Recognizing and encouraging global efforts to improve the healthcare experience for patients, their families and caregivers, Stanford Children’s Health celebrates the fifth annual Patient Experience (PX) Week April 23 – April 27, 2018. PX Week is brought to the healthcare community by The Beryl Institute, the global community of practice dedicated to improving the patient experience through collaboration and shared knowledge.

Lucile Packard Children’s Hospital Stanford and Stanford Children’s Health would like to recognize all our team members for your continued commitment to our mission of providing Extraordinary Care, Continual Learning and Breakthrough Discoveries. We invite you to participate in this week’s events brought to you by Office of Patient Experience as we celebrate all of you during the 2018 PCARES Patient Experience Week!

**PX 2018 Week’s Events**

- **Monday, April 23:** PX week Kickoff 10am – 2pm Stop by our table outside of the Harvest Café on the 1st floor for a chance to win a cool prize.
- **Tuesday, April 24:** Webinar 11am -12pm Why am I doing this? Matching PX Efforts to Organizational Needs [Click here to register](http://www.theberylinstitute.org/?page=PXWEEKEVENTS)
- **Wednesday, April 25:** Resiliency Wednesday – Healthy snacks will be provided for our Stanford Children’s Health team members, take a break and enjoy a snack provided by Office of Patient Experience.
- **Thursday, April 26:** Webinar 11am -12pm: The Patient Experience Consumer Study 2018: Insights and Opportunities for Action [Click here to register](http://www.theberylinstitute.org/?page=PXWEEKEVENTS)

**Monday – Friday:** Truth-or-Dare Challenge - Complete our Resilience “Dare” challenge and email myexperience@stanfordchildrens.org by April 28th and your name will be entered into our PX2018 raffle.

**Monday – Friday:** The Giving Tree–house Arts and Crafts - Patients, families and visitors can enjoy arts and crafts, or pick up a book at our treehouses, resource center and waiting areas.
Complete PX WEEK 2018 Resilience Challenge- We “DARE” you!

Resiliency Truth – or- Dare Challenge

Complete any of the following Resilience “Truth- or- Dare” challenges and email us by April 28th for a chance to win a fabulous prize! Email responses to the following questions to myexperience@stanfordchildrens.org.

Q. What challenge did you choose? Why did you choose it? How did you feel when you completed it? That’s all!

The Office of Patient Experience dare’s you to...

- **Recharge** - Go for a walk on your break, invite a co-worker.
- **Start Positive.** Begin your day with a positive affirmation.
- **Be Present.** Take a few seconds, close your eyes and focus on your breathing. Let go of your thoughts.
- **Smile.** Smiling is contagious. Smile at others when walking down the hall. This can help reduce your stress and the stress of others.
- **Pause.** Recognize and celebrate your and your team’s successes.
- **Nurture Yourself.** Make time to do an activity you enjoy today.
- **Be Generous.** Share or buy a cup of coffee or snack with someone. Kindness makes you happy.
- **Disconnect.** Keep your cell phone in your pocket when walking the hallways, or in meetings for an entire day.
- **Say Thank you.** Send a handwritten thank you note to someone.

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