

A Moment of Wellness



Staying Well in 2021

By Amaryllis Sánchez Wohlever, MD

The pandemic is lingering, and it's starting to get really old, isn't it? For this reason, for this week's Moment of Wellness, I decided to share the pandemic poem I wrote in 2020, with its reminders of ways to stay healthy and find joy in 2021. Consider posting it on your refrigerator for the family to get ideas, like when kids are bored or you need something new to do. I hope these simple reminders infuse your days with creativity and optimism!

Pray, paint, journal, play an instrument, or do something creative

Avoid substances as a coping strategy; instead, reach out to someone you love

Nature is good for the soul; get out there and open your windows!

Drink lots of water and go for a walk, run, swim or bike ride

Eat to nurture your body and soul (chocolate allowed!)

Make sure you sleep enough and have mental breaks from work each day

Incorporate silence and use solitude with intention to feed your soul

Care for people while letting them love you too!

A new year brings HOPE! Stay connected with positive people who lift you up and help you be better as you invest in your wellbeing and growth in 2021! Oh, yes, and don't forget to pet a puppy and hold a baby if you get the chance—sure ways to enrich your day, warm your heart, and make you smile!

Your Wellness Moment: Commit this week to prioritizing your needs more consistently, setting healthy boundaries, and receiving support and kindness from others ... without guilt.

Resources

What's Going Well?

'Mental' Health is a Whole Person Matter

Lessons Learned

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