

## RX: INVEST IN YOURSELF

October 2020

- Take Your Own Pulse Building on reflections you started last month, ask yourself a series of new questions to help work through your needs and priorities. Both the October and September PDFs will be attached to this email to review or download.
- Treat the Pain Point This month there are two short videos addressing the thoughts "I am overwhelmed" and "I am over-committed" – learn strategies to determine priorities and set protective boundaries. Click on the "thoughts" above to link to the videos.
- Feed Your Soul Check out a podcast on boundary setting: "Everyone Needs Something From Me" This is a podcast by a Physician who is also a Coach for Women Physicians but is for all genders!
- Feed Your Brain Check out another Physician Coach podcast "Assessment (taking a look at your current life)" Again, all genders welcome!
- Hallway Consult Opportunity All NC ACP members are invited to come together on Zoom **Thursday November 5, 2020 at 730 pm**. In this first conversation we will discuss and support **"What I NEED right now"**. This will be a time to listen, share, and brainstorm ways to start moving towards answers to those needs. There are many concerns in our current circumstances, and we are open to the discussion of any of those topics.

*\*\*Registration link for the Hallway Consult will be emailed out the week before the event . In the meantime- attend the bonus below!*

- **Celebrate the Wins** “You are the CEO of your life. Are you building the life you want?” (@GinnyBucciMD) *Celebrate your ability to make choices in your life!*
- **BONUS\*\* TIME SENSITIVE**
  - ❖ *The Alabama and Mississippi Chapters ACP invite members of the NC Chapter ACP to a free webinar. Join regional and national Wellbeing Champions as well as your local colleagues:*

## **BEYOND THE NOW: Strategies & Discussion on How to Plan for Our Brighter Future**

**October 21, 2020 - 8:00-9:30 PM Eastern Time**

**[Register Here](#)**

*Topics include:*

- **Institutional & Organizational Wellbeing**
- **Physician Health & Impairment**
- **Coaching to Increase Wellbeing & Resilience**

*Panelists:*

- **Richard Wardrop MD PhD FAAP FACP** (co-host) - Mississippi ACP Wellbeing Champion
- **Allison Rogers MD** (co-host) - Alabama ACP Wellbeing Champion
- **Ankita Sagar MD MPH FACP** - Member, ACP Council of Early Career Physicians
- **Stewart Babbot MD FACP** - Virginia ACP Wellbeing Champion and Member, National ACP Wellbeing Committee
- **Alan Baggett MD FACP** - Member, Alabama ACP Council of Early Career Physicians
- **Marion McCrary MD FACP** - North Carolina ACP Wellbeing Champion and Physician Coach
- **Eileen Barrett MD MPH MACP** - New Mexico ACP Wellbeing Champion and Member, National ACP Wellbeing Committee
- **Sue Hingle MD MACP** - Chair, National ACP Wellbeing Committee

*Marion McCrary MD FACP*

*NC ACP Wellbeing Champion*

# Take Your Own Pulse

## October 2020

What leaps of faith have you taken before and how did it go?

What have you learned about yourself in answering these questions?

What Fires You up?

How can you do more of the things that fire you up in your day?

What do you want to be known for? What do you want to move forward with?

How would you feel if you did cultivate some of these other things?

How would your daily life change?

How would your view of the big picture change?

# Take Your Own Pulse

## September 2020

My energy level today is:

What is Filling My Time:

What I want to Fill My Time

How I feel about how I use my time?

Good Things in My Life:

Challenges in My Life:

I am afraid of \_\_\_\_  
because \_\_\_\_:

If fear didn't hold me back, I would  
feel:

If I overcome those fears, I  
would feel:

My identity is \_\_\_\_\_. If I broke free from this  
identity, I would feel: