

### **ACP GEORGIA WELLNESS CORNER**

Hello my fellow GAACP members! Have you ever noticed that the way you think about something affects your overall outlook/stress level?

**Follow these simple brain-training steps to increase your positivity:**

1. Practice positive "self-talk" by cultivating self-encouragement optimism, recognizing accomplishments, and appreciating good fortune.
2. Challenge your negative (typically distorted) thinking, the most common of which are:
  - **Catastrophic thinking.** Identify a more realistic assessment of the situation. Usually things are not as bad as we think they are. And often, our greatest learning comes from adversity.
  - **Black and white thinking.** Challenge all-or-nothing thinking. Usually there is some gray area to work with. It is very seldom absolute.
  - **Jumping to conclusions.** Avoid leaping to a foregone conclusion, such as thinking you know what others must be thinking. Learn to get curious, ask questions, and look for alternative explanations.
  - **Over generalizing.** Look for a more accurate appraisal of the situation. When we look more closely at situations, we often find that negative or stressful outcomes are limited to that event, not generalizable across all situations.
  - **Excessive criticism.** Whenever you hear yourself thinking, "should," substitute "it would be nice." This allows you to avoid excessive self-criticism or the belief that there is only one solution.

Changing thinking leads to changes in behaviors which leads to changes in results. So the easiest and most efficient method to change the results you are getting is to engage in positive and constructive thought patterns.

(Excerpt from: "Preventing Physician Burnout", *Physician's Practice*, June 2015)

For the full article, click here:

<https://www.physicianspractice.com/worklife-balance/preventing-physician-burnout>

## **MEMBER WELLNESS SPOTLIGHT**

**How do you address your own wellness? What helps you find balance and happiness in your life?**

**We want to share your stories! For this inaugural spotlight, I will throw myself out there as an example– but we want to hear from all of you!!!**

### **STRIKING THE RIGHT NOTE FOR WELLNESS!**



One of my best outlets for stress relief is playing and writing music. I love playing bass in my church praise band and playing around West Georgia with my group, McPherson Street. Whether practicing with my friends or playing live, music just lets me relax and stop thinking about the office and patients for a while. It helps me remember that being a physician is just a part of who I am. My family is supportive and comes to most of our

shows, and my husband often remarks that I am a better wife and mother when I have some downtime to play. In my work life, my music interests often provide a connection with patients who have similar interests, and it helps them be more comfortable as they see me as more than just a medical provider. Once a year, I combine my love of music with my love for working with the Rapha Clinic (a faith-based free clinic for the uninsured) when we play at the Sound of Medicine fundraiser. Anybody else love to play? I think a musician interest group for GAACP would rock!

**What are your outlets? Let us know how you fight burnout and find balance! Email us at: [GAACPwellness@gmail.com](mailto:GAACPwellness@gmail.com)**

**WANT TO KNOW ABOUT UPCOMING 5Ks in GEORGIA? CHECK OUT THIS LINK:**

**<http://www.rungeorgia.com/calendar.html>**



**GOT A WELLNESS TOPIC YOU WOULD LIKE US TO HIGHLIGHT? INTERESTED IN BEING PART OF THE MEMBER SPOTLIGHT? STRUGGLING WITH BURNOUT AND NEED A CONTACT? WE ARE HERE FOR ALL OF THIS AND MORE! REACH OUT TO US: [GAACPwellness@gmail.com](mailto:GAACPwellness@gmail.com)**