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Resilience: a weapon every physician should cultivate

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New habits you can adopt to develop greater resilience and gain more internal power. Improve your life both inside and outside your medical training.

1. Focus
 - a. Each week plan what you want to accomplish, think of your values and goals.
 - b. Analyze how to invest your time, think of your values and goals.
 - c. Learn when to say "NO" and "YES."
 - d. Develop your passion; this is usually tied to your scholarly concentration.
 - e. Embraces crisis as an opportunity to learn and grow, post-trauma growth.
2. Renew
 - a. Take several mental and physical breaks during your day.
 - b. Be mindful
 - i. <http://www.mindfulnessdailyapp.com/>
 - c. Read inspiring stories or keep a collection of inspirational quotes; share with colleagues and exchange experiences.
 - i. Enjoy Every Sandwich: Living Each Day as it Were Your Last by L Lipsenthal
 - ii. Stop Physician Burnout by D Drummond
 - d. Music: either as an empowerment or meditation tool
 - e. Write a blog or have a personal journal; share your writing with the public.
 - f. Express gratefulness & humor
 - g. Forgive yourself daily; you need grace.
3. Connect
 - a. Spend non-work time with your colleagues (for example lunch away from your computer)
 - b. Find and cultivate the relationship with mentors and colleagues.
 - i. Use SoMe: Polaris, FMIG, Physician-Moms in Family Medicine
 - c. Take time weekly to spend with family and friends while you "shut-off" electronics.
4. Speak out, is NOT your fault.
 - a. If disrespected
 - b. If depressed
 - c. If anxious
 - d. If marginalized
 - e. If abused
 - f. If you do not know the "hidden" rules or culture

Be an advocate for physician wellness and wholeness.

Together let's stop the Battered Physician Syndrome.

#docsRpeople2