

PARENTING ON THE FRONTLINES:

Stories of love, loss, and wonder

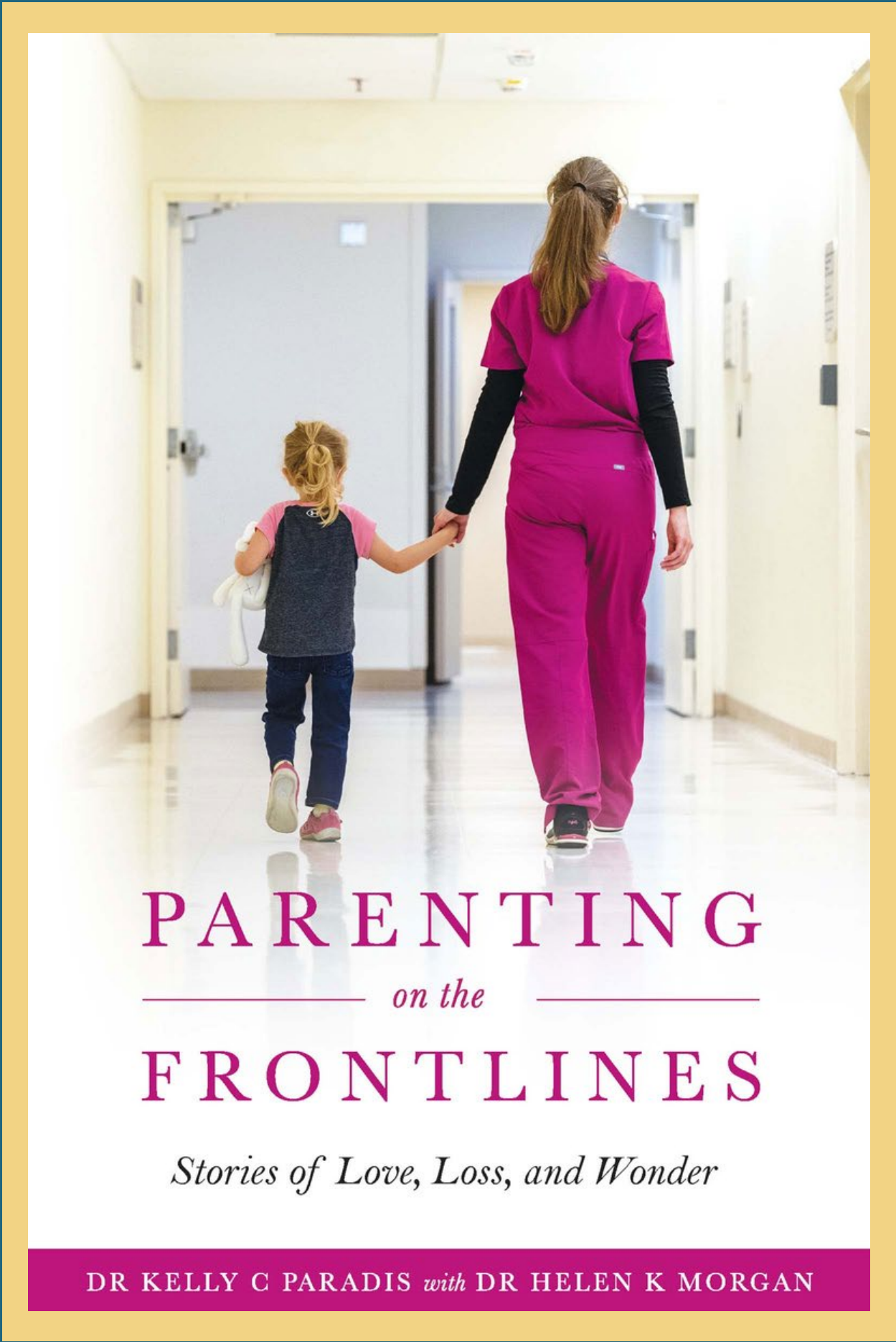


THE BOOK

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PARENTING *on the* FRONTLINES

Stories of Love, Loss, and Wonder

DR KELLY C PARADIS *with* DR HELEN K MORGAN



WELLNESS OFFICE

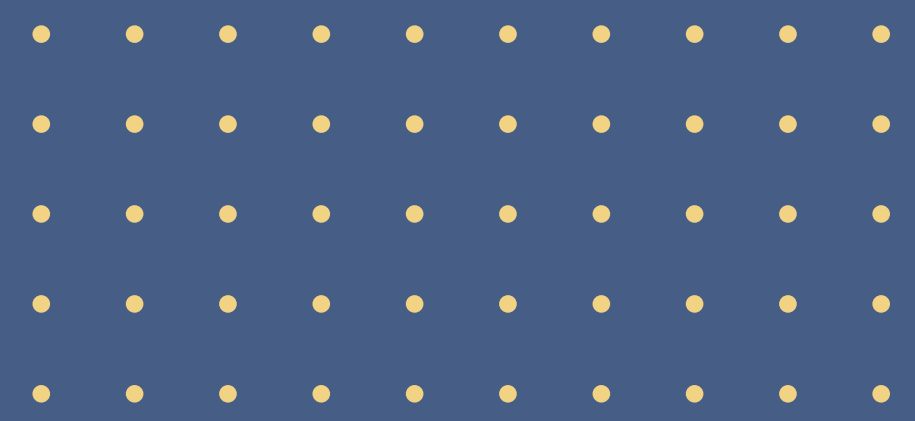
IMPROVING HEALTH WHILE CARING FOR EACH OTHER

● ORGANIZATIONAL-LEVEL ● WORK-LEVEL ● INDIVIDUAL-LEVEL

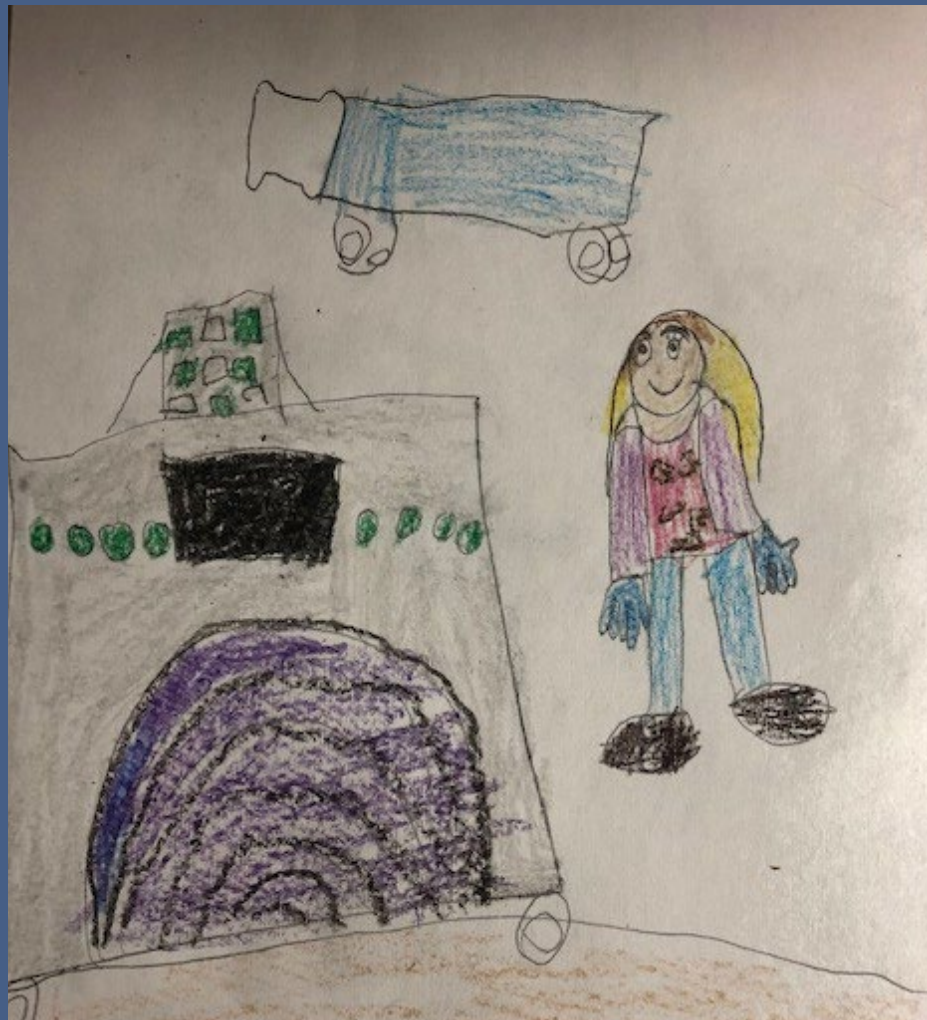
ABOUT THE WORKFORCE WELLBEING GRANT PROGRAM



The Wellness Office grant programs encourage faculty, staff, and learners to focus on one of the six common influencers of burnout listed above through creating innovative, scalable, and sustainable solutions to increase well-being at Michigan Medicine. Awardees can be granted up to \$5,000 for projects spanning 12 months.



"Sympathy can provide a listening ear, but empathy can provide a way through."



"So, in the end, the greatest lesson that I learned was that it is not about being a perfect parent or a perfect medical student. Rather, the roles are symbiotic, and by not being the best at one or the other, together they have made me an overall better person for both my family and my patients."



THANK YOU CAREGIVERS



We appreciate all the work that you do and everything you contribute to the University of Michigan community!