

Risk Matters: Physician Health and Well-being



By Jeffrey A. Woods, JD

“Everybody perceives stress in different ways... and there's not one blanket way of handling stress. But, the most important thing is to understand that you are stressed and recognize how it manifests in you. Some people clench their teeth, some tighten their shoulders, some have GI upset and sleep changes while others get short tempered. We know that stress can manifest in the human body in physical ways that might make physicians become more vulnerable to illness themselves, including affecting the immune system or even causing heart attacks.”

~Charlene Dewey, MD

Every healthcare practitioner understands and feels the pressures of a career in healthcare. The pandemic threatened your safety and escalated stress and burnout. SVMIC is offering on a limited basis, a live session which provides an introduction into the professional health and wellness spectrum, focusing on valuable techniques to support and thrive in personal health and wellness while avoiding, preventing, and managing stress and burnout risks. Participants will learn approaches that enhance resilience while reducing and preventing stress in the workplace and at home and engage in reflective practices and activities that develop skills for improving wellness and interpersonal relationships. This session is a vital component to moving from simply surviving to thriving within the pandemic and after, and will be presented by Dr. Charlene Dewey, who is the Assistant Dean for Educator Development and Director for Professional Health at the Vanderbilt University School of Medicine/Medical Center. Look for schedule and registration information for our limited live seminar series coming soon in the Education section of your [Vantage®](#) portal.

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