

## A Female Physician's Wellness Program

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Don't snooze your alarm.

Wake up now, ready to greet the day!

Do a workout.

Take a shower.

Brush your teeth. Dental hygiene is important.

Take a minute to pause and reflect.

Set your intentions for the day.

Get dressed.

Make sure you look professional

But not intimidating.

Be approachable.

Have a healthy breakfast.

After all, breakfast is the most important meal of the day.

Drive to work.

Reflect on how it would be more environmentally friendly if you walked.

Make a list of people that walk or bike to work.

Find some time to learn tips from them.

It will make the planet healthier in the long run.

Prechart.

It's important to prechart. This streamlines your clinic visits.

Give your patients a friendly greeting.

Let them start—don't interrupt.

But also be efficient. Don't forget to set an agenda.

Make eye contact.

But also chart as you go.

Place your orders.

Not those orders. You should have known those were the wrong orders.

Cancel those orders, and place the right ones.

Do it all correctly!

When doctors make mistakes, people die.

Give your patients the time they need

But also make sure to stay on time.

Other patients are waiting for you. You should value their time as much as your own.

Have a healthy lunch.

After all, lunch is the most important meal of the day.

Be mindful—don't multitask. Focus on your food.

But also get your charting done for the morning.

You really should have finished those during the visit.

Make a list of people that are more efficient than you.

Find some time to learn tips from them.

It will save you precious minutes in the long run.

Call back those prior authorizations,

And don't forget to schedule your son's dental appointment.

But mindfully. Remember, anxiety comes from thinking about the future.

Do your best to remain in the present.

Take a deep breath and set your intentions for the afternoon.

Try harder to stay on time

While making sure you answer your portal messages

And tend to your refills

But not while you're seeing patients.

Give each patient your full attention.

Remember to say thank-you to everyone that helped you at work today.

Check your emails and answer the important ones.

It's unprofessional to keep people waiting for responses.

Delete all the junk mail.

You should really have a filter for those.

Make a list of people who know how to set filters.

Find some time to learn from them.

It will save you precious minutes in the long run.

Go home to your children.

After all, they need your attention.

Watch their screen time—too much is bad for them.

Maybe you should organize a family activity?

Something with exercise—kids need movement.

Enjoy every moment with them—even when they're whining about family activities.

The time goes too fast.

You'll miss it when they're grown.

Make a healthy dinner.

After all, dinner is the most important meal of the day.

Run a load of laundry so your daughter's uniform is clean for tomorrow.

Do the dishes.

Log your meals.

Stay within your calorie budget.

Close your rings.

Get your 10,000 steps.

Put the kids to bed.

Make sure they brush their teeth. Dental hygiene is important.

Find a hobby.

Having an interest of your own decreases burnout and makes you more well-rounded.

Spend some time with your husband—he needs your attention too.

Finish those charts.

If you were more efficient, you would have had them done earlier.

But shut down screens before bed.

The blue light ruins your sleep cycle.

Make sure to journal your gratitudes, remembering to give thanks for your great career

And your rich, fulfilling life.

Writing this down makes you more resilient.

Take another minute to reflect at the end of the day.

Get to sleep—you need a solid 8 hours to be at your best.

But 6 will have to do tonight.