

A Moment of Wellness



In this together!

By Amaryllis Sánchez Wohlever, MD

The COVID-19 pandemic continues to disrupt our lives in countless ways, from too many sick patients in some hospitals to outpatient practices plummeting to a trickle. Some of you had to launch a telemedicine practice overnight and are still figuring out how to even get paid. Others were reassigned to the ER or ICU and feel disoriented and unprepared.

Some of us are thrilled for a refreshing change of pace, and others quite literally fear for their future. Yet, one thing is clear. *We are in this together.* All of us continue to adapt to the onslaught of changes, regulations, and infection control needs at warp speed, and to the next change that will surely come next week, or even later today!

We're exhausted. Fatigued from the disruptions, uncertainty, and our need to adapt. And some of us already felt that way when the pandemic hit. *So how do we stay focused, energized, and resilient through this crisis?* As with any emergency, we

must first ensure our needs are met. Put on our oxygen mask first, so we can stay well enough to serve others.

These moments of wellness will support you as a physician who is *human first*. We hope they'll serve as a breath of fresh air, a pause and reminder that you are valued and appreciated for who YOU are. *Please be good to yourself and stay safe while caring for others!*

Your Wellness Moment: How are you doing? Tell someone today, and please get all the help and support you need to be and stay well through the pandemic and beyond.

Resources

- [Physician Support Line](#)

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