PUT SOME WOW IN YOUR LIFE

We are incredibly lucky to have so many wellness support options available – even those which will come right to us at the med center. Wellness on Wheels (WOW), a program of the Stanford Health Improvement Program (HIP), aims to find a way to bring fitness and healthy living support to individuals or groups where they work.

Already the Departments of Neuroscience and Anesthesia have taken advantage of this program, having held a 10 session boot camp and a Tai Chi class. In fact, a wide variety of one-time or multiple-session classes are available at your convenience for groups of 10 or more who have access to a conference-type room. Instructors are available for many options, the most popular being yoga and Pilates, but also including activities such as strength training, Zumba and stress management.

We can even expand this focus on physician health for the benefit of our visitors – WOW instructors have stepped in to provide very-appreciated early morning class options during medical conferences held here. Consider when you are planning your next conference how you also might pay attention to attendee health!

On an individual level, one-on-one support is available with a health professional who will come out to assess your life in your work environment, and, in a four-session series, help you create a personalized stress reduction plan.

Payment can be covered by department or by individual, with BeWell enrollees receiving a reduced rate. Contact Jayna Rogers at 497-3590 or fill out a WOW request form to start planning a 2015 health resolution with your colleagues.

Recent Research:

In a literature review of effects of workplace physical activity and yoga inventions, both were associated with significant reductions in symptoms of depression and anxiety.

Of 453 trauma surgeons from a national survey (41% response rate), PTSD symptoms were present in 40% and 15% qualified for a diagnosis of PTSD.

"Although equally able to lead codes as their male colleagues, female participants described feeling stress from having to violate gender behavioral norms in the role of code leader."