

RX: INVEST IN YOURSELF

September 2020

- Take Your Own Pulse Each month there will be a series of reflective questions that will build upon each other to guide you to making short and long-term changes in your life. *[September 2020 PDF Link](#)
- Treat the Pain Point Check out a short video each month on ways to address an issue that is causing you pain or distress. *[Vimeo Video Link](#) This month's pain point is: "I think I am Burned Out!" **This is not your typical "BURNOUT" talk- check it out for new slant on this topic.
- Feed Your Soul If you have not already completed the 2020 Mini-Z please do so before October 10th (this has been extended). We want to know where you are and concerns you are facing so that we can design programs that will benefit our members! The survey takes less than 5 minutes. *[Mini-Z link](#) Also September is Suicide Prevention Month. If you are in distress, please reach out to someone you know or the National Suicide Prevention Lifeline:
<https://suicidepreventionlifeline.org/> 1-800-273-8255 and crisis text line at 741-741

- **Feed Your Brain** Check out [Dyrbye, et al, JAMA IM 2019;179 \(10\) 1406-1414](#) “Effect of a Professional Coaching Intervention on the Well-Being and Distress of Physicians- A Pilot RCT.”
- **Hallway Consult Opportunity** All NC ACP members are invited to come together on Zoom and have authentic conversations on topics that can promote wellness, give you back control in areas of your life, and cultivate a sense of joy and engagement in your work. The first session will be Thursday November 5, 2020 at 730 pm with subsequent sessions tentatively scheduled for the evenings of Dec 8 2020, Jan 7, 2021 and Feb 8 2021. There will be information on how to register in October’s newsletter so look for this!
- **Celebrate the Wins** When the prize seems so far off in the future it is often hard to see that there are small wins along the way. I encourage you to recognize small milestones and find ways to celebrate the progress you are making. Some days it may be that you finished all your charts by the end of the day. Other days it may be that you got out of bed and you walked the dog. What ways do you celebrate? – a dessert, a purchase that you want, or having a nice dinner with a loved one.