PERSONAL RESILIENCE TRAINING OPPORTUNITIES

Besides advocating for changes in the workplace to decrease burnout, it also behooves each physician to develop a plan for self-care due to the nature of our demanding profession. Multiple resilience training opportunities are available or are being developed, on a clinic or individual level.

Clinic options:
- **Self-Compassion Training for Physician Well-Being** - this two month program has been piloted in five clinics and involves ½ hour weekly sessions at a convenient clinic time to build and utilize skills relating to self-compassion. Participants have reported it to be appealing, convenient, and effective. Contact: Dr. Robert Horowitz
- **WISER (Web-Based Implementation for Signs of Resilience)** - using cellphone text messages with links directing clinic members toward exercises relating to six evidence-based positive psychology techniques, this two month pilot is being rolled out in the Spring to a limited group of primary care providers. Contact: Briana Mitchell

Individual options:
- **Nutrition for Optimal Professional Performance** - a free two-part class 3/8 and 3/15 12-1 will be led by Maryam Hamidi, PhD. Dr. Hamidi will provide us with evidence-based nutritional strategies for increased alertness as well as enhanced cognitive and physical performance to overcome challenges we face in prolonged duty hours, shift work and OR schedules. [Register]
- **Mindfulness-Based Stress Reduction for Physicians** - this classic 8 week course customized for clinicians is open to Stanford-affiliated physicians/residents/fellows and medical PhDs – starts 4/5. MBSR is one of the only interventions shown to decrease burnout, and has evidence of numerous other benefits. [Register]
- Check out other WellMD resources for exercise, stress, mindfulness, work-life and resilience.

This spring prioritize self-care! In addition to improved personal well-being, resilient physicians serve as better role models for their children, trainees and patients.

News:
- Congratulations to Medicine and the Muse!
  - [NY Times article](#) references their [Frankenstein@200 Project](#)
  - Medicine and the Humanities is the focus of Winter [Stanford Medicine Magazine](#)
- Submit articles for new JAMA series “Physician Work Environment and Well-Being”
- New campus [Immigration Issues & Resources](#)
- Spring Quarter Registration
  - [Health Improvement Program](#) 3/21
  - Recreation Classes 3/21
  - [Stanford Continuing Studies](#) 2/27

Research:


“…individual factors of resilience include the capacity for mindfulness, self-monitoring, limit setting, and attitudes that promote constructive and healthy engagement with (rather than withdrawal from) the often-difficult challenges at work.”