

Your Wellness Corner

Stay Connected!

By Amaryllis Sánchez Wohlever, MD

Although we're in a different phase of the COVID-19 pandemic, it continues to disrupt our lives, with lesser and greater impact depending on our circumstances and communities. Many of us had to launch a telemedicine practice overnight and are still optimizing, adapting, and learning. Others were shuffled to intensive care or the ER, and some of us had to cut back our hours or pivot completely to something new.

As the months go on, most of us have experienced "COVID fatigue" at some point. Some of us have been grateful for a much-needed change of pace, while others have no idea what tomorrow will bring. Regardless of how each of us have had to cope, one thing is clear. This challenge is much harder if we try to get through it on our own. *It's best when we reach out to one another; the days are lighter when we stay connected.*

As we continue to adapt our practices to meet the needs of our patients, communities, and staff, it helps to know we don't need to navigate this time alone. The elephant in the room is well known to us: as a specialty, we were already fatigued before the pandemic. We've been stretched to our limits by regulatory burdens and countless disruptions of modern practice, and the pandemic added more chaos, uncertainty, and a constant need to adapt. Whether you own your practice or work in an academic or corporate setting, in urgent care, hospice or a different practice setting, family physicians are key to the health and wellbeing of Floridians. And to care for people well in a lingering crisis, it is essential for us to stay well.

So, how do we stay healthy and focused throughout this crisis? How do we stay energized and resilient despite the stress and uncertainty of this time? As with any emergency, we must first ensure our needs are met. To continue to care for people with empathy and excellence, we must put on our oxygen masks first. Our wellbeing must not be the last item on our to-do lists!

This column is written by a fellow family physician to support and inspire you as a physician who is, before all else, a human being. We hope it serves as a breath of fresh air, a pause to remind you that you are valued and appreciated for who YOU are. *So, today's reminder is for you to be good to yourself, prioritize your needs, and stay connected as you care for others!*

Your Wellness Corner: How's it going? Reach out to someone today, go for a walk, and share how you're really doing. Please get all the support you need to stay well in the pandemic and beyond. Below is a link to a national physician support line staffed 24/7 by volunteer psychiatrists. Let me know if you have questions!

Resources

[Physician Support Line](#)

FAFP member [Amaryllis Sánchez Wohlever, MD](#) is a Board-certified family physician, author, and physician coach specializing in clinician wellness, leadership development, and life-work integration. She has served two terms on the FAFP Board of Directors and is a passionate advocate for the patient-physician relationship. She chairs the FAFP Physician Wellness Subcommittee and is the author of *Recapturing Joy in Medicine*.