The sum of all interactions, shaped by an organization’s culture, that influence patient perceptions across the continuum of care.

- The Beryl Institute
Dr. Wendy Laine
Emergency Dept Physician
Wellness Director, Minnesota
MJ Murray Vachon  
LCSW

Dr. Wendy Laine
Mental Wellness

A state of well-being in which the individual …

• realizes their own abilities
• can cope with the normal (??!!??) stresses of life
  • can work productively and fruitfully
• is able to make a contribution to their community

World Health Organization
Mental Wellness...

Adapted from Daniel J. Siegel, M.D., * Mindsight: The New Science of Personal Transformation*
We feel before we think.
NOTICE: Feet, body, breathe
Michael A. Rogozinski MSN, RNBC
Abington Jefferson Health
MJ Murray Vachon  
LCSW

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NOTICE: Feet, body, breathe
The Daily Pee!

M.J. Murray Vachon LCSW
Live INSIDE

- Inner resources: prayer & meditation
- Nutrition
- Social connection & contribution
- Interests: art, books, games, music, etc.
- Develop a schedule
- Exercise
Suicide hotline 800-273-TALK (8255)
Thank you to our participants
Thank you for participating

www.theberylinstitute.org