

American Academy of Family Physicians National Conference 2017

Resilience: a weapon every physician should cultivate

1. María del C Colon-Gonzalez MD, @mcgmed2010
2. Kim Yu MD, FAAFP, @drkkyu

Self-reflection questions that will help self-evaluate your wellness as a health professional trainee.

1. What events have made you realize the need for wellness in your life?

2. List 3 decisions have you made to maintain your personal wellness

- a. _____
- b. _____
- c. _____

3. List 3 obstacles you have faced while trying to maintain wellness.

- a. _____
- b. _____
- c. _____

4. For each obstacle you mentioned above, identify the WHY?

- a. _____
- b. _____
- c. _____

5. Think about your daily activities, both inside and outside your training, list 3 that you enjoy doing every day.

- a. _____
- b. _____
- c. _____

6. During a week (7 day period), how many days when going to bed you feel emotionally exhausted or overwhelmed?

7. During a week (7 day period), how many days when waking up you feel fatigued or unmotivated to face another day of your training?

8. What do you do daily to optimize:

a. Nutrition:

b. Sleep:

9. How are your personal values, passion and mission aligned with those of your school/program?

This activity was created by adapting and blending:

1. Ring M, Agarwal G, Cook K, Victorson D. The Medical Student Stress Scale: Development of a New Measurement of Medical Student Stress Using Modern Measurement Theory Application. Northwestern University Feinberg School of Medicine. Presented Oct 20, 2015.
2. Nedrow A, Steckler N, Hardman J. Physician Resilience and Burnout: Can You Make the Switch? Family Practice Management. Jan-Feb 2013 pages 25-30.
3. Abbreviated Maslach Burnout Inventory
4. Linzer M. Mini Z Burnout Survey AMA Stepsforward