



Resilience: A Weapon Every Physician Should Cultivate #docsRpeople2

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What is resilience?

What have you heard about physician burnout?



The one question you must ask your doctor

Pamela Wible, MD
"Doc, are you being abused?"
www.kevinmd.com

Physician Burnout Rates Top 50 Percent (And That's Not the Worst Finding)
By Dike Drummond, M.D.

An Open Letter to My Little Sister in Medical School
By Romila Mushtaq, MD

Career Burnout? How to Relight Your Candle
By Ingrid Peschke

<http://www.huffingtonpost.com/news/physician-burnout/>



But why does medical training
need to be like military
training?



Resilience productive capacity to
quickly recover and cope after
living highly adverse circumstances
while giving the opportunity to
become stronger.

Is a **weapon** because it is both
offensive and defensive

Merriam-Webster Dictionary defines **POWER**
• ability to act or produce an effect
• physical might
• mental or moral efficacy

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RESILIENCE
a weapon that gives you POWER

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Activity 1: Challenges & Strengths

Front: 5 challenges
Back: 5 sources of strengths

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Activity 2: Self-reflection exercise

Read, meditate and then answer for yourself

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Activity 3: How many pieces of your pie?

- Self-care
- Relationships
- Play/Hobbies
- Work
- Study



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Activity 4: Brainstorm

How to cultivate resilience

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What does the evidence suggest?

- Focus
- Renew
- Connect
- Speak out

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Activity 6: Personal testimony



Q&A

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Family Medicine Residents & Medical Students

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