

*Live Healthy
• Be Well •*

GME Wellness Sub-Committee Newsbyte

Sarasota Emergency Medicine Wellness – May 2021

What does wellness mean to you? I think for each of us, this definition may be different, but an important common theme is finding what helps one recharge. For me, this is running and triathlon training and spending time with friends and family. For others, it may mean cooking, reading, taking a walk, spending time with their kids and spouse, or going out to their favorite restaurant. Whatever it is, it is critical in residency to still make this a priority.

The month of May also happens to be mental health awareness month, a perfect time to raise awareness behind the stigma of mental health issues that particularly plague physicians. Our program has done an excellent job of promoting wellness and making sure we set time aside to focus on ourselves and decompress from our hectic schedules. This was more limited during the last year during the COVID pandemic, but now that we are all vaccinated, we have been able to safely plan small events outdoors together. Back in February, after our in-training examination, we had a wonderful wellness event at Dr. Krahm's and Grant's house, which included fun games like bocce ball, frisbee, football and a local food truck. At the end of April, Dr. Kamm took some of the residents out on his boat and we had a delicious lunch with beautiful views of the water. These events not only help build relationships between attendings and residents, but also ensure we are checking in on each other and making wellness a priority. I will be serving as the Wellness Chief during my third year of residency and look forward to continuing to emphasize this throughout our curriculum.

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