Getting off the treadmill...

Jamie Jones Coleman, MD
Associate Professor of Surgery
Denver Health Medical Center/University of Colorado
Disclosures

- None.
“Just when I think I have learned the way to live, life changes.”

Hugh Prather
“I am not lost, for I know where I am. But, however, where I am may be lost.”

Winnie the Pooh
Big Topic

- Building support system in training and beyond
- Understanding what inspires and rejuvenates you
- Ensuring your path is aligned with values and passions.
Support System
But where?

• “Naturally”
• Organizations
• Social Media
Understanding yourself...
• The mirror and the microscope guide your mission.
• A mission centered career is a fulfilling career… and a fulfilling career comes with its own built-in resilience pad.
Understanding yourself...
Ensuring your path ...

• Say no to shoes you know are not your style
• Stop every once in awhile and check in with your feet... Feet can change.
  – Any blisters?
  – Sore spots?
  – Feeling good?
Final thoughts

• Stay true to your mission… no matter how that looks.
• Staying true to your mission may mean 1 pair of shoes, or 100.
• Resilience comes from knowing you are doing what you meant to do!
Thank you!

- Jamie.Coleman@dhha.org
- Twitter: @jjcolemanmd