

GME Wellness Sub-Committee Newsbyte

Show Attitude or Gratitude?

Being in residency can take quite a toll,
The constant demands can wear down your soul,
From challenging patients to endless to do's,
Many of us doubt - "what career did I choose?"

The days are as long as the notes we write,
It can seem as if there is no end in sight.
Our wellness scores drop, we can all agree,
What to do? ALERT the wellness committee!

Wellness synonyms include strength, vigor, and feeling robust,
Well that all sounds awesome - someone sign me up!
Define wellness, they say, so you google the word and hear the drum roll,
You find that wellness is "The state of being in good health, especially as an actively pursued goal"

An actively pursued goal, you question?
That must mean to be well, we have to take action...
But we are residents! We don't have time you say!
In that case, we must pursue wellness in a practical way!

Some studies have found a unique tool to boost wellness,
Of course this is in addition to exercise and getting 8 hours of sleep, no less 😊
Many organizations are turning to gratitude as a new strategy,
Reflecting on what is good in our lives is quick, fun, and FREE!

When you find yourself just pushing through to live,
And your PHQ-2 is found to be mildly positive,
Turn to this quick strategy of gratitude,
Which will change your outlook and greatly improve your attitude!

Show thanks to those around you at least once a day,
Count your blessings and tell those doubts to go away.
Doing this amidst our struggles and pain,
Can make all the difference and keep us sane!

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