



Taking Care of Yourself: Wellness and Resilience

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Banner
University Medical Group

Disclosures

Taylor Your Success
COACHING

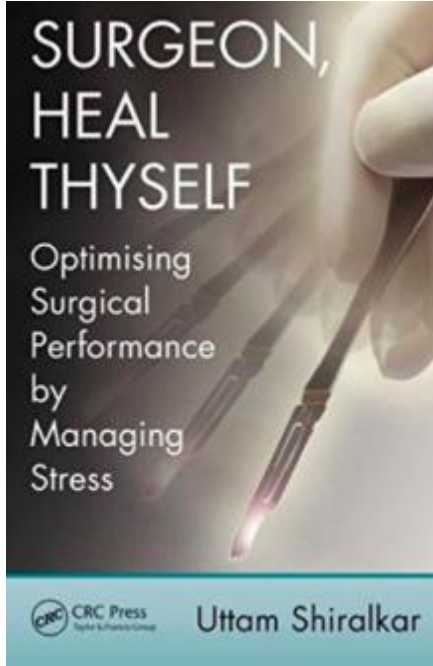
Traditional Model



Traditional Surgical Culture



Physician Self-Care is Essential



Invest in Yourself

**IF YOU WANT TO INVEST IN SOMETHING
WITH MINIMUM RISK AND A GUARANTEED BIG RETURN,
INVEST IN YOURSELF.**

— *#bossbabe™* —



Surgeons are Elite Athletes



The Surgeon-Athlete

Train



Rest &
Recover

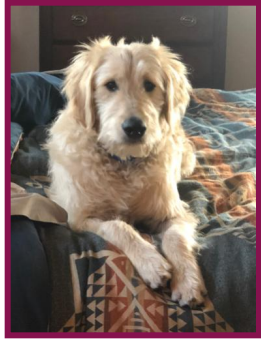
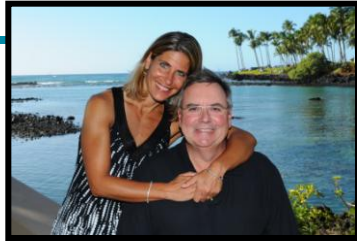


Fuel

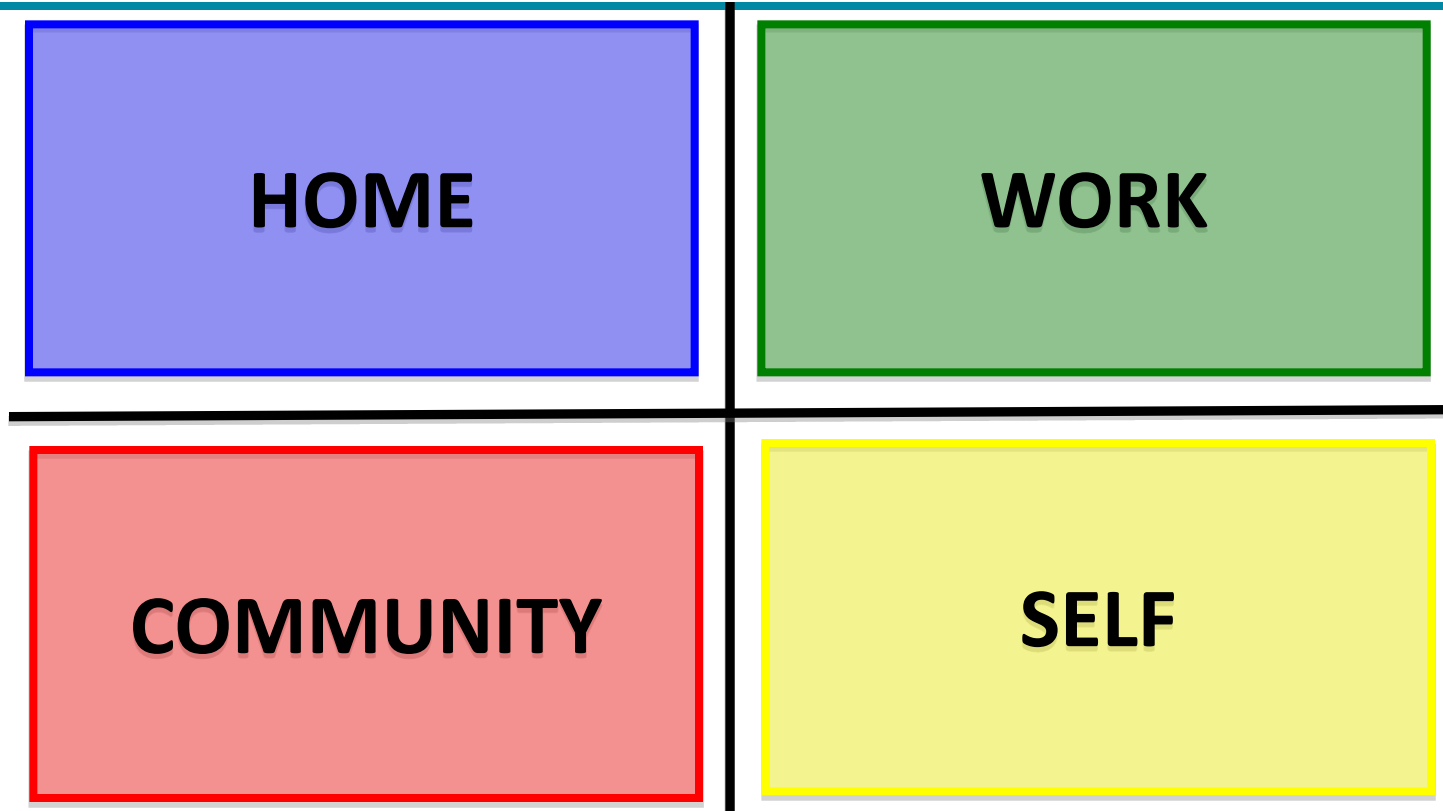


Optimize
Mental
Game

Respect the Whole Person

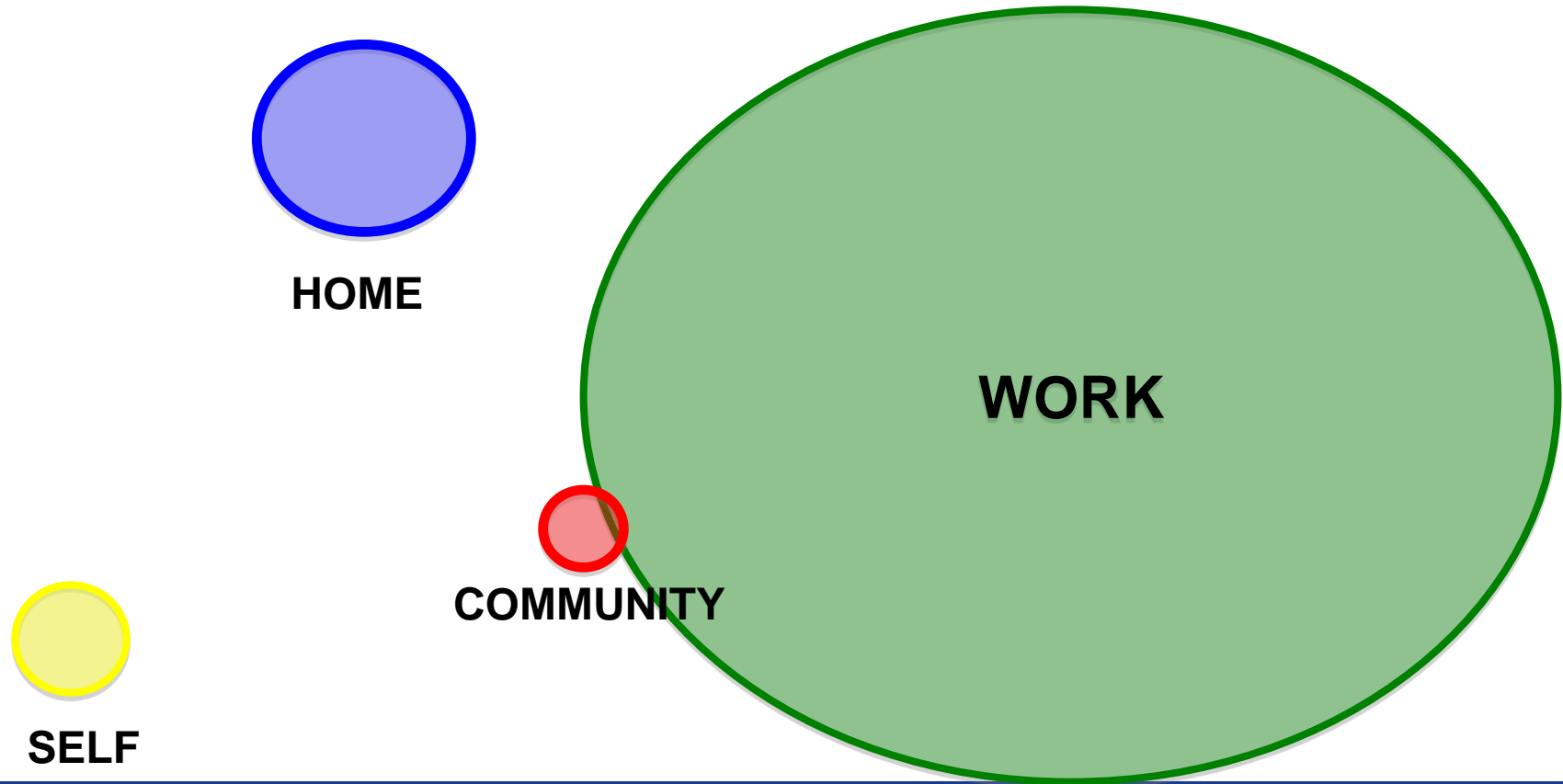


Work-Life Integration

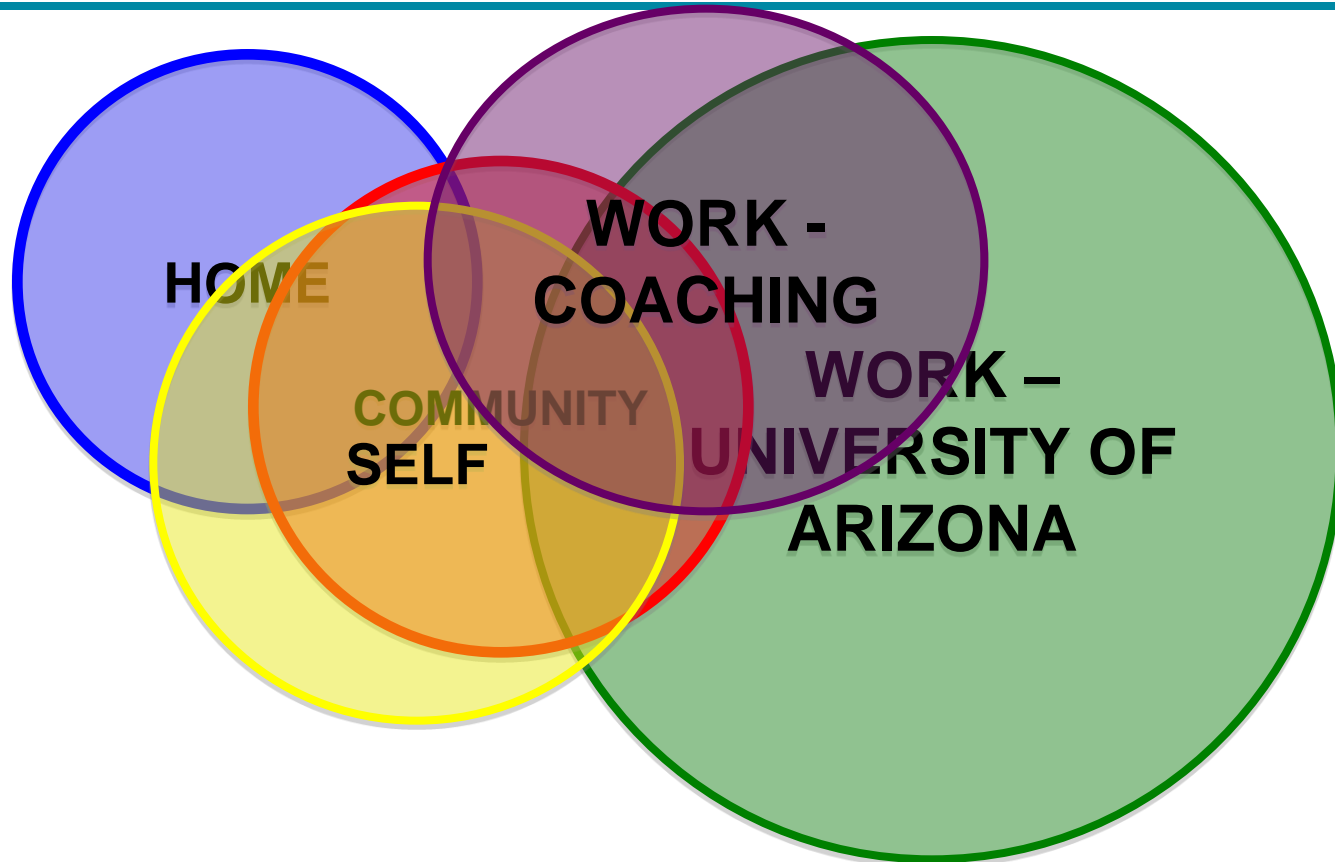


Stewart D. Friedman. Total Leadership: Be a Better Leader, Have a Richer Life.

Burnout (2014)



Rebalanced (2016)



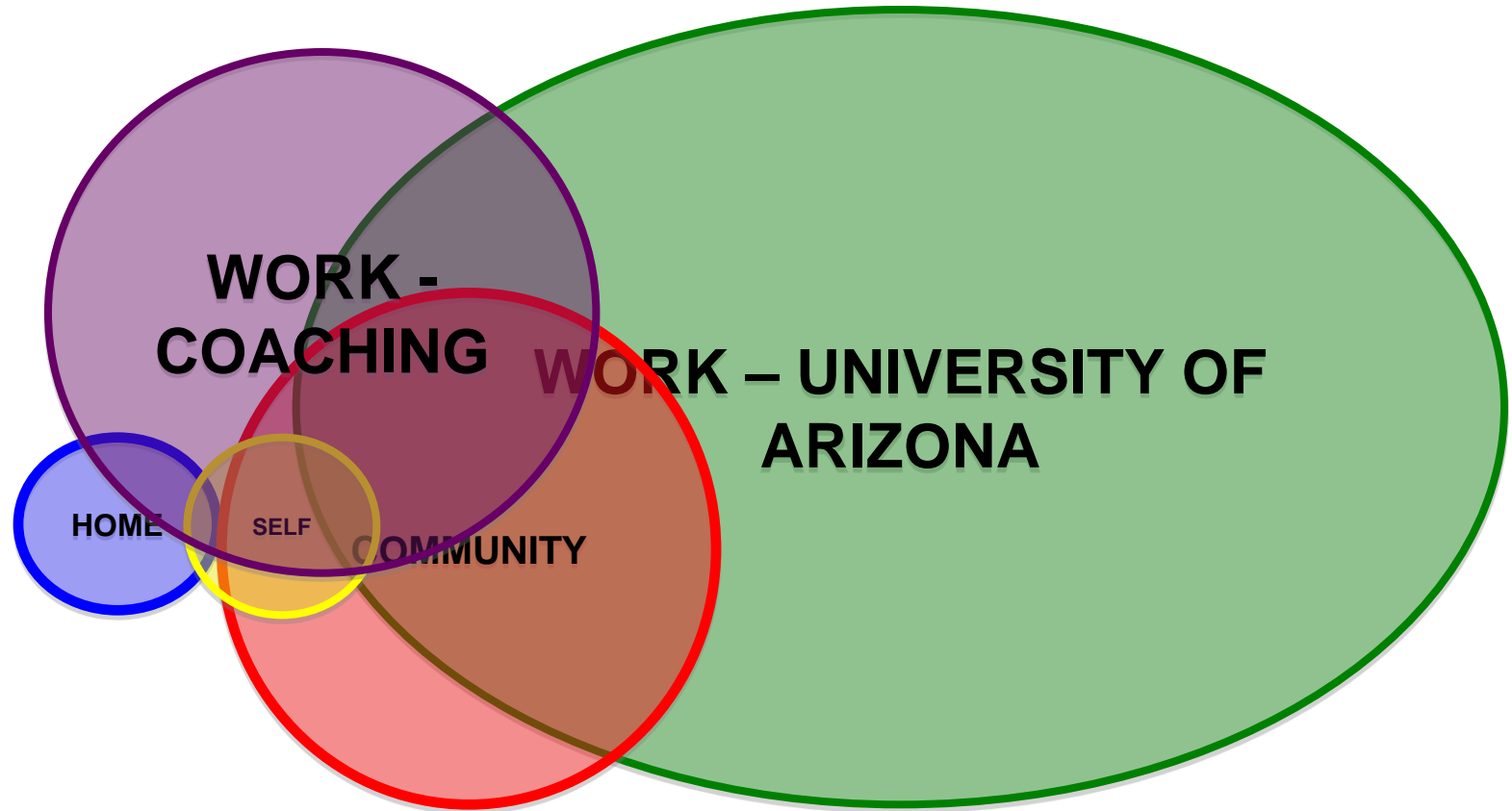
Ongoing Process

*“Change your moments and you change your days.
Change enough days and you change your life.”*

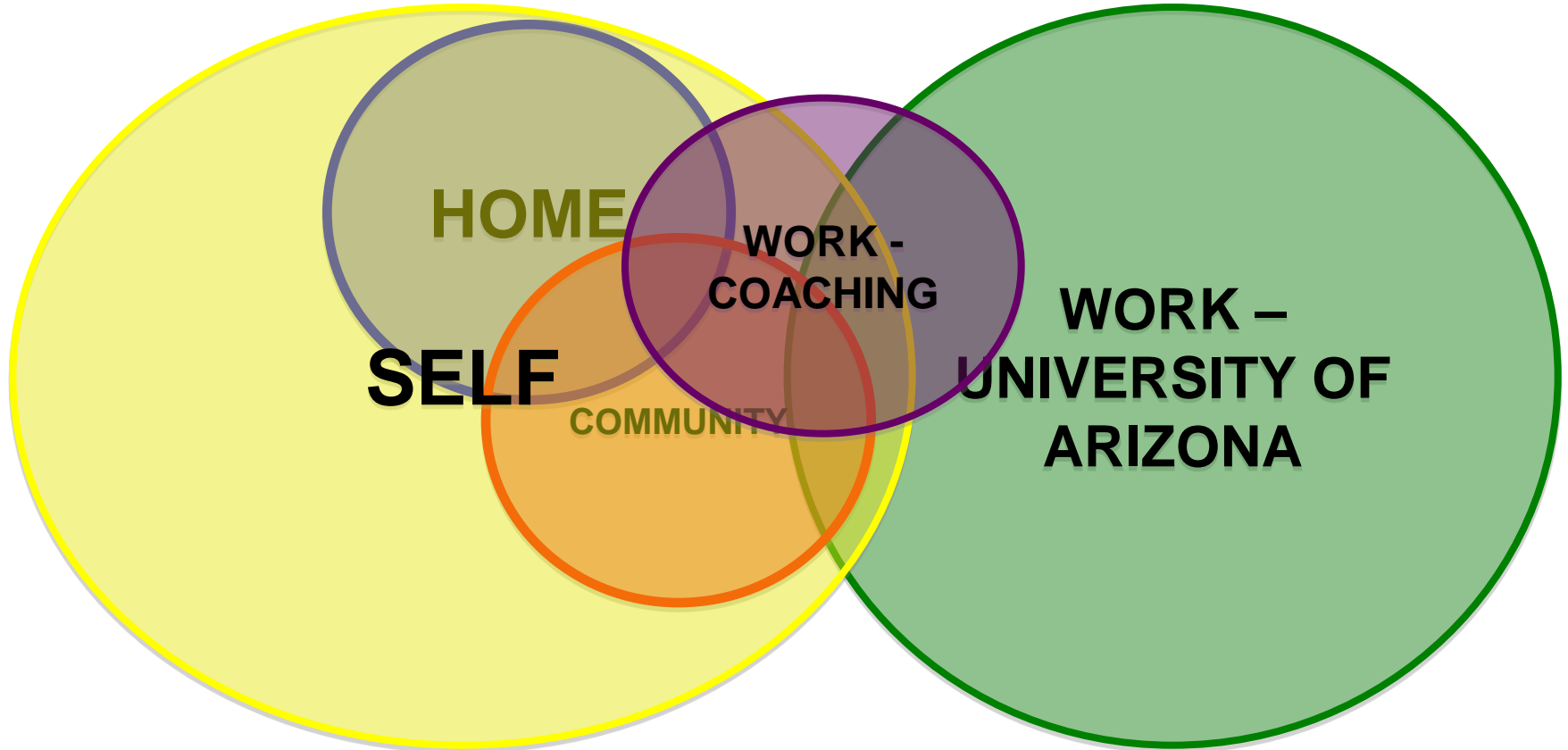
D. Luke Iorio, President/ CEO iPEC



Acting Chair (January 2017)



L3-4 Fusion (April 2017)



The Core of Wellbeing

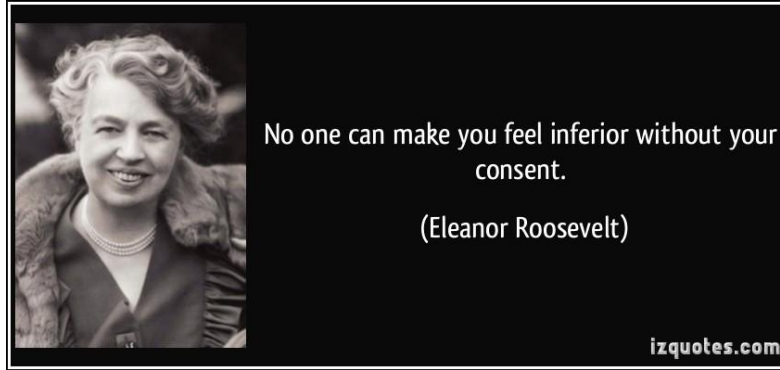


well-be·ing

•*noun*; the state of being comfortable, healthy, or happy.

The ability to *respond* to whatever challenges arise in one's life is at the core of wellbeing.

Manage Your Stories



Event or
Interaction

Feeling/
Emotion

Action

Manage Your Stories



Event or
Interaction

Tell a
story

Feeling/
Emotion

Action

Manage Your Stories

Cyclist passing
me

He thinks I am
in the way

Indignant,
defensive

“What’s your
problem??”

Cyclist
passing me
on the path

He is giving
me a friendly
warning

Grateful

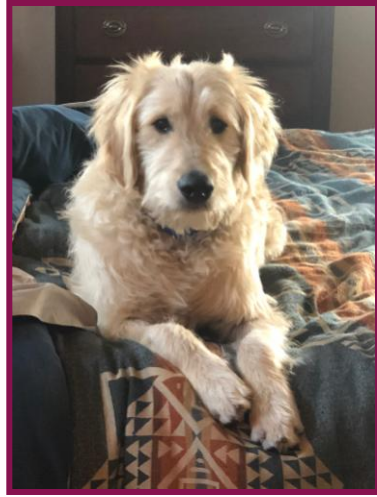
“Good
morning!”

Scan Your Life for the Positive

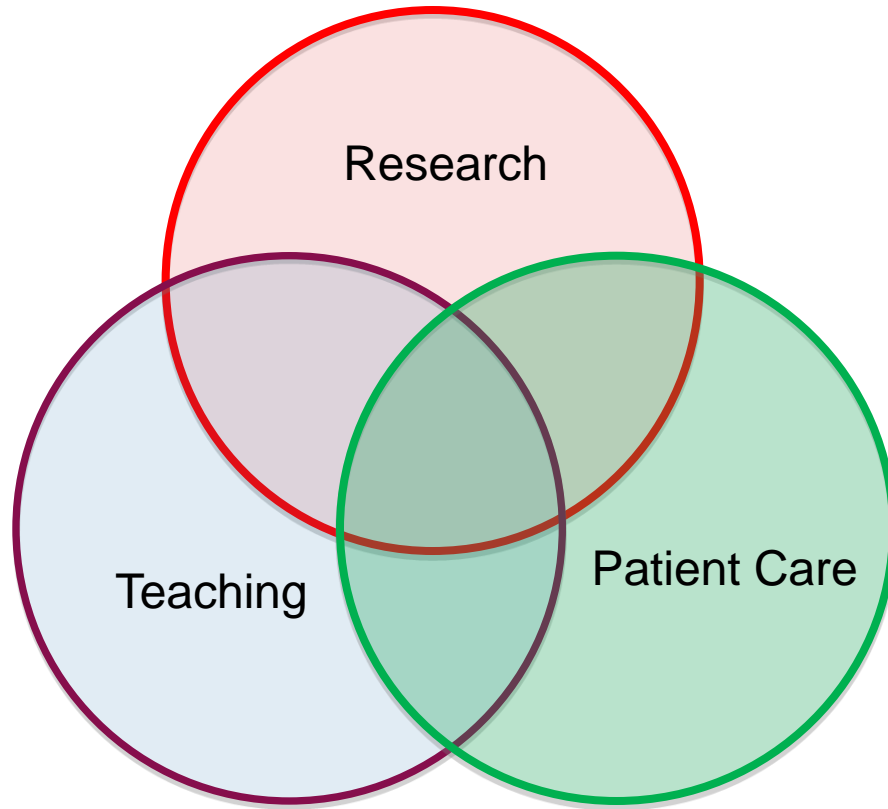


Work/Projects		
	To Do	Due Date
<input checked="" type="checkbox"/>	Call Nova Foster	3/7/18
<input checked="" type="checkbox"/>	Letter Woei Tan Aspiring Leaders	4/1/18
<input checked="" type="checkbox"/>	JACS response to letter writers	4/1/18
<input type="checkbox"/>	Dana BDI extraction process	5/1/18
<input checked="" type="checkbox"/>	Proofs	5/12/18
<input checked="" type="checkbox"/>	SSAT webinar	5/14/18
<input type="checkbox"/>	B/G post	6/3/18
<input type="checkbox"/>	SSAT discussant	6/1/18
<input type="checkbox"/>	ACS PWB resource for residents	6/20/18
<input checked="" type="checkbox"/>	Marion LoR Business School	6/1/18
<input checked="" type="checkbox"/>	SPFI Erdrich	6/1/18
<input type="checkbox"/>	Felicia - wedding gift	5/25/18
<input type="checkbox"/>	ELI for June	5/19/18
<input checked="" type="checkbox"/>	Incentive payouts	5/19/18
<input type="checkbox"/>	CPC Gordon, Will, Jeff	6/1/18
<input checked="" type="checkbox"/>	Verge events	5/14/18
<input checked="" type="checkbox"/>	SPVAP	5/16/18
<input checked="" type="checkbox"/>	Reid Adams	5/1/18
<input checked="" type="checkbox"/>	Scott Goodwin Physician Executive	5/11/18
<input type="checkbox"/>	Kelly Olino	4/1/18
<input checked="" type="checkbox"/>	ASA discussion	4/15/18
<input checked="" type="checkbox"/>	Michael Six talk and materials	4/15/18
<input checked="" type="checkbox"/>	Graduation speech Nabajit	6/1/18
<input type="checkbox"/>	ASCRS lecture/upload	5/16/18
<input type="checkbox"/>	Townsend Endocrine Surgery Chapter	2/1/19

Mindfulness: Be PRESENT



Define Your Own Success



True Success

is creating your
own definition,
then living that.

QUOTEDIARY.ME

Clarify your Values and Goals



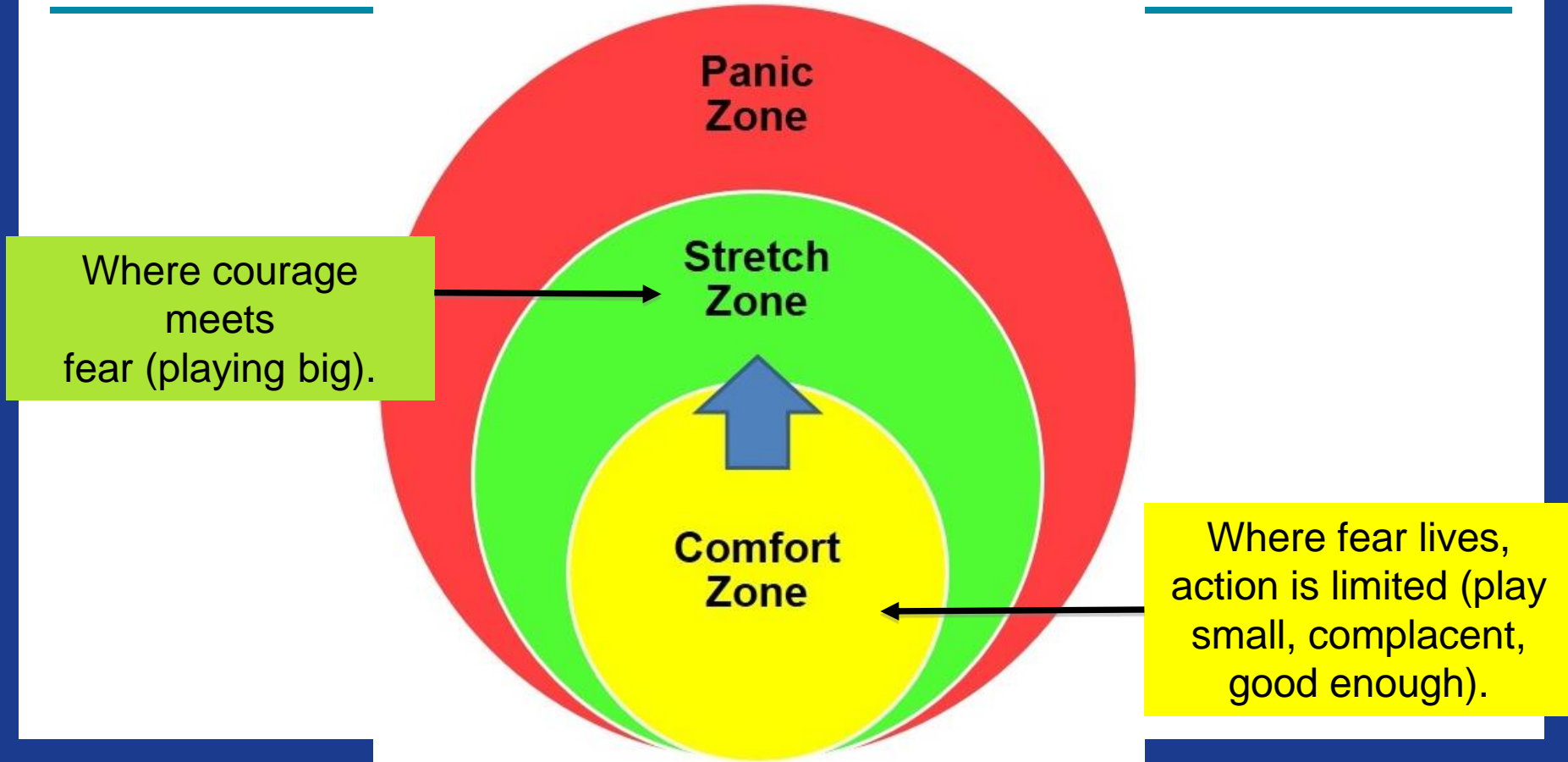
Acknowledge Your Fear

- Fear of rejection
- Fear of failure
- Fear of success

Everything you
want is on the other
side of fear

– Jack Canfield

Acknowledge Your Fear... And Play Big



Summary

- Remember, you are an elite athlete
- Respect the whole person
- Continually reassess your priorities and integrate all the parts of your life
- Manage your stories
- Scan your life for the positive

Summary

- Be PRESENT – focus on what you are doing when you are doing it
- Define your own success
- Remember that everything you want is on the other side of fear...acknowledge it and move forward

Questions?

