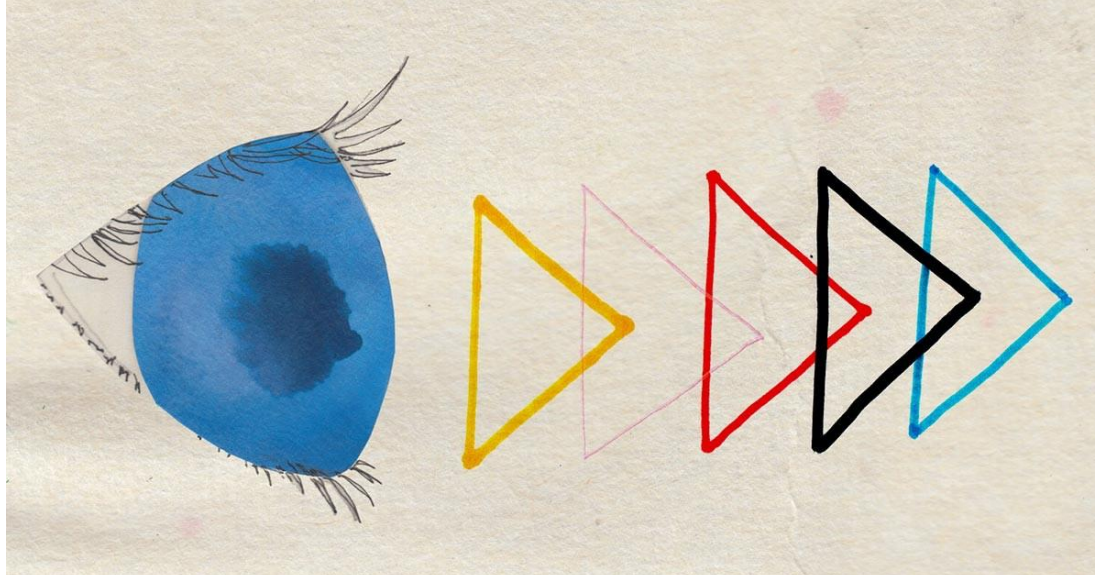




SGO WELLNESS INITIATIVE

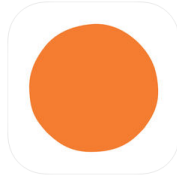
Finding Work-Life Balance

The busier you are,
the more you need mindfulness

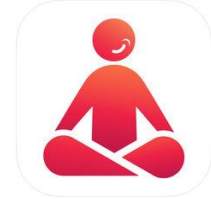


Wellness Apps

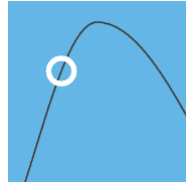
Headspace:
Meditation



10% Happier:
Meditation Daily



Breathe



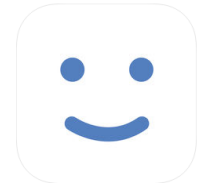
Stop, Breathe & Think



Relax with
Andrew Johnson

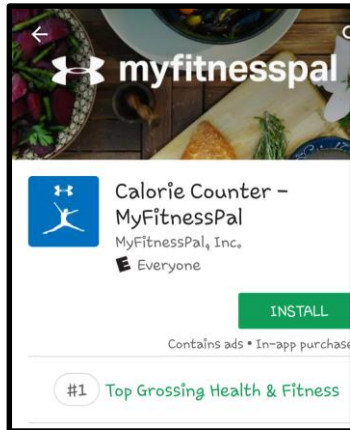


Three Good Things:
A Happiness Journal

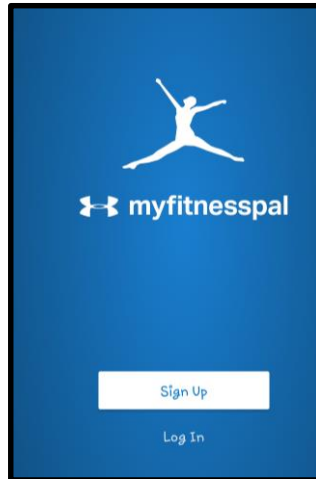


Join our Fitness Club

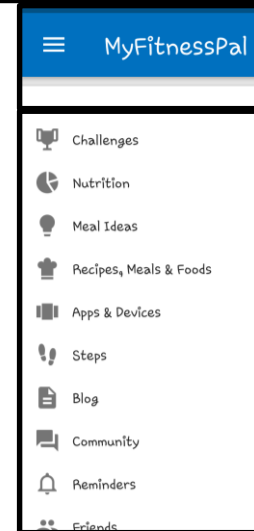
**Download
myfitnesspal**



**Sign Up or Log
In**

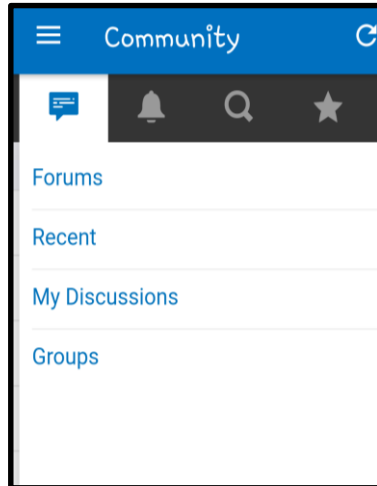


**Click the horizontal lines
in the left hand corner.
Then select Community**

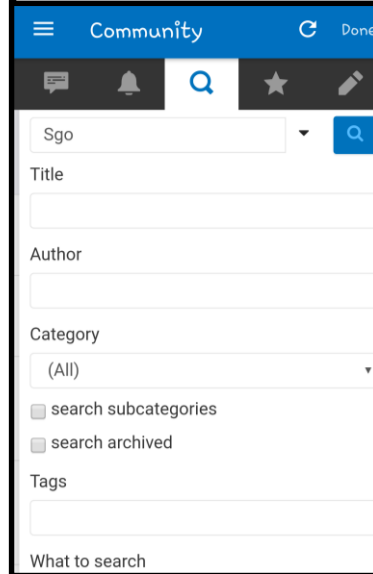


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[From Pathology to Positivity](#) | Monica Hagan Vetter, MD

[Wellness and cultural change](#) | Shannon MacLaughlan David, MD

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[Running on empty: using exercise to combat burnout](#) | Leslie S. Bradford, MD

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[The importance of mindfulness](#) | Kimberly Resnick, MD

[Years that way: Burnout and gynecologic oncology](#) | Emily K. Hill, MD

Interested in sharing your story? [Email us!](#)

Wellness Blogs:
sgo.org/wellness



Share your story





“Have the self-awareness to know when to take time to recharge, which is why I enjoy exercising or spending time with my family.”

Ronald D. Alvarez, MD

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Wellness Tip

Get 50 minutes more sleep

If you are getting 4-6 hours of sleep you are effectively drunk the next day- your cognitive skills all directly move around how much sleep you are getting.

Wellness Tip

The first 50 minutes of your day

- Stretch and drink water for the first 20 minutes,
 - Plan your day for other 30 minutes.
 - Do not check your inbox:

studies show if you check your inbox within the first hour of the day, productivity drops by 30% because you are reacting to other people's agendas.

Wellness Tip

Block 50 minutes of time

whatever your schedule allows, one, two, three blocks, etc

Create, do work, advance ideas,
research, write

Wellness Tip

After each 50 minute block of time take a 10 minute break- walk around, hydrate.

Wellness Tip

Renew

Take a 50 minute renewal sometime during the day:
30 minutes of walking
20 minutes of meditation or reflection

These tools and resources address physician burnout at a SYSTEMS level

- Implement a team-based model of care
- Enhance communication based on team huddles/co-location
- Develop clinician “float pools” for life events
- Ensure that metrics for success include clinician satisfaction and well-being
- Develop schedules with flexibility and clinician control
- Develop a wellness committee and infrastructure



“In a nutshell, select your partner wisely, be engaged socially, get physical activity, and have interests outside of medicine.”

Jeb Brown, MD

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Lower the adrenaline in your system

Take up space

Get bigger under pressure.

Taking on a strong, high-status posture increases testosterone and decreases cortisol

Lower the adrenaline in your system

Focus your eyes

When adrenaline hits, your eyes may dart to the periphery in search of a viable escape route (prey behavior).

Keep your eyes on the horizon with your nose and eyes pointing in the same direction (predator behavior).

Lower the adrenaline in your system

Breathe

When the fight-or-flight response hits, your abdominal muscles tighten, and your breath becomes more rapid and shallow.

Consciously release your abdominal muscles and take LONG, SLOW inhalations.

Lower the adrenaline in your system

Take your time

When the fight-or-flight response hits, your abdominal muscles tighten, and your breath becomes more rapid and shallow.

Consciously release your abdominal muscles and take
LONG, SLOW inhalations.



“I have spent a lot of time learning organizational skills and as my career has progressed, a key thing has been learning that it is okay to say NO!”

Carol L. Brown, MD

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Be Well

Put you phone on selfie-
mode and wink at
yourself.
Don't take a photo.



Be Well

Smile at five people or
greet them or until you
feel happy, whichever
comes first.



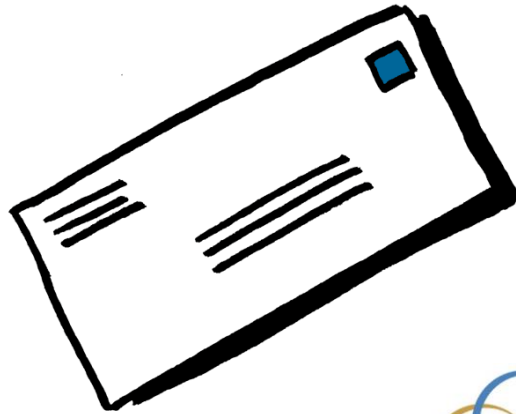
Be Well

Pet a dog with purpose



Be Well

Write a short, handwritten note to someone and mail it.



Be Well

Email someone with a
small, specific
compliment.
Nothing else.



Be Well

Spend one minute with your eyes closed imagining what you will do on your next vacation.

50TH ANNUAL MEETING ON WOMEN'S CANCER



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