



Your Wellness Guide: For Physicians, By Physicians

Because your health is important ~~too~~. Period.

Why This Guide Matters

Physicians are highly trained to care for others, but often neglect their own health—due to stigma, time constraints, or burnout. This guide is designed to support **your whole self**—physically, emotionally, and professionally—so you can thrive, not just survive.

1. Mental & Emotional Wellness

What You May Be Facing:

- Burnout, fatigue, anxiety, feelings of detachment
- Emotional overload from trauma or grief
- Isolation or silence due to stigma

What You Can Do (Even with a Busy Schedule):

- **2-minute check-in:** Pause twice per day and ask: *How am I really doing?*
- **Name and normalize** stress. Journaling 3 lines each evening can offload emotion.
- **Mindfulness moments:** Use apps like *Insight Timer* or *Headspace* for 5-minute resets.
- **Talk it out:** Reach out to a trusted peer.
- **Limit the loop:** Avoid rehashing mistakes during off-hours. Let yourself rest.

2. Physical Wellness

What You May Be Facing:

- Irregular meals, dehydration, minimal sleep
- Lack of exercise, chronic fatigue, unaddressed pain

Simple Interventions:

- **Hydration hack:** Keep a refillable water bottle on shift. Sip hourly.
- **Snack smarter:** Pack protein bars, nuts, or fruits to avoid vending machines.
- **Move intentionally:** 5 squats between patients. Take the stairs when you can.
- **Sleep structure:** Wind down with 20 minutes of screen-free time. Aim for 6–7 hours, even broken.
- **Routine care:** Schedule your own checkups. Yes, you need a doctor too.

3. Social Wellness

What You May Be Facing:

- Isolation, disconnected relationships, or poor work-life boundaries

How to Reconnect:

- **Protect personal time.** Silence work notifications when off duty.
- **Lean into your circle.** Even a 10-minute call to family or a friend resets the brain.
- **Join a support group.** Whether faith-based, fitness, or professional—community heals.
- **Be present.** One device-free dinner with loved ones per week is powerful.

4. Professional Wellness

What You May Be Facing:

- Role fatigue, compassion fatigue, ethical stress, identity loss

Sustain Your Career with Care:

- **Mentor or be mentored.** Support keeps you grounded.
- **Reflect, don't ruminate.** What did I learn today? Not just what went wrong.
- **Set micro-goals.** Focus on meaning, not just metrics.
- **Seek support early.** Don't wait for a breakdown to seek balance.

5. Spiritual Wellness *(Regardless of religious affiliation)*

What You May Be Facing:

- A sense of disconnect, emptiness, or moral fatigue

Grounding Practices:

- **Pause for purpose.** Start or end your shift with gratitude or quiet reflection.
- **Faith-based support:** Engage your religious community or chaplaincy services.
- **Service and compassion:** Reconnect to why you became a doctor in the first place.
- **Mindful rituals:** Lighting a candle, prayer, silence—whatever centers you.

ONE-WEEK WELLNESS JUMPSTART (PHYSICIAN-STYLE)

<i>Day</i>	<i>Small actions that add up over time</i>
Monday	Hydrate and pre-pack snacks
Tuesday	3-minute breathing reset before clinic or rounds
Wednesday	Take a walk outside between appointments
Thursday	Text or call a loved one after work
Friday	Journal 3 things that went well this week
Saturday	Reflect spiritually or visit your place of worship
Sunday	Schedule one self-care act for the week ahead

Need Support Now?

- Find a physician committed to assisting you [here](#)
- Try the *Physician Wellness Self-Check Quiz* [here](#)
- Explore more resources at www.medicalcouncilja.com