and medical students during the upcoming academic year.
Pediatrics	Pediatric Resident Wellness Week	The University of Washington Pediatrics Residency Wellness Committee serves to promote appreciation and well-being among all our residents. We plan to host a Pediatric Resident Wellness Week in the late winter/early spring to support pediatric resident well-being. In the past, this week of events has reached 90-100 of our residents, with events including a farmer's market during a teaching conference, massages for residents, and social events in the evenings. We are grateful for this Well-Being Grant to be able to make these events happen for our residency program!
Academic Regional and Rural Affairs - UWSOM	Students, Faculty and Staff Intentionally Getting to Know One Another to Support Wellness	The wellness grant funds will be used at UWSOM-Spokane with a focus on creating community among students, staff and faculty. Specifically, these funds will be used with two primary goals in mind. First to increase direct in-person interactions to boost collaboration and connection and to decrease post-pandemic silos and isolation. Our secondary goal is to crowdsource future local wellness initiatives that will have local impact and ensure inclusivity. These funds will be used to sponsor informal, but structured, gatherings of students, staff and faculty; to provide meeting space and ‘free’ coffee while answering questions about wellness amongst the UWSOM-Spokane community. We will inventory and share wellness resources and determine awareness of these resources, ask who is being left out and inquire how to reach them. We will ask about future ideas for wellness, particularly those that are collaborative and focus on diversity, equity and inclusion. Through this exercise we expect to build community and focus on future wellness.

Emergency Medicine	“Breaking bread”: An evidence-based commensality group program for EM faculty	This project will establish monthly gatherings for small groups of 6-8 EM faculty members who will meet to share a meal and engage in informal discussions about their work experiences, challenges, and successes. The primary goal of these commensality groups is to build community and cultivate a sense of meaningfulness in work among EM faculty members. By providing a space for informal conversations and mutual support, we aim to reduce feelings of isolation and burnout among EM physicians.
Emergency Medicine	“Recharge and cool-down”: An evidence-based design restorative workspace for EM physicians and residents	This project aims to create a recharge room within the ED. For some clinicians, such a space would be useful for purposes of recharging, that is, being able to eat and drink healthy foods in a quiet setting to replenish both the physical and emotional depletion that often accompany burnout. For others, the space would be helpful in terms of cooling down, such as when physicians are finishing documentation after completion of their clinical duties. Through evidenced-based design principles and solicited input from EM clinicians, a dedicated room will be furnished, equipped, and designed to leverage the multiple ways the physical environment can impact an individual’s senses (e.g., availability of refrigeration, noise mitigation, nature-based wall art, calming paint colors, and ambient lighting) to “recharge” or “cool down”. The recharge room will also serve as an informal and comfortable space for providers to gather, talk, decompress, and build camaraderie within the hospital setting.
Department of Medicine/Division of Hematology/Oncology	Care for ourselves in order to care for others	The funds from this grant will be used to initiate an appropriate and well needed tradition within the Platinum team of caring for ourselves so that we can care others. We will come together and reflect on our accomplishments and challenges the past year, while also directing focus on ourselves and the healing and rest we need to effectively care for others.
Department of Family Medicine	Reduction of stress and musculoskeletal pain for health care staff	To promote wellness for UW medical center staff, we will offer free chair massage sessions by a licensed massage therapist to health care staff in their workspace. Each session will also include self-care education to assist with future stress management. 2 self-massage devices will be provided for each site break room as well as laminated instruction handouts. Use of these tools will help release muscle tension from trigger points, relax and reduce muscle pain, which in turn can contribute to stress reduction.
Seattle Children's Gastroenterology and Hepatology Department	Decreasing work-related injuries in gastrointestinal endoscopy through physical therapy	Endoscopy procedures involve repetitive movements which can result in musculoskeletal strain patterns leading to pain and injury. Our goal for this project is to decrease injury among gastroenterologists and endoscopy nurses at Seattle Children’s Hospital using physical therapy guided interventions. In collaboration with the Doctor of Physical Therapy program at UW, we will create an endoscopy-specific staff fitness program for home and work. While not only aiming to reduce overall injuries and promote wellness, this program will also address possible inequities in endoscopy experienced disproportionately by female team members and individual specific variables. This project is a collaborative effort across multiple disciplines to improve understanding and education on utilization of physical therapy for prevention of occupational injury in the endoscopy lab. Investigators for this project in the Seattle Children’s Gastroenterology and Hepatology Division Drs. Elizabeth A. Reznikov (fellow) and Hannibal Person (PI), and University of Washington Division of Physical Therapy Dr. Sarah Kaiser

Anesthesiology & Pain Medicine	Seattle Children's Research Institute Mid-Career Research Faculty Well-Being Retreat	Mid-career faculty in academic medical centers experience higher levels of burnout and lowest levels of workplace engagement compared to faculty at all other career stages. The mission of the SCRI M-Club is to support the career development of all UW Medicine faculty who conduct research at SCRI and self-identify as being mid-career. The goal of the proposed project is to enable the SCRI M-Club to expand our scope to include faculty wellness and community-building activities by sponsoring a wellness retreat at Islandwood (Bainbridge Island, WA) for M-Club faculty to engage in a combination of structured wellness activities and unstructured community building and personal reflection in a nature-rich setting. Results from the post-retreat surveys will be shared with the SCRI leadership to support our planned request for funds to expand the scope of programming offered by the SCRI M-Club beyond career development skills to include offerings for wellness and community building.
Pediatrics	Writing for Comfort and Joy	Writing for Comfort and Joy" Description: "Expressive writing is a positive psychology intervention shown to mitigate effects of moral and emotional distress and burnout, while enhancing meaning and wellbeing. Author and experienced writing teacher Aine Greaney offers writing workshops for learning and practicing the skill of expressive writing with a target audience of those in healthcare. Through virtual sessions held once per quarter participants will work with Ms. Greaney to learn expressive writing skills and how to write for comfort and joy, cultivating a practice that offers ongoing wellness benefits.
UW Internal Medicine Residency Program	UW IM Residency Primary Care Track - Community Building, Resident Wellness	UW Internal Medicine Residency Primary Care Track Social Suppers: Quarterly dinners hosted at faculty homes to bring together primary care track residents and faculty to foster community well-being, connection, career development and education. Topics of discussion will rotate and be determined by our internal medicine ambulatory chief residents. Funds will help to offset the cost of food and reimburse community-based speakers (especially those from vulnerable communities or non-profit groups). After each event recipients will receive a survey to assess if our program objectives were met and determined if opportunities for improvement exist.
Pediatrics/Emergency Medicine	SCH ED Team Building	Our project will bring together the entire ED team – physicians, nurses, advance practice providers, nurse techs, respiratory therapists, mental health team, security, pharmacists, watch staff, social workers, child life therapists, admission service coordinators, medication intake coordinators, transport staff, administrative staff, and research coordinators – through 2 team building days. We have a large department with over 300 members and want to bring together as many people as possible. We believe that proactively creating opportunities to meet and connect with one another will improve collaboration within our team, leading to better bedside care and increased well-being for all who contribute to this work.
Rehabilitation Medicine, Seattle Children's Hospital	Rejuvenation Station	The Rejuvenation Station in the Seattle Children's Pediatric Rehabilitation workroom will bring a calming energy and opportunity for connection to the trainees and faculty utilizing this workspace. The intent is to provide quick access to warm beverages, healthy snacks as well as resources for wellness. As part of this project, we will work to implement a quiet hour in this bustling workspace to ensure trainees and faculty have enough space to think critically, complete a reading assignment, or have a few moments for reflection. Our hope is that this rejuvenation station will continue to foster the connection and community we are seeking to rebuild after the COVID 19 pandemic.

Resident Team	Team Adventures in Montana with MFMR	With our grant funding, our program intends to build an outdoor equipment rental service. This equipment will be available to all residents and faculty to eliminate barriers to outdoor adventure and recreation for all seasons. The equipment will also include group-based sports equipment that will help facilitate a greater variety in activities during team-building events outside of the clinical setting. As a result, we will have started a sustainable resource to empower our residents and faculty to take advantage of the natural beauty first drew us all to Montana while also strengthening our bonds with one another.
Sports Medicine Clinic	SMC Team Building and Recognition Project	The project 's purpose is to demonstrate staff appreciation and team building through a team bowling party. This is an opportunity for staff to socialize, compete, and cheer each other which ultimately fosters team growth. This grant demonstrates that UW's appreciation for the dedicated work SMC provides to patients and the community. Thank you for supporting us!
Clinical Business Affairs	Support for CBA Staff Appreciation, Team-Building, and Stress Reduction	The goals for our project are community building, increasing connectedness, learning something new and prioritizing mental health by providing opportunities to decompress from work to help reduce stress and prevent burnout. As a team, we are taking part in one summer event and one winter event which would give us an opportunity to directly engage with and get to know one another outside of Zoom meetings, and in some cases, meet each other in-person for the first time (e.g., going out into nature, taking a pottery class, sharing our mutual love for food). These events will allow our team to get out of our typical work environments, experience something new together and learn more about each other's diverse heritage in a hands-on way.
Clinical Business Affairs	Building Community and Accessibility to the Arts through "X: The Life & Times of Malcom X" at the Seattle Opera	Our project will offer United for EDI Committee community members (which includes employees reporting into the CBO office) the opportunity to attend a showing of "X: The Life & Times of Malcom X" at the Seattle Opera at a reduced-rate, for those that need it. We will create a scholarship fund to cover a significant portion of the ticket price. This allows us to offer tickets at a reduced-rate (e.g., \$20 vs. \$120). Studies have shown that participation and exposure to art can help with depression, anxiety and stress. We want to leverage the powerful impact art can have on our bodies and minds while facilitating education on the history of civil and human rights in the United States.
Pediatric Critical Care	Development of a Pediatric Critical Care Medicine Diversity, Equity, and Inclusion Curriculum	This grant will fund activities to support ongoing design and implementation of the PCCM DEI curriculum at UW Medicine. Several models for recently developed DEI curricula involve creation of interdisciplinary curriculum committees, with recurrent surveys of curriculum participants as both a needs assessment and ongoing evaluation of the curriculum. This grant will support ongoing PCCM DEI curriculum committee needs, a survey of participants for needs assessment of curriculum content design and QI, and will help improve attendance at DEI curriculum sessions.

ISU Family Medicine Residency	ISU Family Medicine Wellness Coalition	In an effort to rebuild the community within the ISU Family Medicine Residency Program, we plan to implement programs that emphasize personal health and social integration in the Post-COVID era. Funding from this grant will be applied toward developing local recreational sports teams for residents and faculty to participate in throughout the year, rent a movie theatre for a family-oriented matinee, and improving the quality of resident/advisor relationships to allow their bi-annual meetings to occur social settings such a lunch at a local restaurant. We plan to monitor the impact of this project through resident surveys performed no less than quarterly to assess the status of resident wellness as well as obtaining statistics on resident engagement with these opportunities.
Graduate Medical Education	GME Staff Community Series	The GME Staff Community Series aims to create opportunities for staff across GME’s diverse departments to come together, connect, and celebrate each other and the work we do. These events include outdoor celebrations, indoor arts, and more. Our goal is to continue building and maintaining the relationships that enrich our lives and help us to continue to improve our world-class support to our physician-learners.”
Ambulatory Floats	Ambulatory Floats Breakroom Refresh	The Ambulatory Float team is unique in its operation as our employees do not necessarily work together on a daily basis. However, we try to foster a strong sense of community and our employees enjoy eating lunches and taking breaks with each other. This is how we get to know one another and start to form professional relationships and a sense of connectivity. Our team submitted a proposal for a breakroom refresh and with the partial funding received, we will focus on updating our appliances used to store, prepare, and eat lunches. A larger, more energy efficient refrigerator will allow more staff to store lunches and an additional microwave will expedite the heating of lunches.
Women's Health Care Clinic - Roosevelt	Stretch - Plank - Laugh	Fostering post pandemic wellness in our daily work environment by creating facilitated and supported areas to step away and reset while caring for one's mind and body. Grab a yoga mat and do some stretching, grab some weights and do a quick five-minute routine, or make a cup of tea. All while gathering with colleagues for a minute of reprieve and rejuvenation via connection.
Valley Medical Center Marketing & Outreach Department	Valley Block Party	Valley Medical Center is planning an open house block party in September 2023, to celebrate all of our staff and recognize those who celebrated milestone service anniversaries during the pandemic, as our traditional Service Awards Galas had to be canceled. Our goal is simple: to make every person who works for Valley feel seen and appreciated and to know that when we say “caring for our community like family,” we mean them, too. We want to provide an outlet where our teams can gather, connect, and have a little fun! The Valley Block party will include food, recognition, games, music and more.

Medicine	UW Women Physician-Scientist Collaborative: Building community, supporting career advancement, and fostering connection for women physicians in research within the Division of General Internal Medicine	The University of Washington (UW) Women Physician-Scientist Collaborative was developed to build community, support career advancement, and foster connection for physicians who identify as women in research within the Division of General Internal Medicine (DGIM). Women physician-scientists are underrepresented in UW faculty, facing shared challenges and inequities in a demanding career pathway. As such, the Collaborative was developed to be inclusive of women physician-scientist faculty and interested trainees across all sites of the UW, with a mission of promoting wellness through building immediate community and developing and fostering retention through support for long-term career growth and collaborative opportunities among members. Award-supported Collaborative activities will include support for core events such as career advancement panel discussions, gatherings for connection and networking, and a gender-equity leadership development speaker series.
Montana Family Medicine Residency	Support for Administrative Staff Wellness At MFMR	The Montana Family Medicine Residency is supported by a highly competent staff. Our staff works in conjunction with clinicians, health professionals, and administration to not only ensure the best residency experience possible but also the highest quality of care for our patients. Through support from the UW Medicine Well-Being team we will be implementing a project to support the mental and physical wellbeing of our support staff. Using the money provided through the UW Well-Being Grant we will be scheduling monthly wellness activities which will be planned and scheduled for residency support staff, subsidize proposals that promote wellness among staff members, and sponsoring staff members in fitness goals such as races and exercise competitions. With our proposed project we hope to improve general wellness among support staff for the Family Medicine residency.
Medicine/Hematology	Narrative Medicine in Oncology	We propose a 3-session course, incorporated within an existing training curricula, and led by UW/Fred Hutch faculty, in narrative medicine to facilitate and guide fellows and faculty in developing personal and professional skills in the areas of communication, the art of storytelling, and the relevance of narrative medicine in caring for patients with a terminal illness. Participants will have the opportunity to share their own narratives. We will focus on 3 specific objectives: 1. Understand the influence of their own narrative on professional practice 2. Discuss the influence of institutional narrative on the physician in clinical care 3. Understand the importance of creating a shared interdisciplinary narrative.
UWMC	UW Medicine Suicide Intervention Project	This project will form a multidisciplinary and diverse Suicide Intervention Committee as an arm of our wellbeing program that works toward a program of prevention and suicide screening, intervention, and survivor support. This includes a three-year commitment with training and maintenance of an online, completely anonymous platform for screening and connection to resources.
Nurse Managers UWMC Montlake and Northwest	UWMC Nurse Manager Burnout Coaching Pilot: Rest, Restore, and Rise	This coaching pilot program will utilize a seasoned burnout coach to support and develop nurse manager unique stressors, wants, and needs called "Rest, Restore, and Rise." The program will include an introductory retreat as well as regular coaching sessions for groups and individuals, with an emphasis on joy and levity. Participants will map how best to navigate their experiences using the tools learned in this program.

Medicine/Dermatology	Peer Mentoring Circles	Mentoring is critical for career advancement in academic medicine, particularly for junior faculty who experience unique career challenges. It is sometimes challenging to find a safe, brave space to talk about real-world problems and seek advice. Peers often have better understanding of the issues and can make nice suggestions from colleague’s viewpoint. Here, I propose to create “Peer Mentoring Circles” for all Assistant Professors across UW Medicine, particularly for underrepresented minority faculty, and build a junior faculty community and school-wide mentoring network. I will host monthly meetings where each participant brings a challenge to discuss within a Circle and other participants ask questions and make suggestions. Possible topics include but are not limited to: community building, navigating career changes, grantsmanship, how to get promoted, how to be a mentor, how to transform conflict into collaboration, balancing clinical-research time, work-life balance, communication styles, setting expectations and clarifying roles, saying no and protecting your time, overcoming procrastination and increasing productivity, and potential pitfalls for junior faculty.
Surgery	Department of Surgery Women's Council Retreat	More women than men in surgery experience sex-based discrimination, and this continues to be a concern among women considering entering the field. There is a need for women in the Department of Surgery to build community and mentorship, as well as engage in meaningful, protected dialogue about issues germane to being a female surgeon. Our wellness grant will support a single day retreat for all faculty and residents who self-identify as female to build community among women within the Department of Surgery. The day will include lectures on issues relevant to practicing female surgeons, as well as small group discussions on specific topics of interest to attendees
Spiritual Care & Wellbeing (Northwest & Montlake)	PROACTIVE SUPPORT – A TEA FOR THE SOUL PILOT: Addressing Interdisciplinary Burnout, Grief, Moral Distress, and Caregiver Fatigue with regularly scheduled informal debriefs, and trained emotional support by building an interdisciplinary culture of wellbeing through regularly scheduled day/night/weekend teas.	Tea for the Soul (T4TS) is a drop-in support time for all types of interdisciplinary staff requested by leaders to offer urgent support during and after traumatic and morally distressing events. Treats and spiritual care staff presence are provided to create a casual, peer support vibe. Teas are requested by leaders to offer urgent support after sentinel events, workplace violence, morally distressing and traumatic situations and deaths. Many units routinely need such support. To assist in providing a more ongoing model of debriefing support to address the multi-valent stressors of the average UWMC employee, the TEA FOR THE SOUL (T4TS) PILOT will assist us in expanding our staff support to include a few more monthly day and night shifts at both ML and NW. The grant money will also help us purchase some more permanent supplies that will help T4TS to support the Tea being offered far into the future. With Gratitude,
Department of Psychiatry	Creating a “MAP”: Movement, Art and Play in Teaching Mindfulness through Pottery	This initiative aims to expose psychiatry residents to mindfulness and the medical humanities through a pottery workshop at Seatown Studios. It will invaluablely supplement our education to incorporate how movement, art and play can mold our professional and personal identities. We hope to encourage mindfulness of our own inner states and translate this awareness to hone and sculpt our attunement to others.



Dept of Rehabilitation Medicine	Monthly Faculty Well-being luncheon	Despite our collaborative team-based approach to care, the faculty providing clinical care in the Department of Rehabilitation Medicine have described increased feelings of isolation and reduced sense of community since the onset of the COVID pandemic. This project will fund monthly luncheons alternating sites between UWMC Montlake and HMC to serve as a safe space for faculty to connect, collaborate, and debrief. The luncheon will also help connect faculty across disciplines and across the care continuum (inpatient, outpatient, consultative). The grant will provide funding for food served at the first year of luncheons, which we hope to sustain as a forum for connection even after grant funding has ended.
Microbiology	Building a collegial and supportive microbiology and immunology community	As we work to rebuild what was lost during the pandemic, community building is a central focus of our efforts to provide structured and intentional support for mental and emotional well-being. Our proposal seeks funding for community building efforts across the Department of Immunology and the Department of Microbiology. Despite significant overlap in research interests and profound potential for collaborative efforts, our departments have historically had limited interactions. We seek to build on recent positive momentum to de-silo the Immunology and Microbiology communities, with a focus on initiatives that enhance and sustain an inclusive, supportive, and productive research climate. As part of this initiative, we will use Well-Being Grant funding to initiate a quarterly community event series on science and non-science topics as a mechanism to both enrich our training environment while promoting interactions across constituencies. We also plan to expand our joint departmental efforts in outreach and enrichment programs.
Pediatrics	Seattle Health Equity Rounds (HER): Advancing an interdisciplinary educational community focused on equity, bias, and racism	Seattle Health Equity Rounds (HER) is an interdisciplinary, hospital-wide, quarterly case-based conference series that addresses health inequity, bias, and racism in medicine. HER grew out of a need to create space for conversations and learning during a time of marked social injustices, uncertainty, and grief within communities. The creation and delivery of each HER session is an intimate process of interdisciplinary teams. Our goal is to support this work by supporting the HER community through skills development in public speaking, sustaining and developing relationships through meals and social engagement events, and bringing recognition of the strengths of minoritized communities.
Administration / Behavioral Health	Mental Health Awareness Month	May is Mental Health Awareness Month. Mental health is incredibly important, ESPECIALLY for hospital staff. We spend all day working on making other people better and helping them out and forget to take care of ourselves sometimes. Mental Health Awareness Month is all about wellness. Taking a moment to yourself and evaluating where you are and how you can be doing more to help yourself thrive. This project puts together gift bags/baskets for Behavioral Health staff filled with items to help them relax and take a break from work. All with the intent to help improve their day and how they see the world around themselves as a celebration of Mental Health Awareness Month!

Surgery	Storytelling for Catharsis, Connection and Care	We offer community gathering events to pause, reflect, and rejuvenate through storytelling –an intentional, creative, healing and restorative practice. Under the facilitation of Professor Susan Meyers, a creative writing professor and experienced writing coach at Seattle University, participants will reflect and write about these prompts: How might writing and storytelling help to name and externalize the challenges participants have experienced as health care professionals during the past three years? How might this work of “catharsis through storytelling” help us begin to heal? All interested individuals across the UW Medicine are welcome to join the events.
ITS/Analytics	ITS Cares Month	ITS Cares Month is an opportunity to bring together UW Medicine IT Services employees through five weeks of community building service events. Now, in its third year, we are planning for ITS Cares Month 2023 to be the biggest and most impactful yet with nearly 40 activities! The funds provided by the Well-Being Grant will help procure necessary storage solutions to keep materials organized and accessible to our volunteers, craft supplies for projects, equipment to support our annual beach/park cleanups, and a banner to display at our various in-person service projects.
UW Medical Oncology- Phase 1 Program	Phase 1 Wellness Community Building Activity Series	Our wellbeing project is a series of three events. These events will enable connection and staff appreciation within the UW Medicine Division of Oncology Phase I research program. We will implement a summer recreation event, staff appreciation lunch, and celebrate a team member’s work anniversary to honor their contributions to our program.
GME	Therapeutic Light Boxes for Well-being	This project aims to improve resident wellness by equipping windowless work and team rooms at identified hospital sites with therapeutic lightboxes (10,000 lux). With Seattle’s long dark winters and limited hours of sunlight, light therapy can improve mood, combat fatigue, regulate sleep cycles, increase focus, and contribute to stress reduction and enhanced resident well-being.
Department of Pediatrics	#MightyAreTheWomen	Women in academic medicine face numerous obstacles that impede their path to promotion and impact their career development and success. Through the creation of a monthly curriculum focused on building leadership and communication skills as well as providing career development advice, women in academic medicine can be better supported to help them achieve their career and personal goals. The faculty within the Division of Pulmonary and Sleep Medicine at Seattle Children’s Hospital has a high percentage of women who are junior faculty. There are many senior women in the Division who have achieved incredible success, and their knowledge and real-world experience can be leveraged to provide the critical foundation needed to help develop the careers of the junior women faculty. <u>The goal of the project</u> is to provide a safe space for real conversation, peer-support, and mentorship with a focus on building leadership skills for the junior women faculty in the Division of Pulmonary and Sleep Medicine.
Seven Directions	Beading is Health Education	Our proposed project is to use the form of beading as health education and prevention. Beading is comprised of individuals using their fine motor skills and creativity to create an art piece of their choosing. This piece is comprised of a beginning, middle and end, similar to storytelling in many Native communities. Beading can be seen in various forms of health promotion such as stress relief and building interpersonal relationships with others. This mindful activity allows individuals to take a step away from the chaotic deadlines and projects goals associated with work and personal lives and allows them to live in the moment through stringing one bead at a time.

<p>UW Pediatric Residency: Graduate Medical Education</p>	<p>Faculty Supper Club – Fostering connection amongst residents and faculty to build community, promote well-being, and cultivate mentorship relationships</p>	<p>Faculty Supper Club serves as a foundation for resident mentorship and career development and improved faculty connection to the institution and community. Our goal is to expand connections and mentorship between residents and faculty pediatricians through themed small-group dinners. We hope to strengthen the community between residents and faculty and help develop targeted mentorship and spaces for rejuvenation.</p>
<p>Department of Family Medicine</p>	<p>Enhancing Employee Well-being through Synerqi at Work: a 6-Minute Qigong Program During Lunch Breaks</p>	<p>The UW Osher Center for Integrative Medicine proposes Synerqi at Work, a 6-minute qigong program that will be offered twice a week during lunch breaks for 8 weeks. Our aim is to promote employee wellbeing and create a positive impact on our community by building camaraderie and encouraging a culture of wellness among our staff members. Qigong is an ancient Chinese practice that is a low-impact form of exercise that involves slow, gentle movements and breathing techniques, making it an ideal exercise for all employees. We believe that Synerqi at Work will foster a sense of community among our staff members. By participating in these sessions together, employees will have the opportunity to connect and build relationships outside of their regular work duties, creating a culture of support, collaboration, and connectedness that will enhance job satisfaction and employee engagement. We also hope to extend the program outdoors during summer to inspire the community as well.</p>
<p>Pediatrics, Division of Pulmonary and Sleep Medicine</p>	<p>A Big Table Approach to Trainee and Faculty Professional Identity Formation</p>	<p>To increase opportunities for informal interactions and mentorship independent of scheduled clinical duties, we propose a series of lunches and dinners that bring faculty and fellows together who otherwise would have limited opportunities to build community. As informal interactions are an important part of professional identity formation for trainees, our aim is to foster and improve such interactions for fellows. Quarterly lunches or dinners will have an initial/question prompt centered around experiences and purpose in medicine to facilitate discussion. We have adopted the title a “Big Table Approach” to evoke the idea of a large dining table surrounded by faculty and fellows with a welcoming and inclusive environment.</p>
<p>Internal Medicine Residency</p>	<p>Finding Meaning in Medicine</p>	<p>Finding Meaning in Medicine is a resident-led and facilitated group that gathers monthly to discuss the challenges and joys of being a caregiver using different themes. In this intentionally created space, residents can debrief aspects of the job that we often do not have a formal space to address. The sessions last about an hour and a half and are accompanied by snacks and desserts.</p>