

Mindfulness in Medicine

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The objectives would be: 1) to foster a supportive, safe environment in which conference guests can share concerns and challenges about the issues of mental health and burnout facing the medical community, 2) to suggest mindfulness techniques that guests (medical students, faculty, staff, and healthcare providers) can use personally or share with patients in order to combat stress, anxiety, depression and other mental illness

I would like to present something about mental health as it relates to healthcare providers, given the personal experience our school has had with this issue since losing Matt-especially as more students, faculty, and staff find the courage to discuss their own struggles with mental health. My ideas would be to discuss wellness as it relates to medical student and physician burnout, to discuss the role of mindfulness in the lives of providers and/or its role in patient counseling, or to discuss the recent JAMA article “To Those ‘Out There’” (link below) which discusses the topic of mental health among providers.

<https://jamanetwork.com/journals/jama/article-abstract/2654825?redirect=true>