

ABNM Well-Being Space

How Are You Staying Well?

Maria Rosana Ponisio, MD – Associate Professor of Radiology, Director, Nuclear Medicine Fellowship, Mallinckrodt Institute of Radiology, Washington University School of Medicine in St. Louis; Secretary Treasurer, American Board of Nuclear Medicine

How are you staying well? This may be a question you often do not reflect on; however, it is beneficial to take the time to do so in many ways. Physicians are tasked throughout each day with many responsibilities causing high stress with limited time to resolve. We must take the time to ensure we stay well in body, mind, and overall health. The ABNM cares about your well-being and has decided during the last board member meeting to have a dedicated space to these important topics and share experiences, resources, and tools to assist in coping with all the symptoms associated with burnout, including high stress, depression, and emotional disconnection.

Many institutions, companies, and organizations have wellness programs. We encourage you to get involved, sponsor, or have a champion team at your institution. For those who do not have a wellness program, we share the following free resources with residents/fellows, medical students, administrators, and anybody who cares for themselves to give the best to others.

The Accreditation Council on Graduate Medical Education has multiple resources available to help individuals and institutions think about systems-based and individual-based well-being initiatives. You can access the [resources here](#).

The American Medical Association (AMA) is working to reduce physician burnout and address mental health stigmas for doctors. You can learn more at [Physician Burnout: Warning Signs, Treatment & Recent News | American Medical Association \(ama-assn.org\)](#). The AMA also has a series of toolkits at [AMA Steps Forward](#) to help physicians consider actionable ways they can

transform their practice to address things like burnout and organizational culture.

The National Academy of Medicine (NAM) also has a [compendium of resources](#) to address healthcare worker well-being.

ACR website also provides additional tools, including <https://www.acr.org/Member-Resources/Benefits/Well-Being>

Many individuals have a hard time and are afraid to ask for help. It is important that we look out for each other. Know how to recognize signs of distress in others and consider using a self-assessment tool to monitor your own level of well-being. NAM has a list of assessment tools in their compendium, and the [AMA has a great module on stress first aid](#) that teaches how to recognize distress and check in on colleagues. There are also national resources to help support physicians, including [The Physician Support Line](#) – a 7-day-a-week support line staffed by psychiatrists and the National Suicide Prevention Lifeline: 988 (Text or Call).

The NM resident wellness champions at WashU shares wise thoughts, such as “the most important part of well-being is to find the right place in a moment of crisis and other resources for physical and emotional health”. If you would like to share your personal experience about well-being or have tools to enhance this space, please e-mail mrponisio@wustl.edu. Your collaboration is greatly appreciated.