



Well Doc Alberta

Shaping the future of physician wellness, together

Physician Wellness: Feeling Distress, Understanding Loss, and Finding Meaning

Webinar Series:
Maintaining and Optimizing Your Practice
During Times of Rapid Change

Live Event June 16, 2020

A collaboration between the AMA, PFSP and WELL DOC ALBERTA

Welcome:

Dr. Jennifer Williams

Gastroenterologist, AMA Board Member

Presenters:

Fleur Yumol MSc MSW RSW

Registered Clinical Social Worker and
Managing Director of the Third-Party Service Provider
Physician and Family Support Program
Alberta Medical Association

Dr. Terrie Brandon MD CCFP

Clinical and Program Director
Physician and Family Support Program
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Alicia Polachek MA

Co-Lead and Program Manager, Well Doc Alberta
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University of Calgary

Dr. Jane Lemaire MD FRCPC

Physician Lead, Well Doc Alberta
Clinical Professor Department of Medicine
Director of Wellness,
Office of Professionalism, Equity and Diversity
Wellness Lead W21C Research and Innovation Center
Cumming School of Medicine
University of Calgary

Session Moderator:

Lacey Hoang

AMA - Session Moderator



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Psychological Response to Crisis- Phases

Preparation Phase

- Anticipatory anxiety

Active Phase

- Heroics and surge to solution
- Disillusionment and exhaustion

Recovery Phase

- Recovery and long-term psychological impacts

Name Your Feelings



- Annoyance
- Irritation
- Frustration
- Anger
- Rage
- Devastation
- Hopeful
- Inspired
- Energized
- Despair
- Sad
- Anxious
- Exhausted
- Useless
- Incompetent
- Confident
- Valued
- Ineffective
- Lonely
- Isolated
- Confused
- Focused
- Distracted
- Overwhelmed
- Grateful
- Appreciative
- Distrustful
- Engaged
- Proud
- Fearful
- Restless
- Calm
- Contented
- Resentful
- Disengaged
- Indifferent
- Bitter
- Indignant
- Sensitive
- Numb
- Shameful
- Guilty
- Empty
- Courageous
- Powerless
- Relief
- Disillusioned
- Loving and loved
- Curious
- Honored
- Passionate
- Resilient
- Gratified

Actions For Each Stage of Grief

Denial

- Focus on the basics and what is tangible
- Take care of yourself through nutrition, exercise, and sleep
- Create a routine

Anger

- Validate your emotions
- Set boundaries
- Identify actions that meet the needs of specific emotions (i.e., when sad, seek comfort)

Bargaining

- Focus on the next 24-36 hours
- Control what you can
- Let go of what you cannot control

Depression

- Create a vision
- Daydream about possibilities
- Remove perceived obstacles to freedom

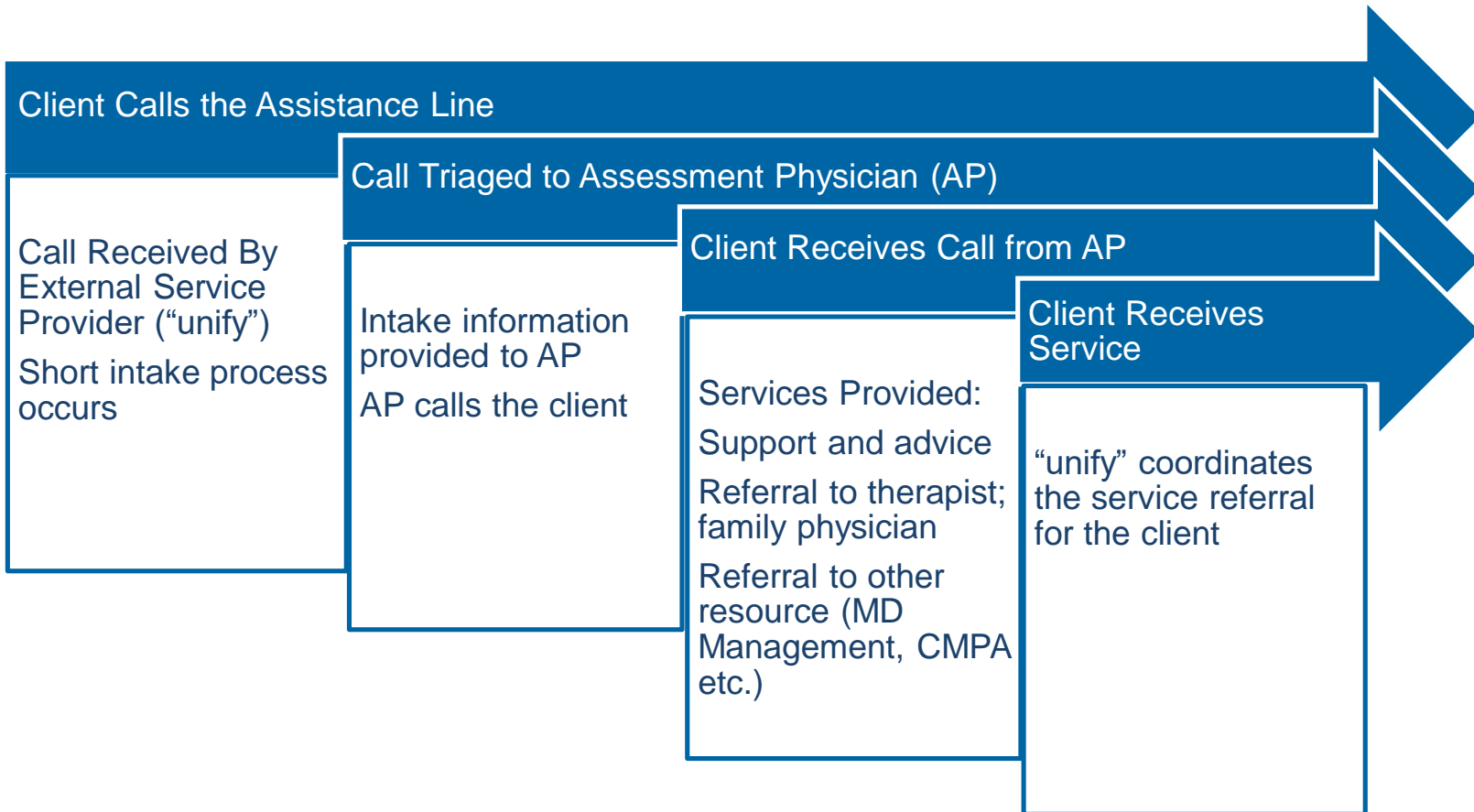
Acceptance

- See the gift
- Try new things
- Build capacity and resilience by seeing what you did to overcome loss

Meaning

- Find purpose and motivation
- Let go of the things that no longer serve you
- Embrace activities that give you energy

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