



WELCOME TO
WELLNESS

@ **UT SOUTHWESTERN**
ANESTHESIOLOGY RESIDENCY PROGRAM

WHAT IS WELLNESS?

When we look at Wellness, we know there is no "one size fits all" approach. Everyone has their unique interests and preferences to recharge after a busy week. Fortunately, we have a diverse group of residents and attendings at UT Southwestern who help provide a little bit of everything for wellness! We look forward to hosting events that showoff not only our mindfulness gurus, but also our archery sharpshooters, coffee aficionados, Mario Cart racers, and other many talents. In addition, we value not only the knowledge of the best brunches in Dallas, but also the best ways to prepare for wellness after residency through financial mentors, career preparation, and advocacy. If you want more details, just jump to the next few pages! :)





SOCIAL CIRCLES

At UT Southwestern, we have our usual mix of resident outings, but what has been unique is our support from faculty. Through the "social circles" initiative, we have linked interest groups across residents and attendings from topics ranging from marathon running to gardening. What's most impressive is that compared to residency events, which are department sponsored, these are ran and funded by the attendings! It's amazing see the support from our teaching mentors as well as learn about them in an environment outside of the operating room.





CAREER AND ADVOCACY

Preparing for your life after residency isn't a topic easily learned from the traditional method of reading textbooks. However, we believe it is just as important for wellness during (and after) your training to discover career lifestyles and advocacy in anesthesia. These lessons are spread out throughout the year at various attending's houses or restaurants, which is not too surprising when one of the groups is named "EAT" (Encouraging Advocacy in Training). You also have the option to experience advocacy at the national level via the annual ASA Practice Management Conference or as a delegate for the Main ASA Conference, which we send residents to every year! Other topics include a discussion of academic versus private practice, contract negotiation, and debt repayment.





MINDFULNESS COUNSELING

Anesthesia can be a demanding field with many high pressure scenarios, and the responsibilities of being a resident doesn't make life any easier. We know historically that these stressors can lead to depression, drug abuse, and burnout. Furthermore, these issues tend to creep into life slowly as we are all high functioning individuals. To combat these scenarios, we provide teaching in mindfulness by our very own Dr. Kristina Goff (yay), which we recommend you try at least once even if you aren't a believer in "wellness strategies". We also have counseling available through the Psychiatry department. These records are hosted on a separate EPIC server to enlist maximum privacy. Lastly, we hope to continue to innovate new ways to provide resources for your wellness as we understand that "wellness" is a topic that continues to evolve. We want to do our very best to create healthy, happy residents! :)





Mind Full, or Mindful?

source - mallorybecker.com

