

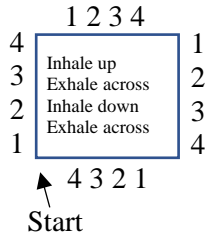
# THRIVE

## Physician Wellness

**SELF-CHECK:** It is perfectly normal for you to feel anxious and uncertain. You can use the following sources (or others) if a metric would be helpful. (Google): Stress continuum and/or Mayo Clinic Wellbeing Index

**SELF-CARE:** Deliberately prioritize taking care of yourself; encourage your team and family to take care of themselves.

- Focused Breathing
  - Box breathing
  - Breathe as if through a straw
  - Focus on the breath itself
- Hydration: regular H2O intake
- Eat healthy
- Sleep hygiene
  - Limit screen time and alcohol
  - Lower lights
- Exercise: daily and a stretch break every few hours
- Increase exposure to sunshine/nature
- Deliberately reduce input of negative information
- Connect with a friend: someone you trust who will not increase negativity
- If needed, talk to someone (mentor, counselor, therapist, colleague) who can give you space to share your fears



**MINDFULNESS:** Refocusing Your Thoughts

*Take a few moments to give your attention to what is immediately around and inside you; no judgment*

Give undivided attention to:

- *Thoughts* (not content); acknowledge your thoughts as mental events
- *Feelings*: acknowledge your feelings without trying to change them
- *Body sensations*: scan and acknowledge where you are feeling your anxiety; don't try to change

Focus on:

- Following your breath: where the air is coming in and going out

Accept:

- Your feelings as a normal reaction to uncertainty

Trust:

- Yourself to hold difficult feeling states in awareness including how it feels in the body

Let go of:

- Your racing thoughts. Focus on watching them come in and go out of your mind.

***Be intentional, build this as a habitual practice.***

## RESOURCES

Apps

- Headspace (healthcare provider specific)
- Calm
- 10% Happier

Online sources (Not vetted)

- AMA website
- Physiciansworkingtogether.org
- Workingwiselygroup.com
- Mayo Clinic program on Physician well being
- AWARE by ACGME.org
- Check your professional organization

NOTE: If you are experiencing a medical or psychiatric emergency, call 911

- Present to emergency services at ED
- Suicide Prevention Services (24 Hour Service) 316-660-7500

***It is OK to feel afraid and not like a "hero".  
It is VERY OK to seek appropriate help.***

## LEADERSHIP & FAMILY COPING

- ***Bring positive energy.***

Energy (both positive and negative) is contagious.

- ***Regulate your behavior.***

It is natural to feel negative emotions.

IT IS NOT OK to behave in a negative manner.

CONVERSATIONS

- Ask what they already know, meet them at their information level
- Put information in context
- Speak calmly and reassuringly
- Answer questions honestly including "I don't really know"
- Give space to share fears
- Give tasks/assignments so they can feel sense of control
- Acknowledge that it is normal to have fears

***You are always a leader even in uncertain times,  
your leadership defines the response of your team.***