FEBRUARY 2016 UPDATE

From Dr. Rebecca Smith-Coggins
Chair, SCPSS
Stanford Committee for Professional Satisfaction and Support

FINDING WELLNESS RESOURCES

Do you know where to find a self-guided tour of campus or hiking trail maps for when relatives come to visit? Who to call if you are concerned about a trainee? How to sign up for a wellness-related CME course, or an overseas volunteer program? All of these questions and more can be answered with our very own Stanford website WellMD, which is presently the #1 website in the nation for "physician wellness" on Google search. Here are a few highlights:

- **Test yourself** – engage in free anonymous online tests for anxiety, burnout, happiness, self-compassion, PTSD and more
- **Classes** – find wellness-related classes on campus, online, or out-of-town, many with CME; also connect with others through our volunteer page
- **Exercise/fitness** – use resources to get started and stay motivated, find out about campus athletic facilities and classes, and know how to get courtesy/rec ID cards for your partner and kids
- **Walking** – discover maps, tours, shoe advice, and where to find certain campus landmarks, birds/trees
- **Mindfulness/compassion** – explore options for knowledge or training
- **Get Help** – utilize support resources for yourself and others, including our Peer Support program
- **Stress & Burnout** – learn more about workplace stress, traumatic stress, litigation stress and ways to cope
- **Calendar** – date night? - view some of the many talks and activities available around campus and locally
- **Work/life** – find out about emergency childcare, customizing your career, learning to say "no", and the popular "Stanford Sweeteners" – perks if you are paid by the University
- **Newsletters** – visit our archive to see details of many programs of interest for you

Please contact our webmaster Harise Stein, MD if you have comments or suggestions about our site.

Calendar:

For details of these and more events/classes, plus CME wellness courses, see WellMD Calendar

2/2  Body Core Fundamentals
2/3  All Hospital Schwartz Rounds
2/6  Bing Concert Hall Tour
2/10  Generational Conflict in the Biomedical Workplace
2/10  Engaging Patients as Partners
2/11  Happy Hour at the Bing
2/11  Dr. Doty book signing and interview by Jon Kabat-Zinn
2/16  Pompeii’s Purpose-built Brothel
2/16  Dean’s Lecture: LGBT Challenges in Medical Education and Society
2/17  Medicine, Literature and Ethics
2/17  Red Horse: Drawings of the Battle of the Little Big Horn
2/17  Stanford Jazz Orchestra
2/18  The Telling Project (stories from Stanford student veterans/families)
2/20  Stanford Saturday University
2/22  Pharmacology in Ancient Rome
2/23  Caregiver Seminar: Protect Family Assets
2/23  Silent Yoga at Windhover (early)
2/25  Student Grief and Loss Gathering
2/25  Own Your Workout (webinar)

News:

Rose Bowl highlights

2/13-28 Tour the new Ronald McDonald House expansion.

Escondido project will add new housing for 2,000 grad students, and Colonnade 167 new apartments for faculty/staff.

2016 University Commencement speaker will be filmmaker Ken Burns.

Research:

**Work-life balancing: challenges and strategies.**

*Tell me, what is it you plan to do with your one wild and precious life?* (Mary Oliver)

Authors note physicians' work-life challenges and discuss strategies of work environment needs, timeshifting and mindfulness, setting goals, cognitive reframing, building resilience, self-care, and asking for help.

The New York Times reviewed the posthumously-published book by Stanford neurosurgeon Dr. Paul Kalanithi, *When Breath Becomes Air*. "One of the most poignant things about Dr. Kalanithi’s story is that he had postponed learning how to live while pursuing his career in neurosurgery. By the time he was ready to enjoy a life outside the operating room, what he needed to learn was how to die.” Something to think about. (Check out the world of opportunities in the links above...)