Taking Care of Yourself: Wellness and Resilience

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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

Fuel

Optimize Mental Game

Rest & Recover

Emotions

Tactics

Mental Toughness

Rituals

Visualization

Strategy
Respect the Whole Person
Work-Life Integration

HOME

WORK

COMMUNITY

SELF

Stewart D. Friedman. Total Leadership: Be a Better Leader, Have a Richer Life.
Rebalanced (2016)
“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)
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

No one can make you feel inferior without your consent.

(Eleanor Roosevelt)

Event or Interaction | Feeling/Emotion | Action
Manage Your Stories

- Event or Interaction
- Tell a story
- Feeling/Emotion
- Action
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

Shawn Achor, The Happiness Advantage
https://www.youtube.com/watch?v=GXy__kBVq1M
Define Your Own Success

True Success is creating your own definition, then living that.
Clarify your Values and Goals

What Now?
Acknowledge Your Fear

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

Everything you want is on the other side of fear

– Jack Canfield
Where fear lives, action is limited (play small, complacent, good enough).

Where courage meets fear (playing big).

Acknowledge Your Fear... And Play Big
• 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?