



Best DOCS, Tired DOCS, Where Do You Belong?

I believe that the current medico-legal, managed care system has changed the way physicians practice medicine. I know that frustration, dissatisfaction, burnout and suicide are at an all-time high amongst doctors, and that **YOU**, as physicians, are feeling **"It"**.

Please note: As you will see in this article **"It"** can mean many different things. The meaning of **"It"** is your definition. The task is for you to determine what **"It"** is. For example, **"It"** could mean too much stress, too much time at the office/hospital, too many hospital meetings, not enough time with your family, no alone time for your-self, or others, depression, anxiety, stress, insomnia, anger, suicidal ideation and or... the list goes on!

Caring for others has always been the hallmark of the medical profession. But, as physicians, are you caring for your selves and each other as well as you need to?

Often, many of the original personality strengths that helped you achieve medical school acceptance, internships, residencies and subsequent success as physicians, can be the same characteristics that lead to problems later in life. The never-ending and ever-stressful demands of always being responsible, available, conscientious and "perfect" take their toll.

Life and death issues, the critical need to be current, proactive, professionally reactive, and clinically competent, as well as the responsibility for ever increasing costs of business, management of self, staff and other stakeholders involved in your private and or hospital practice keep physicians on high alert most of the time.

The ability to turn **"It"** on and off as needed, with the resilience necessary to sustain **"It"** indefinitely, often leads to chronic stress and fatigue. As these stressors and others are experienced over a prolonged period of time, even the most ardent feel the weight of **"It"**.

While feeling some effects, most physicians have the resiliency to overcome these obstacles, most of the time. Those that have begun to feel the burdens and are starting to succumb to the pressures often will dig down a little deeper and try a little harder, self medicating, if and when and as necessary, for that temporary pick me up and or let me down, knowing that these increased efforts and strategies have worked for them in the past, now believing this too shall pass.



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This works for some. If, however, the above now includes personal denial to cover exhaustion, fear, an unresponsive support system, and unrealistic expectations that, as a doctor, you must always be in charge and in control, your ability to maintain balance and exceptional functioning usually decreases over time.

Does Any of “**It**” Sound Familiar? If Yes, Please Read On.

As mentioned, the above are the anticipated stressors, the ones you knew about and volunteered for when you entered the medical profession.

Now add the unanticipated stressors, including: ever-changing government regulations, third party intrusions, sky-rocketing malpractice premiums and fear of and/or post traumatic litigation and /or post traumatic responses to death and dying of patients, family, friends and/or colleagues, pressure to practice defensive medicine, changing doctor-patient relationships, decreased compensation and you have a system in chaos and a stressed, often tired and alone, self that has to manage “**It**”.

Nevertheless, you still want to be a doctor, because “**It**” truly is your calling.

“So, what can I do about “**It**?”” you ask.

We can now switch to your strengths, abilities and positive opportunities for change.

Thankfully, Professional Development and Mindset/Wellness Coaching is available to bring Physicians, Interns/ Residents, Program, Directors, Administrators, their Associates and Staffs positive alternatives and much-needed, permanent relief to many of those troubling “**Its**”.

Your Professional Development and Mindset/Wellness Coach believes that **YOU** are the expert who lives, works and knows more than anyone else in your world about “**It**”: your practice, your life, your strengths, your stressors, your concerns, your business / personal / relationship “**Its**”.

When fully honest with yourself and others, you know you are both your single greatest ally and detractor, you know your truths, unless denial has fully taken over.



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YOU KNOW THE STATISTICS:

ONE OUT OF EVERY TWO OF YOU READING THIS ARTICLE FEELS STRESSED, OVERWORKED, UNAPPRECIATED AND FEARFUL OF FAILURE, WHO WANTS “It” TO BE DIFFERENT, YET DOESN’T KNOW WHAT TO DO ABOUT “It”!

IF YOU CAN’T DO “It” ALL, YOU HAVE TOO MUCH TO DO!

EVEN PHYSICIANS CAN’T DO “It” ALL!

PLEASE PRIORITIZE YOU: YOUR PROFESSIONAL AND PERSONAL SELF!!!

WITHOUT YOU, NONE OF THE REST OF YOUR WORLD???????

Even the airlines know: You put the seatbelts on yourself before attending to others.

The following might benefit you or someone you know/care about.

You know, that **“YOU”** and **“It”** have changed, and at times, **YOU** feel **“Stuck”** because of **“It”**.

YOU know that, at this time, you have not crossed the line, you do not need psychotherapy and you are not spiritually bereft.

YOU, however, would love to have a confidential, professional relationship with someone who treats you with the dignity you deserve, without you having to volunteer for a mental health diagnosis or having to have an open file with an employer, licensing board and/or insurance company that is scrutinizing your private issues.

YOU privately long to have someone to confide in at a truly personal professional level, someone who will understand, empathize and figure **“It”** out with you, safely getting down to the very heart of those issues that concern you most.

Coaching provides you with such an opportunity and alternative, but first you need to want to do something about **“It”**. In fact, you really need to want to want to; i.e. **WannaWanna** do something about **“It”** before anything substantial can happen!



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So, Do **YOU** Want Some Help With “**It**”?

Being a Professional Development and Mindset/Wellness Coach requires special training and a great deal of objectivity, empathy and intuitiveness. Your coach must stand ready to help you protect the integrity of your personal, professional and business life.

Coaching is for the “**Stuck**” and “**Stressed**” “b**U**” “**Healthy**”, not for the “diagnostically impaired”. Under most circumstances, your issues are normal reactions to real stress and fatigue and are signs of true dedication and system overload, not personal weakness, failure, or pathology.

Coaches focus on your strengths, abilities, and willingness to do something about “**It**”, rather than focusing on your deficiencies and/or past. Your coach helps you with issues of concern, your agenda not theirs, respecting your strengths, knowledge and expertise.

By trusting your abilities and ensuring that you take full responsibility and control of your personal/business life, your coach can empower you, your staff, interns and/or residents, as well as, your significant others by providing appropriate training, planning and support.

You are provided more than a series of recommendations. Your personal coach empowers you throughout the process, to implement and maintain what you have learned, providing you and/or your team with the follow through and support, necessary for success. The final responsibility rests with you. You do not have to do “**It**” alone.

Are **YOU** Ready To Do Something About “**It**”?

Coaches are Professional Practitioners, who like you, determine **WHAT'S** wrong before recommending solutions. Usually in about one hour or less, your coach will help you identify and accept your concerns and determine whether or not coaching is appropriate for you and then, if appropriate, discuss “in theory”, how you can proceed.

Of course, the remedial process takes longer than an hour.

In order to find out if you can benefit from coaching, you are encouraged to **SAMPLE** “**It**” to **FIND OUT for yourself!**



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Sometimes admitting that you need a Coach can be just what the Doctor ordered! Please call me for a complimentary, confidential appointment to see whether or not I have the knowledge, skills and experience to help you regain your

If your symptoms are beyond “normal” and reflective of true diagnosable mental or physical illness, you need help beyond the professional expertise of a coach.

Get that professional help to regain your mental/physical health. A coach can help you figure out your post therapeutic life when and if appropriate.

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Professional Development and Mindset/Wellness Coach

Here are some YouTube video links that help address some of the topics covered.

Physician Burnout Prevention MATRIX - 117 Ways to Prevent Burnout

www.youtube.com/watch?v=cdE7KGzekkU&t=26s

Physician Burnout and Suicide: A Conversation with Psychiatrist Michael Myers

<https://www.youtube.com/watch?v=Hvl9dPfN-X0&feature=youtu.be>

Residency Training, Long Hours, and the Effects on Patient Outcomes

<https://www.youtube.com/watch?v=2qJCzjyi-dE&feature=youtu.be>

Resident Depression and Graduate Medical Education

https://youtu.be/V4ZbRhpa_cQ