

A Message from the AAAAI Wellness Group

Key Takeaways

Ongoing uncertainty and a number of stressors related to COVID-19 may increase physician burnout.

To combat this, we should remember:

- Everyone is being affected by changes related to COVID-19.
- Aim to be kind, patient, and compassionate.
- Recognize that you probably won't be as productive as you were at baseline, and that's ok!

It is important to model wellness. Some strategies for doing this include:

- Prepare for the day as though you're going to the office even if you're staying home.
- Check in with your staff and see if they have questions or concerns.
- Communicate and share information with colleagues in a timely fashion.
- Don't hesitate to get professional help.
- Consider meditation or spirituality practice.
- Limit your intake of news that you find stressful.
- Think about things that you are grateful for each day.

Utilize the resources that are available to improve your wellness, such as:

- [AAAI Physician Wellness Toolkit](#)
- [10% Happier](#)
- [Headspace](#)
- [The Art of Living](#)

Physical and social distance does not have to mean loneliness! Make meaningful connections by:

- Reaching out to friends and colleagues.
- Connecting with others on social media.
- Moving some of your previous activities to online meetings (e.g., workouts, book clubs).