



Because of the unique occupational hazards they face in modern healthcare, today's physicians must work harder at maintaining a rhythm of rest and recovery as their "protective gear."

Unfortunately, many physicians have been trained and enculturated into believing that putting patients' needs first always means denying their own.



Source: bouncebackproject.org

Building this rhythm will require reflection, planning, action and vigilance. Rest and recovery planning **does not** replace the need for systemic changes in healthcare to relieve the crushing non-medical pressures physicians are experiencing. However, it will prolong you in the midst of slow progress being made.

FIVE PILLARS OF REST AND RECOVERY

MINDFULNESS

The practice of connecting my head to my heart and soul (discovering my locus of control, meditation, prayer, journaling, gratitude, humor, creativity, cultivating awe and wonder, being non-judgmentally present...)

RELATIONSHIPS

The practice of connecting with important people in my life (networking, collegiality, nurturing confidants, being appreciative, befriending others, being fully present...)

PURPOSE

The practice of connecting with my values, beliefs and life aims (mentoring a younger you, envisioning your future, rereading thank you notes, documenting values, acts of kindness...)

SELF-AWARENESS

The practice of connecting with who I am and how I function (personality profiles, strengths identification, emotional intelligence, monitoring energy levels, identifying and reconnecting feelings, counseling...)

PHYSICAL SELF-CARE

The practice of connecting with my body's physical needs (sleep hygiene, exercise, proper diet and nutrition, breathing, stretching, affection, medical care...)

For videos, resources and other ideas, visit physicianvitality.org/personal-resilience

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Building a Rhythm of Rest and Recovery



You are invited to consider how you can better optimize yourself by keeping you heart, mind, soul, and body in better tune.



A Resource of



We Connect the Docs of Ada & Elmore Counties

My Rhythm of Rest and Recovery Plan

	DAILY	WEEKLY	MONTHLY	QUARTERLY	ANNUALLY
MINDFULNESS The practice of connecting my head to my heart and soul					
RELATIONSHIPS The practice of connecting with important people in my life					
PURPOSE The practice of connecting with my values, beliefs and life aims					
SELF-AWARENESS The practice of connecting with who I am and how I function					
SELF CARE The practice of connecting with my body's physical needs					

Step One: Write down all the things you already do routinely to recharge your heart and tune yourself for optimal performance. Consider other additions.

Step Two: Look at any blank columns or rows where you might see a need to round yourself out. But remember, the goal is **not** blackout bingo.

Step Three: Put appointments on your calendar to make room for these important things in your life and use your calendar to say “no” more often.