Physician Wellness, What does it mean to you?

Wellness Has many facets

- Personal Health
- Family
- Social network
- Economic Wellness
- Career
But what does wellness mean to you?

Do you know?
Most of us have not really thought about what makes us:
    Happy
    Satisfied
    Nourished
    whole

We have been taught societies’ model of success

But does it work for you?
Unconscious vs. Conscious Decision making

How are you making the decisions you make about your life?
Unconscious Decision Making
Depending on Random Chance to get You to Your goals

Conscious Decision making
Going from the Possible to the Probable
The Wheel of Life

Foundational Elements

Personal Health
Relationships
Economic Health
Career
What can you do right now to make your experience of life better?
We are all products of an education based on
Negative Reinforcement!

Now that you know

You can do something about it!
You can consciously reset

Your Sensitivity to Positive Experiences
3 Question Journal
From Rachel Remen, Institute of the Study of Health & Illness

Every day spend 5 minutes
Write down the last time:

You were Surprised
3 Question Journal

Every day spend 5 minutes
Write down the last time:

You were *Touched or Moved*

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3 Question Journal

Every day spend 5 minutes
Write down the last time:

You were *Inspired*
Meditation

It turns out that spending a little time each day
In an Alpha to Theta state
Makes a world of difference
In Your overall level of stress
What is ACEP doing?

Wellness Section

**BalanceED** Meeting February, 2019

Violence in the ED Poll

Focus on improving the working environment of the Emergency Physician

Link to Resources

https://drive.google.com/drive/folders/1X_2uV9WJAQgyue7lgr-chnr-i_pED-CJ?usp=sharing

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