



Where Does Wellness Fit In?

Charlotte Nelson, MD

Sept 12, 2025



The Reality

We're
struggling...



What Is Wellness?



The background features a light green watercolor wash. In the corners, there are decorative illustrations of leafy branches. The top-left and bottom-right corners have green branches with elongated leaves. The top-right and bottom-left corners have branches with leaves in shades of orange and brown, suggesting autumn foliage.

Definitions

Merriam Webster:

The quality or state of being in good health, especially as an actively sought goal

Global Wellness Insitute:

The active pursuit of activities, choices, and lifestyles that lead to a state of holistic health

8 Dimensions of Wellness



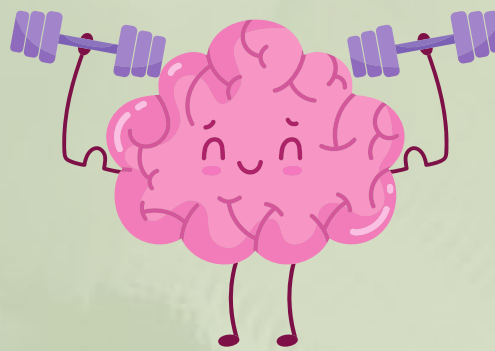
How do you support your
wellness?



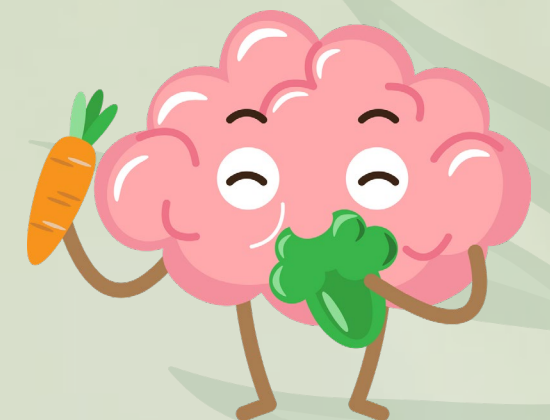
Common Wellness Habits



- Sleep
- Movement
- Meditation



- Journaling
- Healthy Eating
- Stress Reduction Technique



The background features a light green watercolor wash with faint, darker green brushstrokes. Four clusters of stylized leaves are positioned at the corners: top-left (green), top-right (orange and green), bottom-left (orange and green), and bottom-right (green).

A Different Idea

Wellness is a State of Min



Wellness is

Individual

Personal

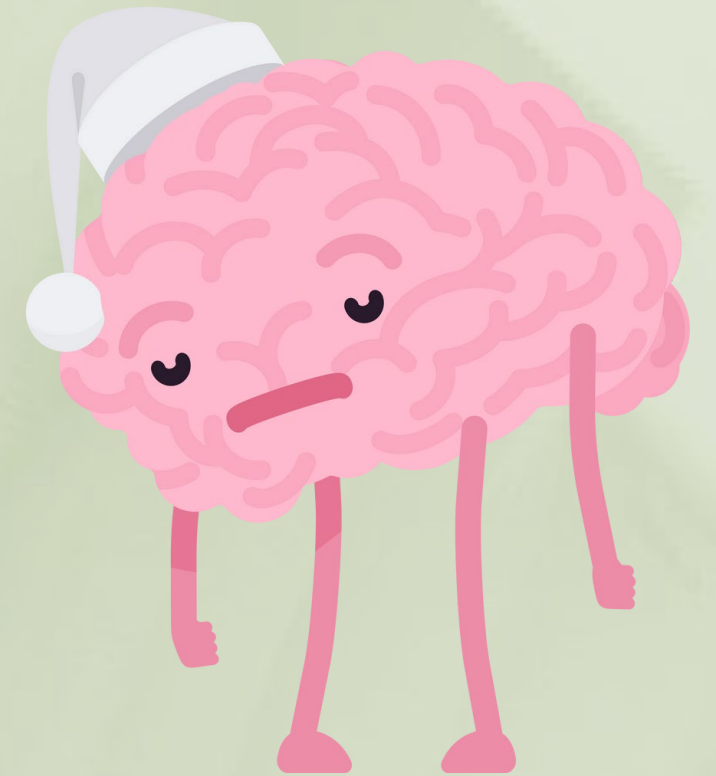
Fluid



Physical Demands

&

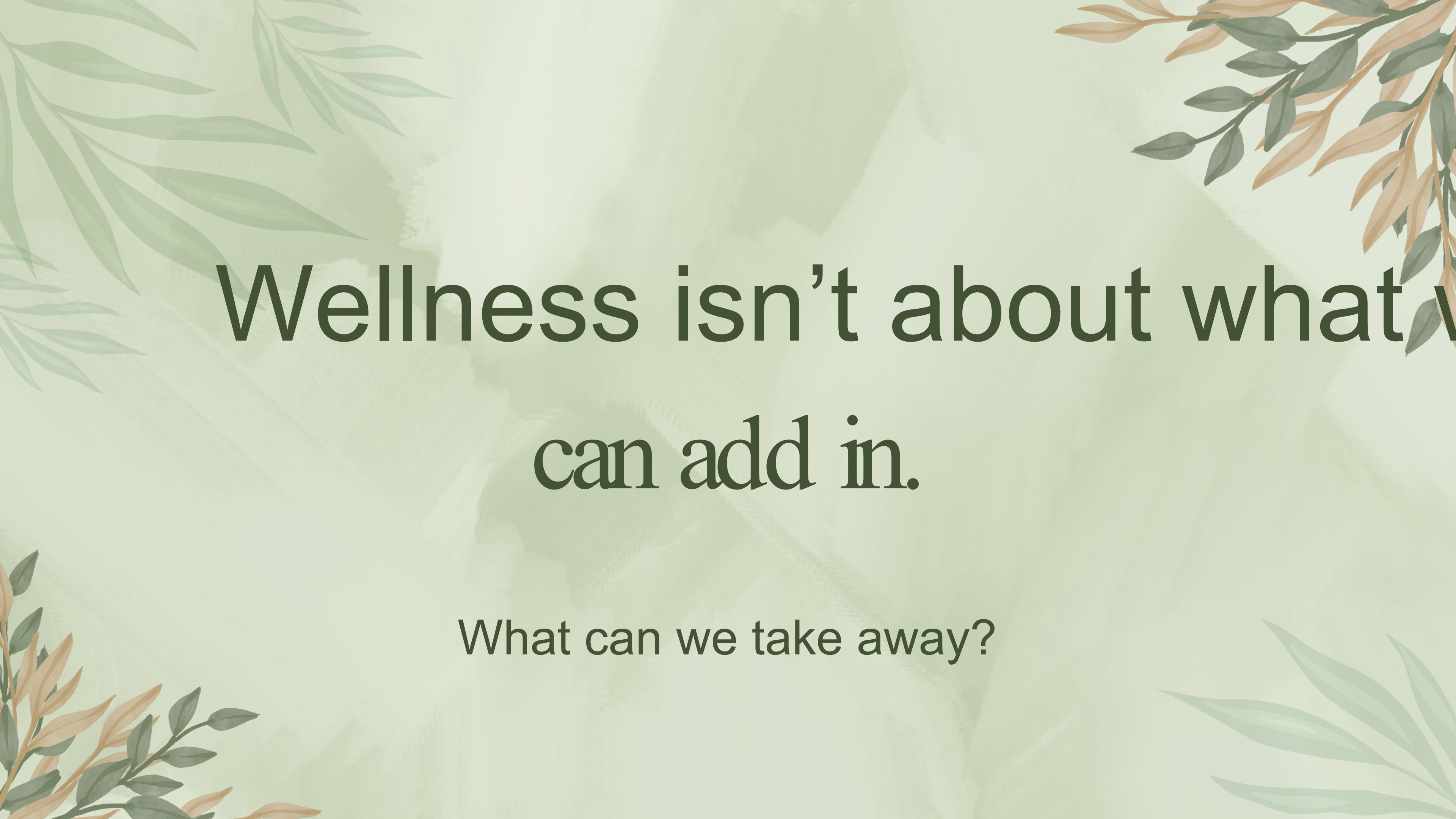
Mental Fatigue



The slide features a light green background with faint, abstract brushstrokes. In the corners, there are decorative illustrations of leafy branches. The top-left and bottom-right corners have green branches with small, pointed leaves. The top-right and bottom-left corners have branches with elongated, pointed leaves in shades of green and brown.

Our Power

- Acknowledging where we have control and letting go when we don't
- Management of our time
- Limits and boundaries
- When to push, when to pivot, when to let go

The image features a light green, textured background with faint, abstract shapes. In the corners, there are decorative illustrations of leafy branches. The top-left and bottom-right corners have green branches with small, pointed leaves. The top-right and bottom-left corners have branches with elongated, pointed leaves in shades of green and brown.

Wellness isn't about what
can add in.

What can we take away?

Victim Mentality



The slide features a light green background with faint, abstract brushstrokes. In the corners, there are decorative illustrations of leafy branches. The top-left and bottom-right corners have green branches with small, pointed leaves. The top-right and bottom-left corners have branches with elongated, pointed leaves in shades of green and brown.

From Victim to Empowered

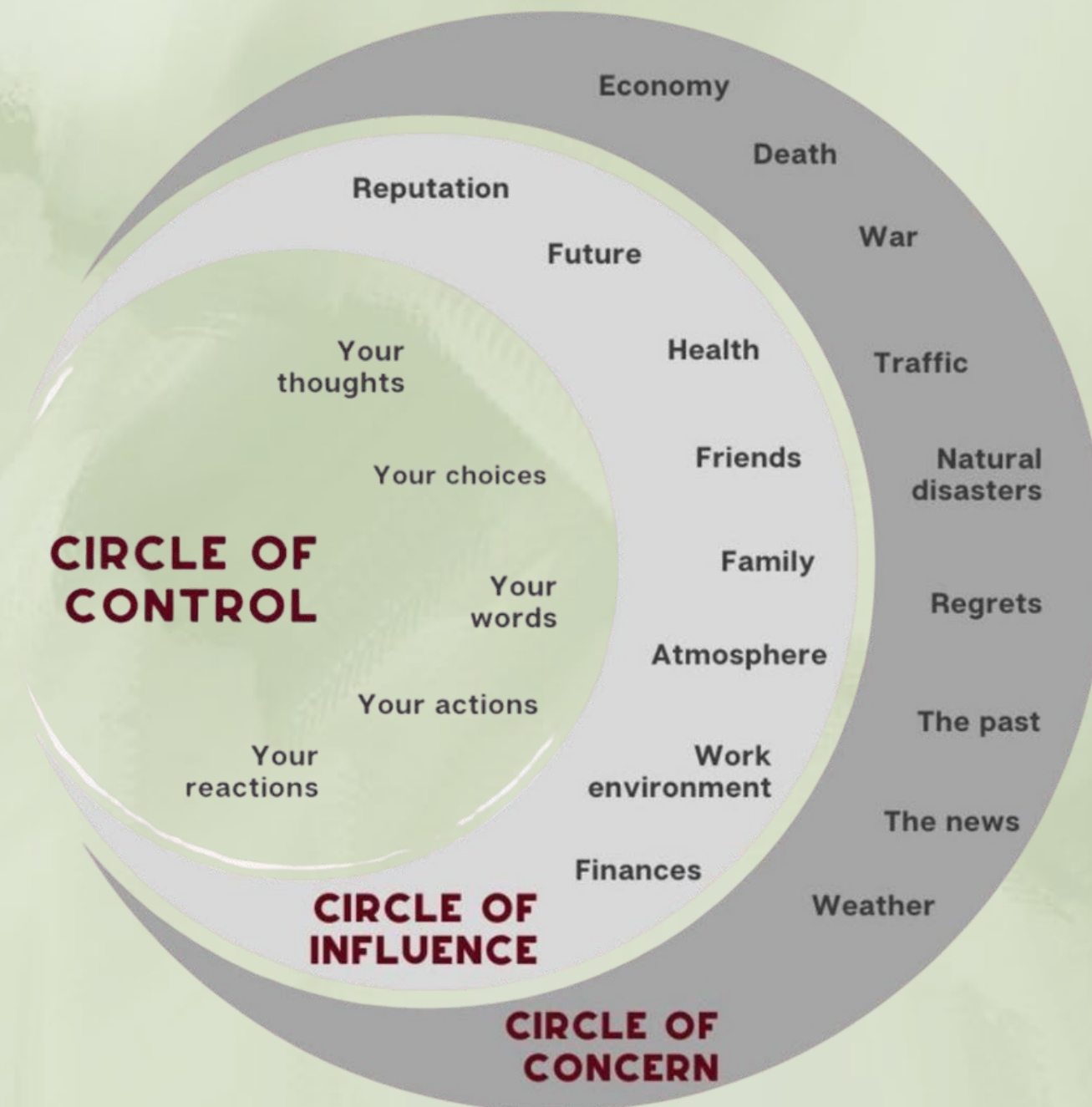
- Challenge barriers
- Verbalize Options
- Acknowledge Choices

Tools

- What is in my control?
- Am I giving more than I need to?
- Where do I need boundaries

Circle of Control

CIRCLES OF INFLUENCE



Tools

- Am I giving more than I need to?
 - Extra shifts
 - Committees/Projects
 - If I don't, who will?

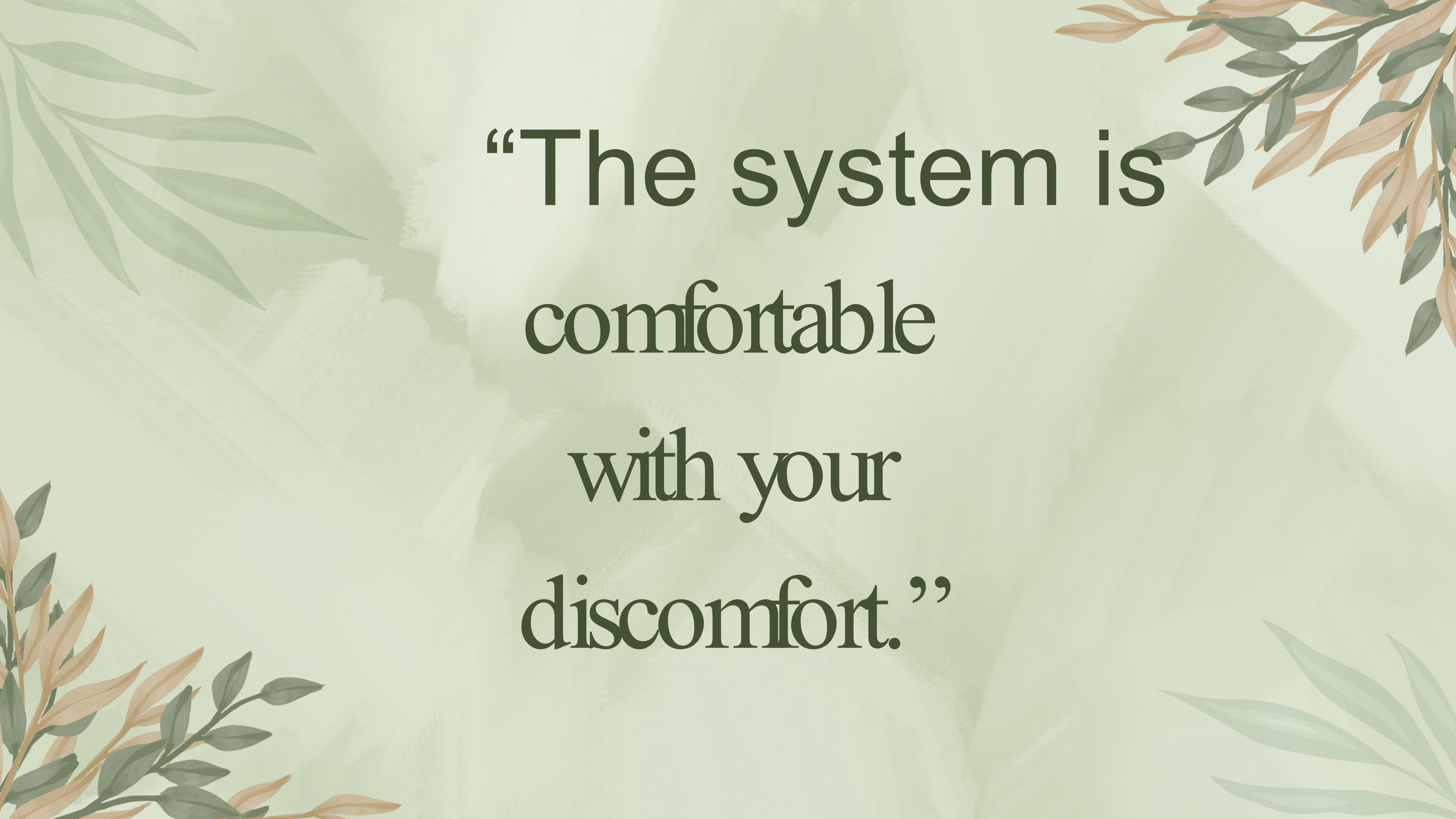
Tools

- **Boundaries**
 - **My Chart messages**
 - **Email**
 - **Extra Shifts / Extra work**
 - **Bathroom break!**
 - **Setting limits with families**

Questions I Ask

- Is this my responsibility?
- Am I interested in this?
- Will my involvement be valuable?
- Is there someone else who could do this work?
- Would someone else benefit from doing this work?
- What will I have to GIVE UP in order to take this on?

No one
will ask these
questions for
you.

The background features a light green watercolor wash with faint, darker green leaf patterns. In the corners, there are illustrations of leafy branches: green leaves in the top-left and bottom-right, and brownish-orange leaves in the top-right and bottom-left.

“The system is
comfortable
with your
discomfort.”



Wellness is putting
ourselves first.

The background is a light green watercolor wash. In the corners, there are decorative illustrations of leafy branches. The top-left and bottom-right corners feature green branches with elongated leaves. The top-right and bottom-left corners feature branches with a mix of green and brownish-orange leaves, suggesting autumn or a different plant species.

Challenge

**Where do you need to relinquish control, give something up
or put a boundary in place?**



Thank You