

## Health and Wellness News from MidCaN

**Physician Burnout**

The current health care environment with COVID has demanded over packed workdays, pace, time pressures, and emotional intensity placing physicians at even higher risk for burnout than before.

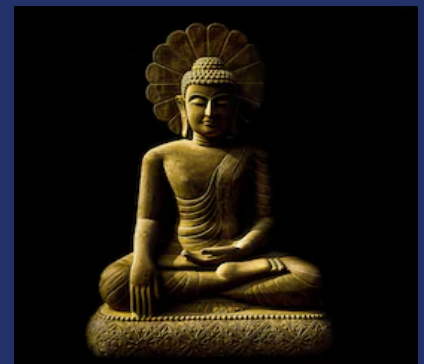
Burnout takes a toll on physicians, their patients, and their practices. Electronic health record stress, and poor work-home balance can lead to physicians leaving practices they once loved, poor patient outcomes, and physician's shortage.

**Practical Solutions**

Focus on work life issues. Enhance team functioning through depression screening, quality improvement projects to engage office staff, enhance teamwork, and reduce pressure on physicians to be responsible for all aspects of care.

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

Buddha



# Indulge in Self-Care

Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.



Self-care is also a discipline because it's not something you do occasionally when the world gets crazy. It's what you do every day, every week, month in and month out. It's taking care of yourself in a way to restore balance. It's making the commitment to stay healthy and balanced as a regular practice.

Ironically when you truly care for yourself, exercising all discipline that requires, you are in a much stronger place to give of yourself to those around you. You will be a happier parent, a more grateful spouse, a fully engaged colleague.

Those who take care of themselves have the energy to take care of others joyfully because that caregiving doesn't come at their own expense. And those who take care of themselves also have the energy to work with meaning and purpose toward a worthy goal. Which means they are also the people most likely to make the world a better place for all of us.

## IDEAS FOR PRACTICING SELF-CARE

### PHYSICAL

- go for a walk
- dance
- hike
- swim
- get a hug
- play with a dog
- clean & reorganize your room
- take a bath

### MENTAL

- read a book
- learn a new skill like photography or drawing
- do a DIY project
- color
- turn your phone off

### EMOTIONAL

- meditate
- practice Yoga
- light a candle
- talk with a friend
- go on a date
- journal
- write down a list of things you're grateful for



## Mid Career Neonatologists

AAP Sections / Section on Neonatal Perinatal Medicine (SONPM) / MidCaN

Contact the AAP MidCaN executive council at [MidCaN@aap.org](mailto:MidCaN@aap.org) for any questions, comments and feedback.