



Good evening!

For those of you I have not met, my name is Ron Ottenbacher. I am the ND ACP chapter's well-being champion along with Dr. Sid Singhal.

This is a newer process and our goal is to create a multifaceted well-being program that is tailored to the specific needs of our North Dakota chapter and the unique challenges we meet in our rural state.

The ACP has many resources for well-being that members can access on the website plus we plan to send out newsletters with dedicated information that can make practical and rapid improvements in our lives and practices. Bringing the joy back to medicine so to speak and having better well-being overall.

One crucial aspect of this is creating a sense of community and being intentional in this. With that in mind, we are planning to set up social gatherings coordinated by the chapter and spread throughout the state. This will allow informal socialization with other physicians who deal with the same work difficulties and burnout. Additionally, we will build structured well-being programs into the events. It will be "fostering local communities of well-being" in ACP-speak. We might as well put some of the resources that other ACP physicians have put many hours into developing to use!

As well-being champions, we are also here for individual coaching (creating a personalized well-being plan), small group sessions, or really any way we can help!

There will be more to come in upcoming newsletters, and we will start planning for the first social event tentatively set to be arranged in Fargo at the beginning of the new year (you can set well-being as your new year's resolution and be done). There are also a few resources to start with attached to this email below.

Be well!

Ronovan Ottenbacher (Ron or Doc O to my patients), MD, FACP Well-being champion, ND ACP

Attachments:

NOTE: The links below will direct your browser to the location where the documents attached to this email have been posted.

[mind-body interventions](#)

[3 areas of well being](#)

[mini_portfolio_prof_health_wellness](#)