FINDING BALANCE
HAVING FUN
AND
THRIVING
AS CHIEF RESIDENT

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TELL ME SOMETHING GOOD!
"If you don’t make the time to work on creating the life you want, you’re eventually going to be forced to spend a LOT of time dealing with a life you don’t want."
WHAT ARE THE FACETS OF YOUR LIFE THIS YEAR?

- Residency
- Chief Residency Duties
- Moonlighting
- Family
- Friends / Social Life / Fun / Hobbies / Adventure / Vacation
- Job Search
- Board Preparation
- Moving?
- Health / Exercise / Fitness
- Spiritual Pursuits
HOW DOES YOUR WHEEL ROLL?
WHAT ARE YOUR PRIORITIES?
“Boundaries aren’t about trying to control someone or make them change. Boundaries are about establishing how you want to be treated, self-preservation in a chaotic or dangerous environment, and a path to healthy relationships.”

-Sharon Martin, LCSW

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before you say yes **to others**

make sure you are not saying **no** **to yourself**
THE ROSARIO EFFECT: BUILDING A COMMUNITY
HOW CAN YOU BUILD YOUR COMMUNITY?

- Social Activities
- Make Connections - Reach out
- Form your Tribes
- Support Groups / Finding Meaning in Medicine Groups
- Shared Meals
- Volunteer Together
- List Serve of other Chief Residents
Find mentors
Ask for help if you are in a new situation
Get coaching on how to best approach a situation
Connect with other chiefs to see how things were handled
Communicate
Form a Private Facebook Page so you can compare notes
Have monthly chats to check in

SUPPORT
Self-Care is a priority and necessity - not a luxury - in the work that we do.
HOW DO WE TAKE CARE OF OURSELVES?

- Rest / Sleep
- Healthy Eating
- Time with Family & Friends
- Vacation
- Exercise
- Connecting with others
- Have Fun
I will do one thing today.

thing:
WHAT ARE THE BENEFITS OF POSITIVE THINKING

- Better psychological & physical well being
- Better coping skills in hardship & stress
- Lower rates of depression
- Lower rates of stress
- Resistance to the common cold
HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS
5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE!

What are you balancing?
What are your priorities?
Creating Boundaries & Saying No
Use Your Calendar
Creating your Community / Form your Tribes
Get Support
Understand your Strengths & Weaknesses
Self Care
Positive Attitude
Gratitude
“What you do has far greater impact than what you say.”

Stephen Covey
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