

PHYSICAL AND SOCIAL WELLNESS

According to the National Sleep Foundation, adults age 26-64 years need an average of **7 to 9 hours of sleep**. The CDC recommends **150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week to maintain weight**. Exercise in **short intervals** (ideally at least 10 minutes in duration) also counts. So, we can all do small things during the day, such as take the stairs up from the cafeteria or sprint between patient floors. It's also important to **pair aerobic activity with strength training activities**, like lifting weights or doing yoga, 1-2 times a week.

A sample of 200 professionals showed that **venting, laughing, and discussing care with colleagues decreases personal anxiety**. Participating in professional organizations and attending lectures or conferences can further develop work-related social networks (hence everyone should join AMWA)! While child care would be assumed to increase resident stress, **marriage and family are actually protective factors** against burn out and depression during residency.



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<https://www.amwa-doc.org/residents/>



References

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Sign up for our wellness program here:

<https://goo.gl/68bL5O>

RESIDENT PHYSICIAN WELLNESS

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Women in Medicine
since 1915

American Medical **Women's** Association



Join us on this journey to better emotional, physical, social and mental health.





Burnout is a "syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment."

The stress and time constraints of residency significantly impact resident well-being, leading to an increase in burnout, depression, suicide rates, and generalized dissatisfaction with one's professional and personal life.

The ACGME recently advocated for resident programs to teach and encourage wellness-promoting behaviors among residents, and AMWA's Resident Division aims to provide concrete measures to combat resident burnout through our year-long program.

Using the AMA's Physician Wellness module, we developed a yearlong program to improve resident wellness.

"If residents can recognize the signs of stress, depression, and suicide among colleagues, we believe it will not only improve their quality of life but also may preserve it."

Mindfulness

- Mindfulness is defined as "the awareness that arises from paying attention on purpose, in the present moment"
- Mindfulness-based stress reduction has been demonstrated to help individuals more effectively manage stress, pain, and other health conditions
- Female residents and trainees who perceive residency to be stressful benefit most from a mindfulness-based resilience intervention
- Stress management workshops help trainees develop techniques to prevent burnout and more effectively manage stress

Burnout

- Higher levels of burnout among residents are associated with perceived suboptimal patient care and decreased effectiveness

Stress

- Sources of such stress in resident training can be divided into three components:
 1. situational (workload, sleep deprivation, and poor learning environment)
 2. personal (family, isolation, and financial)
 3. professional (overwhelming patient responsibility and information)

Recognize the Signs

1. **Burn out:** long-term exhaustion and diminished interest (depersonalization or cynicism) limited to work without symptoms of depression or substance abuse
2. **Depression:** over a period of 2 weeks you or a fellow resident have had little interest or pleasure in doing things and/or felt down, depressed, or hopeless
3. **Profile of a vulnerable resident:** sense of inadequacy, failure to help patients, failure to live up to expectations, making a mistake that causes serious injury or death to a patient, and/or being alone in a new high-stress environment with little support

Studies suggest that physicians are more likely to experience burnout than the general population and that being a resident or fellow is associated with greater odds of burnout

Studies show...

- Female residents have an increased frequency of emotional exhaustion as compared to males
- A half-day workshop focusing on relationships, prioritization of obligations, stamina and outlook skills improved emotional exhaustion scores

- The Respiratory One Method (a meditation practice combining breathing and repetition) for stress reduction has a positive effect on emotional exhaustion
- Residents who participated in a "coping with work and family stress" intervention reported less family stress and increased support at work



Know the Statistics

(1) annually there are 30,000 suicides in the United States (roughly 1 per 8,000 population); (2) **physician suicide** is 40% higher in male physicians than the general male population and **130% higher in female physicians**; and (3) unfortunately, residents/physicians are far more effective in performing suicide than the general population (4) single relationship status and having no children are linked to higher physician suicide rates

Signs of impending suicide: more than 2 weeks of sadness ("life is not worth living"), inability to get out of bed or accomplish routine tasks of living, and/or failure to derive pleasure from any activity for 2 weeks, access to firearms & sudden, unexplained absence from work *NOTE: suicide may be attempted in people who do not show these signs*

Are you or is someone you know in trouble?

Speak up! Reach out to resources at your home institution or to your state professionals' **confidential** health program (www.fsphp.org)