

SURVIVING RESIDENCY: SOME SUGGESTED DAILY PRACTICES

Emotional/spiritual health:

- 1. Watch for signs of burn-out, compassion fatigue**
 - a. Begin to compromise your work**
 - b. Blame the system or your patients**
 - c. Abandon your humanistic ideals**
 - d. Whine and complain**
 - e. Become detached from patients**
 - f. Become isolated and withdrawn from everyone**
- 2. Learn to cultivate a positive involvement with everyday clinical practice**
 - a. At the end of each day, remind yourself of one thing you're proud of**
 - b. Focus on patients, not on self**
 - c. Accept patients' "gifts" (both positive and negative)**
 - d. Rediscover medicine as a calling**
 - e. Look for examples of awe and wonder**
 - f. Share stories with colleagues**
- 3. Practice gratitude - what makes you grateful to be alive each day?**
- 4. Practice forgiveness –**
 - a. Learn to let go of grudges, resentment, and anger**
 - b. Ask forgiveness of yourself and others**
 - c. Extend forgiveness toward yourself and others**
- 5. Remember what's really important to you**
 - a. Learn to shift perspective—glance at the sky, listen to a child's laugh**
 - b. Focus on your values – flash cards of wise sayings**
- 6. Find places of refuge and sanctuary**
 - a. Traditionally a church or place of worship**
 - b. Nature**
 - c. A place in your mind or heart**
- 7. Practice centering, connecting with your core**
 - a. Meditation, prayer**
 - b. Relaxation techniques**
- 8. Take time for self-reflection**
 - a. Keep a journal**
 - b. Write a poem**
 - c. Share feelings with significant other or trusted friend**