The background is a gradient from purple on the left to blue on the right, filled with various white line-art icons related to medicine and healthcare, such as stethoscopes, medical bags, syringes, and checklists.

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Between Us: Fostering Relationships to Support Physician Well-being

May 3, 2024

Committee on Physician Health and Wellness



- Promote healthy lifestyles in Texas to medical students, residents, and physicians;
- Provide advocacy and support for and education on physician wellness;
- Promote prevention of potentially impairing conditions;
- Maintain liaison with the Texas Medical Board and the Texas Physician Health Program;
- Make recommendations to the Council on Legislation in instances where there are needed changes in the laws relative to physician wellness and potentially impairing conditions

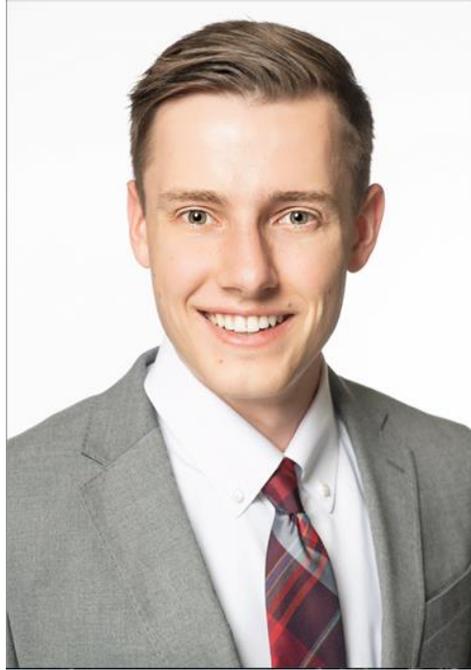
Session Objectives

- Identify the impact(s) of personal relationships on physician wellbeing;
- Explore strategies to promote life-enhancing, personal relationships for physicians;
- Analyze how relationships across the span of a physician's career can improve wellbeing.

Speakers



Toi Harris, M.D., Moderator



Joshua M. Baker, OMS-IV



Lane J. Aiena, MD, FAAFP



Cheryl L. Hurd, MD, MA, DFAPA, CPPS

Background

“Loneliness kills. It’s as powerful as smoking or alcoholism.”

Robert Waldinger,
psychiatrist, Massachusetts
General Hospital



Background

- Relationship satisfaction at age 50 predicted health at age 80.
- ~ 70% of physicians believe they do not have enough time to maintain healthy friendships.
- A romantic partner can increase earnings, elevate educational achievement, and may also improve health outcomes.



Speaker Reflections



Toi Harris, M.D., Moderator



Joshua M. Baker, OMS-IV



Lane J. Aiena, MD, FAAFP



Cheryl L. Hurd, MD, MA, DFAPA, CPPS



Q&A

TMA Wellness First

- Counseling, Crisis Resources
- Suicide & Crisis Lifeline
- Wellness Learning Resources
 - CME Activities
 - Educational Materials

<https://www.texmed.org/WellnessFirst/>

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