

# Chief Residents' Advice Collated by Wellness Categories

## Emotional Wellness:

- Put yourself in patient's position and explain things to them
- Focus on the positives and the gift in a situation
- Don't lose enthusiasm
- Find joy each day
- Live in the moment and make the most out of each day
- Practice your bounce back power.
- Be forgiving and let things go
- Take day by day
- Nothing is permanent
- Don't let the things you dislike about your work overpower the things you really love to do
- Savour the enjoyment you have in your work
- Keep all in perspective and remember why you went into medicine
- Acknowledge your grief and then let it go
- Residency is like raising a child
- Find the happiness in your work and life
- Realize those over you have your best interest at heart and want you to be your best
- Know what makes you tick...what makes your day better and make it happen
- Decide to thrive not just survive
- Trust that you will be successful. The qualities that got you here will keep you here
- Keep the passion alive
- When you do well in your work, that is the reward
- Leave work at work
- Be a positive influence
- Don't procrastinate
- Break down large tasks into small tasks
- Don't multitask family and work
- Step back and allow yourself to look at things
- Keep fun in your work
- Don't be afraid to do practical jokes and keep humor
- Get out and see the area highlights
- Remember the excitement you had regarding seeing your dreams come true
- Learn to rely on supports and on yourself
- Learn how you de-stress and unwind and cope
- Keep sticky notes handy to capture thoughts
- Remove self-abuse
- Lean on your family
- Seek help if things are difficult and become unhealthy for you
- Hit reset when a bad experience occurs with someone
- Have a switch-off button when you leave work
- Establish boundaries when you are off work to leave work at work
- Make time for your other priorities
- When you are off - be off and do what you enjoy doing
- Make sure you stick up for each other
- Be supportive of one another
- Create your board of directors (group of supporters)
- Advocate for your peers. You start out as colleagues, then become friends, then family
- Reward yourself for a hard day and for your achievements
- Find a sanity friend to vent to
- Look back on the younger version of yourself and the path to where you are today

**Social Wellness:**

- Avoid one dimensional life
- Keep fun in your work
- Don't be afraid to do practical jokes and keep humor
- Get out and see the area highlights
- Don't put off relationships
- Enjoy the activities you enjoyed before medicine
- Collaborate with all disciplines
- Take time for family
- Make time for family
- Don't always talk about your day...ask your family about their day
- Don't be the disruptor in team dynamics
- RSVP Yes when you can
- Relationships are key to your success
- Take time to explore opportunities to make friends
- Lean on your friends

**Spiritual Wellness:**

- Focus on gratitude
- Realize everyone has something to contribute no matter their job
- Remember being a doctor is a privilege not a right
- Everyone is different
- Enjoy where you are at, don't wish the next step to come too soon.
- Stay in the moment
- Accept your life as a resident and make the most of it
- Stay present in the moment
- Take responsibility for yourself, your team and your patient
- Keep hope alive
- Have a sense of gratitude
- Keep a list of what you are grateful for
- Be mentally present
- See the good in everyone and everything
- Be humble
- Realize you don't know it all
- Work hard - Play hard
- Follow your heart and do what you love
- Stay present in the moment
- Appreciate the small things in life
- Think of a tough attending as a coach wanting to make you your best
- Always be a nice person
- Stay professional
- Be able to walk in another's shoes
- Behave in a manner that if others mimicked you, you would be blessed
- Despite our differences, we all need to work together
- Cherish the moments you are in now

**Intellectual Wellness:**

- Learn from your mistakes and do not let it ruin your day
- Own your patient - put self in mind-set of being in practice alone
- See situations as an opportunity to learn
- Be pragmatic - concerning yourself and make decisions that are useful in practice, not in theory
- Don't be afraid to speak out
- Don't be afraid to question

**Occupational Wellness:**

- Approach each situation as a learning opportunity
- Take feedback as ones interest to make you better
- Be receptive to feedback and see how it can make you better
- Follow what you love
- Leave yourself open to possibility
- The earlier you know your goals the better, yet don't feel you can't change your goals along the way

**Physical Wellness:**

- Slow down to speed up (nap/rest)
- If able to walk to work do it - Exercise and Destress
- Exercise
- Don't forget to take care of yourself
- Don't lose yourself through the residency journey