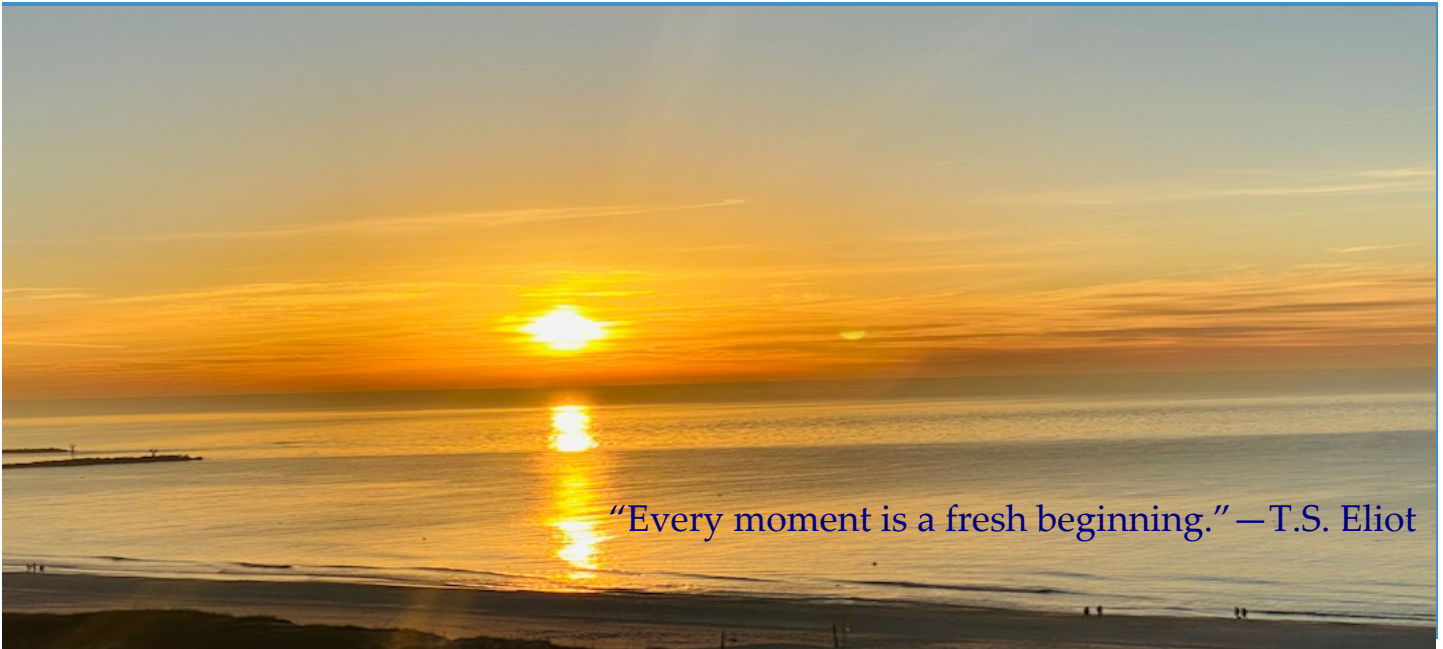


Health and Wellness News from MidCaN



“Every moment is a fresh beginning.” — T.S. Eliot

Fresh beginning 2021

The year 2020 tested our resilience, forcing the world to change on the fly how it lives and works.

As we start 2021, with the promise of host of corona virus vaccines, we face a new test: We will need to decide what kind of post-pandemic world we want to build, for ourselves and for future generations.

Practicing self-love and self-care can seem extravagant—especially when we feel like our jobs are beating us down, the pandemic has weighed heavily on us, or we’re not doing enough for the kids or our houses are a mess having to home school in some cases while juggling work.

Yes, we’ll have a vaccine. No, it won’t let us out of social distancing. This means that our lives will continue to have changes we haven’t experienced before.

Wellness planning for 2021 is on everyone’s mind. The holiday treats and feasts over the last couple weeks have made us all gain weight. No matter what, we can go back to our normal routine anytime.

Create a wellness planner that includes daily or weekly tracking pages for groceries, weekly goal setting, and habit tracking. Include brief individual daily sections for food, workout, and hydration tracking. Having a clear goal setting page is vital.

Having been a member of this wellness committee and worked with many physicians, I cannot stress enough that work-life balance and wellness needs to be a priority. Start with you and make yourself a priority. Recognize your human emotions and experiences. Reach out.

As MidCaN or Mid career physicians we are always focused on career enhancements and in a rush to get to the next position in our careers. We are physicians, but that shouldn’t be the only thing that defines us. Don’t ever forget that. Your degree is only one part of who you are, so don’t let it bind you.



Health is wealth

So goes the adage, sometimes it takes a health scare for us to realize that we need to slow down and make the most of our lives. Things can be unpredictable, no matter how detailed our plans for the future are. Instead, make the moment yours and start living your best life.

We've spent countless hours and unwaveringly dedicated our focus and energy to becoming physicians. We've been programmed to think that working all the time makes us better doctors. So, when we get tired, we just work harder. But why? Working nonstop doesn't make us "better," it just makes us grumpy and tired.

Be your own advocate. Don't let anyone bully you or guilt you into commitments or responsibilities with which you are not comfortable.

Accept that you are not perfect. No one is perfect, as a matter of fact. Recognize you won't and don't know everything. Every day and every patient is a learning experience. Expecting perfection is an unrealistic goal. You are human. And that is more than OK.

Be your own friend instead of your harshest critic. Inwardly radiate the love that you so generously give to others. You are doing a lot and you are doing it well, even if it may not always seem that way. Most importantly, please remember you are not alone. We know that it is exciting, but that this medical experience is a demanding one that never ends. Please do not let it consume you.

https://opmed.doximity.com/articles/wellness-tips-for-well-physicians?_csrf_attempted=yes

Contributed, compiled and edited by Ramesh Krishnan, MD for the AAP MidCaN Wellness Committee.

Contact the MidCaN executive council at MidCaN@aap.org with any questions, feedback, or ideas you have

Mid Career Neonatologists

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