

A Moment of Wellness



What's Going Well?

By Amaryllis Sánchez Wohlever, MD

During a time when it's easy to focus on all that's going wrong, consider what's going well in your life. What is helping you stay hopeful and motivated? Who has been a breath of fresh air in your life or workplace? Who or what inspires you to persevere?

In recent weeks, I've been inspired by people—their kindness and excellence. I was inspired by the diligence of the contractor who walked around our house and planned our next steps. Thanks to his willingness and expertise, we're not tackling an unexpected home project alone!

I was inspired by my son, who's become a confident advocate for himself, and my daughter, who keeps finding ways to serve people in the pandemic.

I was inspired by my husband, who spent a weekend supporting a family with an urgent need. His gifts of poise, grace, and a gentle presence never cease to amaze me.

I was inspired by my physician friend who, though exhausted

by long hours and constant change at work in light of COVID-19, took the time to reach out to me with kind words upon learning my cousin died.

And speaking of physicians, I continue to be inspired by all of you! Your dedication, perseverance, and compassion despite a multitude of challenges brings hope. I'm so grateful to belong to a profession that exists to serve people with our intellect, skills, and hearts. Our profession is truly a gift.

Here are a few other ways to focus on the positive and remain hopeful in the days of COVID-19:

- Choose carefully what you watch and lend your ears to. It's likely a perfect time for a break from social media.
- Establish a daily routine to transition mentally and emotionally from your work to life at home
- Choose daily activities to stay physically active; we know movement impacts mind, body, soul, and spirit!



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- Listen to uplifting music, teachings or podcasts
- When someone offers to help, support or bless you in some way, say yes!
- If you feel down or discouraged, have a plan that includes other people and activities that nurture your soul
- Get outdoors daily for fresh air, exercise, and to quiet your mind. Even a few minutes in nature can improve one's outlook and energy.
- • Consider any benefits that have emerged during the pandemic, including less time in traffic, more time with family, and the opportunity to pursue new hobbies and invest in your well-being and your professional growth.

Your Wellness Moment: Think back to the last month and reflect on what's gone well. Consider keeping track of these hopeful moments in a journal, adding to it daily and reviewing it often.

Resources

- [National Physician Support Line](#)
- [Finding Joy through Service](#)
- [A Perfect Pandemic Sport](#)

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