

Manage Your Daily Stress

On average, healthcare professionals tend to exercise more regularly than people working in other professions, but the full range of self-care and restorative activities is less commonly practiced. Clinicians are at increased risk of substance abuse, depression, suicide, and burnout, compared with the general population. Only 28% of family practice physicians report feeling happy with their work.¹ Yet the benefits of stress management practices are well-known and validated.

Take charge—determine your own mental state! You can reach equilibrium and sustain change.

The Balance Point

Movement and rest are both required to maintain a healthy body composition, support regeneration and repair, and increase immune and mental resilience. Striving for fitness and finding time to be mentally active improves mental acuity and happiness. Balance can be achieved in the most dynamic of situations, with greater awareness and enhanced calming techniques.

The practice of self-awareness, mindfulness, or gratitude can quickly shift a challenging experience into a more centered, calm response. Take advantage of your neural plasticity.



Creating balance requires adequate time and energy directed towards four aims:

- **MOVEMENT** — Remaining active throughout the daily routine
- **FITNESS** —striving for optimal fitness through a comprehensive exercise prescription
- **SLEEP** —allowing for and experiencing regenerative sleep
- **RESTORATION** —self-guided implementation of calming and restorative practices

Be the Example

In studies, clinicians have been found to be somewhat healthier than the general population. For physicians, restful sleep and exercise have powerfully positive mental effects. Yet many clinicians have not actually implemented evidence-based lifestyle changes. Modeling healthy habits not only provides deep knowledge of what is required, but also increases the likelihood that you will counsel patients successfully. Improving your own health practices increases your efficacy at lifestyle counseling, and practicing your own preventative, healthy behaviors increases patient adherence to recommendations.^{2,3}