

## RX: INVEST IN YOURSELF

January 2021

- **Take Your Own Pulse** Ponder these 4 questions as we come into the new year: 1- What was the best part of 2020? 2-What worked and what did not work in 2020? 3- What was a discovery you made in 2020? 4- What was the most impactful conversation you had in 2020?
- **Treat the Pain Point** Check out the videos ["I can't focus"](#) and ["My patients don't listen to me"](#)
- **Feed Your Soul:** Watch this inspiring 12-minute Ted Talk by Sara Cameron on YouTube: [How to turn busy into balance.](#) It touches on a lot of the concepts we have been discussing the last few months. Sometimes we stay busy to avoid feeling and processing.
- **Feed Your Brain** Watch this interesting 10-minute Ted Talk by Alison Ledgerwood Ph.D. on [Getting stuck in the negatives \(and how to get unstuck\)](#) . "What happened today that was good?" is a great question to lead with. She talks about how the negatives are stickier in our brain and gives you strategies to think differently. This is an excellent use of Positive Psychology!
- **Hallway Consult Opportunity** Sign up and attend our fourth Hallway Consult- "Improving Your Work Experience" on Thursday February

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.

- **Celebrate the Wins** My win the week I am writing this is that I had the opportunity to get my first vaccine against COVID-19. I am hopeful this is the next big step in curbing the effects of this virus on our lives. As many physicians posted the pictures of them receiving the vaccine and wrote details of their hope and joy about what this might mean, I was struck by the sense of this collective emotion that we might see the tide turn soon.

I wish you well!

Marion Mull McCrary MD FACP

NC ACP Well-Being Champion