

RX: INVEST IN YOURSELF

February 2021

- **Take Your Own Pulse** Consider these three questions: 1- Who or What are you letting go of in 2021? 2- What behaviors do you want to change in 2021? 3- Who is influencing you the most this year?
- **Treat the Pain Point:** Look for several new videos in March.
- **Feed Your Brain:** Watch this 5 min Ted Talk by Elizabeth Cox.
What is Imposter Syndrome and how can you combat it?
- **Feed Your Soul:** Now you know more about it this imposter syndrome... Can you get good out of it ? Watch this 14 min TedTalk by entrepreneur and CEO Mike Cannon-Brookes:
“How you can use Imposter Syndrome to your benefit” and
Teach your Inner Critic a New Story by Kari Romeo (15 minutes)
- **Hallway Consult Opportunity:** Sign up and attend our fourth Hallway Consult- “Improving Your Work Experience” on **Thursday Feb 18, 2021 7:30-8:30pm Eastern time**. We will discuss strategies to determine what you want your work to be and then how to put this into place. Register [here](#) and you will get an immediate zoom link.
- **BONUS!!! One that keeps on GIVING:** We have collaborated with the Georgia ACP chapter to keep up a regular monthly “Virtual Doctor’s Lounge” every second Thursday of the month at 7pm. Put a save the

date each month! Both GA and NC members will attend. The first topic is "Optimizing Physician Well Being, Practice Culture, Professional Thriving in an Era of Turbulence" **Thursday Feb. 11, 2021 7-8 pm Eastern time**. Register for the zoom link [here](#).

- **Celebrate the Wins:** What does celebrating a win look like for you? Texting a friend? Having a special dessert? Posting on social media? Telling your family? Writing it in a journal? Smiling secretly? Hi-fiving your nurse? Whatever feels right to you, do it! Just make sure you recognize your wins and the wins of others no matter how big or small because they can be motivators to continue what is good.

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