

The background features a light blue grid pattern with various blue circles of different sizes and patterns (solid, striped, and dotted) scattered across the scene. A dark blue rectangular banner is centered horizontally, containing white text.

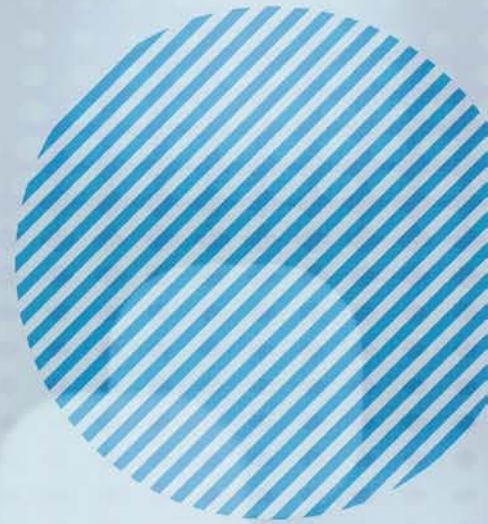
AOASM VIRTUAL CONFERENCE

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Physician Wellness

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Disclosures

none



I am my first patient

Causes of Stress/Not Being Well

- Long Hours
- Not being able to say no
- Not being able to let go (need for control)
- Poor Mental MindSet
- Lack of Job Satisfaction
- Paper Work

Lifestyle Modification

Areas to Work On

Harder

Mindset
Sleep
Stress
Relationships

Easier

Exercise
Food

Some Perspective (Just in Case):

We are physicians, most of us are not struggling financially or for a job compared to others in the world.

Struggle is Real

- Rates of Depression, Anxiety, Suicide are much higher than that of the general population.
- 42% of our colleagues feel burnt out
- This affects our work, productivity, relationships, etc.

Mindset

- I create my life
- I create my happiness
- I create my time
- ReLove what you do or don't do it
- Live within your means
- Say No
- Ask for help
- Trust others
- Refocus on your core, what you want to do
- Work smart/hard not long

Sleep

- 2 hrs before bed no gadgets, TV, electronics, emails, etc
- No caffeine after 12 pm
- No fluids 2 hrs before bed
- No food 2-3 hrs before bed
- Journal writing
- Cool room, Weight blanket

Stress

- Meditation- daily min 10 mins
- Journal writing
 - Gratefulness
- Conversations
- Daily dose of goodness
 - Podcast, books, etc

Relationships

Family:

- Meals together
- Walks
- Hikes
- Communicating is huge

Staff:

- Eat together
- Simple Games in the offices
- Basically, stop and see them

Exercise/Food

- Get outside everyday
 - Parks with kids
 - Walk around the block
 - Nature trails
- Eat lots of fruits and veggies
- Drink half your body weight in ounces of water

Sample Daily Routine

- Wake up have a large glass of warm water w/ or w/o lemon
- Exercise
- Get ready
- Meditation
- Eat a light but fresh breakfast- drop the heavy classic american breakfasts
- Start your work day
- Lunch- get away from your desk- walk, talk to staff
- More Patients
- Family time/dinner
- Stop all gadgets- put it all away
- Ready for bed
 - Read a real book
 - Write
 - Journal
 - 5 things you are grateful for