

As our city focuses on reopening, let's also focus on self-care and colleague care. This is even more vital now as we are adjusting to our New Normal. We often see **resilience as a set of skills or traits that we have as an individual. However let's view resilience instead as the combined and diverse capabilities and capacities and connections as a community- Our Community!**

We are fortunate that what we do every day helps others and never more so than now. We also need to remember to support each other and reach out for help when needed.

There are five essential elements of immediate and mid-term intervention that are related to better recovery from stress: *Post Traumatic Growth*

1. Promote a sense of safety—safety can be relative, and it is important to have a balanced view about the levels of danger in the world.
2. Promote calming—some anxiety is normal and healthy. However, extended arousal of heart rate, blood pressure and respiration is associated with disruption of sleep, lack of hydration, poor decision-making and long-term health problems.
3. Promote connectedness—social connectedness is one of the strongest protective factors against stress injury and is linked to emotional well-being and recovery following traumatic stress.
4. Promote sense of self and collective efficacy—people who believe that they can overcome adversity and/or threat can handle stressful events, solve their problems and show greater recovery in stressful times.
5. Promote a sense of hope.—hope maps onto optimism, faith, spirituality, and the belief that things will work in the best possible way.

Hobfoll, SE, Watson, P, Bell, CC, Bryant, RA, Brymer, MJ, Friedman, MJ et al. 2007, 'Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence', *Psychiatry*, vol.70, pp. 283–315

**For Additional Information please go to our Well-Being Website at**  
[www.comchattanooga.uthsc.edu/wellness](http://www.comchattanooga.uthsc.edu/wellness)

### OATH TO SELF-CARE AND WELL-BEING

1. We SOLEMNLY PLEDGE to embrace and promote the well-being of our self, our colleagues, and the medical community as part of our responsibility to the effective care of our patients, ourselves, and in partnership with our healthcare organization.
2. We WILL SEEK TO DEVELOP and ADHERE to habits that promote and maintain humility, meaning, and wholeness of self in our work and interactions.
3. We WILL BE ATTUNED to the physical, emotional, mental, and spiritual needs of our self and others and share our practices of well-being for the benefits of our patients, our colleagues, and the advancement of healthcare.
4. We WILL COMMIT to integration and balance in our professional and personal life and seek help when we feel we ourselves or our peers are overburdened, fatigued, or less compassionate.
5. We WILL CHAMPION for a healthcare system that values the well-being of its personnel, uses best evidence for an institutional culture of wellness, and recognizes that in so promoting the patients we care for are ultimately best served.
6. We WILL FIND the courage to be vulnerable and confront professional wrongdoings to the best of our ability while at the same time showing compassion and respect for all members of the healthcare team.
7. I MAKE these promises of well-being to myself and to the vocation of medicine with my highest commitment.

Panda, M., O'Brein K.E., Lo, M.C. Oath To Self-Care And Well-Being PMID: 31647911 DOI: 10.1016/j.amjmed.2019.10.001

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**Confidential LifeBridge LINE: 423-591-9830**  
<https://www.lifebridgechattanooga.org/>  
Access a Counselor:  
<https://www.lifebridgechattanooga.org/counselor-bios>



If you are in crisis -- or worried about someone who may be-- please call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255) OR Crisis Text** by texting TALK to 741741



**SELF ASSESSMENT –**  
To sign up: <https://www.mywellbeingindex.org/signup>  
Invitation Code: UTC RESIDENT (For Residents and Fellows)



**For more information or assistance, contact the TMF Physician's Health Program at 615-467-6411 (24 hours) or visit [www.e-tmf.org](http://www.e-tmf.org)**



**Confidential – Free: Counseling Services, Individualized Wellness Resources, Health Advocacy, Online Resources, Legal and Financial Consultations, Virtual Concierge Services.**

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CIGNA Behavioral Health service line at 800-274-4573**

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### OTHER RESOURCES:

- <https://www.nejm.org/doi/full/10.1056/NEJMp2003149?query=RP>
- <https://apple.news/AtNE6AFSVRS6-SIS3L2l8ig>

### Well-Being Index Blog-

[https://www.mededwebs.com/blog?\\_ga=2.135904183.769481540.1586892708-1326783689.1532640898](https://www.mededwebs.com/blog?_ga=2.135904183.769481540.1586892708-1326783689.1532640898)

#REVAMP\_CoV2 is a hashtag created by Mount Sinai students for Twitter, Instagram and a Facebook group to share updates, tagging, building community, a place to seek advice or wisdom on how to be well during this time. REVAMPing COVID-19 is both an acronym and call-to-action for using evidence-based strategies to maintain well-being while social distancing through the pursuit of Relationships, Engagement, Vitality, Accomplishment, Meaning, and Positive emotions.

**Headspace:** This meditation and sleep app is free right now with your NPI number and email. You can sign up through this link: <https://www.headspace.com/health-covid-19>

**Fitness Blender:** This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. <http://fitnessblender.com/>

**National Academy of Medicine:** <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

*Resilient Reflections* blog as a safe space and a conversation circle to build community, share resources, and provide reflections that help us realize we are in this together! (Commenting requires signing up for a free Substack account.) <https://muktapandamd.substack.com/>

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