

## RX: INVEST IN YOURSELF

MARCH 2021

- **Take Your Own Pulse** This month try out some of the [3-15 day Resilience Tools at the Duke Center for Healthcare Safety and Quality](#). One involves writing your story for help from healing with burnout. There are many options for bite size boosters!
- **Treat the Pain Point:** Watch ["It's My Fault... I am not ... enough"](#) to learn ways to address these thoughts of I am not good enough.
- **Feed Your Soul** : If you could not attend the annual NC ACP virtual chapter meeting, I wanted to make sure you had access to the presentation I gave to promote physician well-being. ["3 Innovative Strategies to Jumpstart Personal and System Well-Being in 2021"](#)  
In this presentation after validating the challenging physician experience in 2020, I explore examples of innovations that have occurred in the face of adversity. I provide 3 tangible strategies you can use to create personal and professional well-being, self-efficacy, and savvy in 2021 and beyond. These frameworks will facilitate the development of self-supporting thoughts, encourage confidence to create positive self-driven change, and deliver valuable tools you can use to build on what is already going well. You will leave this presentation inspired to consider something new.

- [Feed Your Brain](#) Watch this 15-minute Ted Talk by Lara Boyd Ph.D. “After watching this, your brain will not be the same” discussing neuroplasticity. Learning new concepts, taking advantage of opportunities, and participating in new activities help our brain grow and connect. Explore new things- your brain is being shaped by all that you learn. \*\*The last 2 minutes discuss personalized learning- “go out and build the brain you want”
- [Virtual Doctor's Lounge](#): The Hallway Consults have been rebranded in our collaboration with the GA chapter and you now have an invitation to come rest and talk with your colleagues in the Virtual Doctor's Lounge. We will be hanging out the second Thursday of each month at 7pm eastern time so save the date! Join us March 11, 2021 for “Overcoming “I Should...” and Perfectionism” [Register here.](#)
- [Celebrate the Wins](#) and help us create more. I am celebrating the opportunity to share ways for physicians to be well over the last 6 months and want to do more in the future. I want to know from YOU what it is that YOU need and how the NC-ACP Well-Being champions and the NC ACP Wellness Committee can best help. Please fill out this [short survey \(google form\)](#) by March 21, 2021 so that we know how to plan our initiatives for the next year. We are looking to serve you and amplify you and your commitment to medicine.

Marion McCrary MD FACP, NC ACP Well-Being Champion