“Professionalism and the Health and Wellness of the Internist.”
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Individual Action Plan:
Complete this action plan within the next 24-48 hours when you have time to reflect on this presentation and what you would like to see for yourself as you continue your vital role as a health care provider. Reread it quarterly or annually to make sure you are keeping focused on your health and wellness. Make sure to be:
- Specific and clear
- Select a behavior not attitude
- Select something you can count (measure)
- Make a plan/timetable
- List your personal barriers
- When will you start?

1. Determine if you are stressed or at burnout. Describe the source of your stress and burnout and what you will do about it?

2. List three self-care areas you will improve over the next 6 mo.
3. List three ways to manage your energy at work.

4. Identify a resource you will use if needed.

**Resources:**
- State physician health programs
- Primary care provider
- Private counseling services
- Institutional employee programs
- Substance services: AA, NA, etc
- 1-800-273-TALK: suicide prevention hotline
- Other: YMCA/YWCA, Massage envy, wellness programs