 AMERICAN  
OSTEOPATHIC ASSOCIATION

# Physician Wellness

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AOA President

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**Illinois Osteopathic Medical Society**  
 Physician Wellness  
 Lombard, IL  
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## Introduction to Physician Wellness

**Build & maintain wellness throughout your career**

Learn how to make healthy improvements in:

- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical
- Intellectual
- Environmental

**8 Dimensions of Wellness**

**EMOTIONAL:** A positive self-concept, which includes dealing with feelings, developing positive thoughts, and the ability to set boundaries and self-advocate.

**FINANCIAL:** Satisfaction with current and future financial situations.

**SOCIAL:** Developing a sense of belonging, and a well-developed support system.

**SPIRITUAL:** Establishing a sense of purpose and meaning in life.


**OCCUPATIONAL:** Personal satisfaction and fulfillment from one's work.

**PHYSICAL:** Recognizing the need for physical activity, healthy foods, and sleep.

**INTELLECTUAL:** Recognizing ongoing education and finding ways to expand knowledge and skills.

**ENVIRONMENTAL:** Health by recognizing and addressing environmental factors that impact well-being.

**Osteopathic Approach:** Focuses on the 8 Dimensions of Wellness.

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## Work-Life Integration

**Accept that work-life integration will evolve over the years**

Be consistent in:

- Time management techniques
- Stress management techniques
- Setting realistic expectations
- Self-care
- Exercise & balanced diet
- Consistent sleep
- Managing weight, cholesterol, blood sugar and blood pressure

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**Professional Development**

**Seek professional development and continuous learning opportunities**

Assists with:

- Maintaining engagement and preventing burnout
- Staying updated on medical advancements
- Staying relevant in the field of medicine
- Advancing the osteopathic profession



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**Recognizing Burnout**

**Burnout often begins in medical school**

Recognize signs early on:

- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job or feelings of negativism or cynicism related to job
- Reduced professional efficacy



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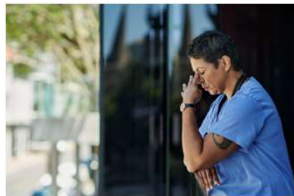
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**Depression & Suicide**

**First step to prevention and recovery is identifying the problem**

- Recognize signs of depression
- Recognize Signs of suicidal ideation
- Seek professional help



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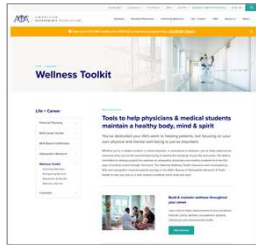
### Physician Wellness Resources

Caring for patients is your top concern.  
Caring for YOU is my top concern.

Tools you can use:

- On-demand wellness webinars
- AOA member discounts on wellness apps
- COVID-19 wellness resources
- Substance abuse and mental health services

[www.osteopathic.org/wellness-toolkit](http://www.osteopathic.org/wellness-toolkit)



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### Thank you!



Let us know how we  
can assist you!

[imonkado@osteopathic.org](mailto:imonkado@osteopathic.org)



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