

POFPS MENTOR PROGRAM MATERIALS

MENTAL HEALTH (Apr/May)

- Mental Health/Self Protection
 - Career – methods to compartmentalize, to be more efficient, to cope with hard losses, to cope with mistakes
 - Personal – stress management, meditation, leaving work at work
- Resources
 - Books
- Mayo Clinic Strategies To Reduce Burnout: 12 Actions to Create the Ideal Workplace
- Podcasts
 - Better Life Lab
 - behavioral and social science researchers help us better understand what drives our human experiences, and how to change
 - Everything Happens for a reason - Kate Bowler
 - "In warm, insightful, often funny conversations, Kate talks with people about what they've learned in dark times."
 - Articles
- Prompts:
 - Regarding a Personal Mental Health challenge, would you give the same advice to yourself that you would give your patients?
 - What does "therapy" mean to you? How do you define it? What experiences have you had with your patients, family, yourself, that you are willing to share?
 - Have you ever been told by a faculty member, residency director, family member, peer, that you are "Burned Out"?
 - If yes, how did you respond to that question?
 - Have you ever told a colleague, friend, family member that they are "Burned out"?