

The Remix: How to Manage your Time & Stay Energized!

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Disclosure

We have no actual or potential conflict of interest in relations to this presentation.

Tension, email, deadlines,
there's a 'nap' for that.





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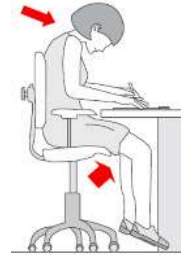
So how do we stay energized at work?

- GET MOVING!!!
 - Studies have shown that taking a **20-minute walk boosts energy.**
 - Work out to release the good endorphins! Meditate, do yoga, swim, run...whatever you need to do to clear your mind. Working out in the morning helps me to get my mind “right” and fully engaged.
- Drink Water
 - **Dehydration is a cause of fatigue**
- Eat Healthy
 - **Snack on the “Good Stuff”**
- Release and stay away from negativity, gossiping, etc.



Computer Related Injuries

- Sometimes you have to take a break from your “Computer Life.”
 - (Yes— the cell phone, too!!!)
- Stare Off Into Space
- Computer can cause injuries which can keep you from managing your time correctly and keep you from being energized.



5

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Take Time For YOU!!

- Take a 15-minute nap
- Career Building
 - If your organization offers online trainings take advantage
- Pursue goals or dreams



6

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How to Manage Your Time

- Network, outsource with others
 - AFMA is a great way to save time
- Create a “to-do” list
 - Set priorities
 - Set boundaries
 - Delegate, delegate, delegate...if you can!!!
- Residents need to take more responsibility.



7

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Make Time for YOU

- You “make time for yourself, because the time to relax is when you don’t have time for it”
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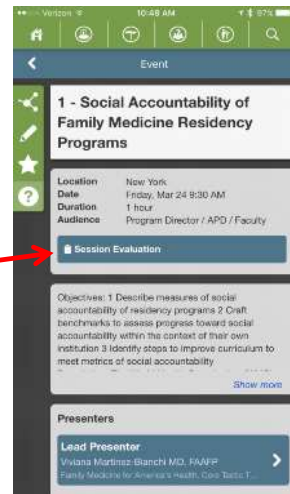
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Question & Answer



Please
complete the
session evaluation.

Thank you.





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