



*Consider This,
Thoughts on Living Well.*



Submitted March 2022
by [Dr. Michelle Owens](#)

What will fill your cup and feed your soul today?

Self-care is not one size fits all. On social media, there are a variety of memes and lists on ways to practice self-care. I've noticed these memes and lists seem to primarily contain yoga, meditation, massage, and candlelit baths. Between my husband and me, self-care can look very different, so I'm sure it looks different for others too. Being an Austinite, I think we need a "well-being food truck" with a menu of self-care items listed for people to choose from. Then we can ask "what will fill your cup and feed your soul today?"

Maybe it's listening to one of your favorite old-school jams or meditating for 5-10 minutes. Maybe it's calling a friend to say hi or sitting in silence hidden away from the world. It could be practicing gratitude, soaking in a tub with your favorite beverage and show streaming in the

background. Or cuddling with your fur baby, bathing in nature, eating fresh pineapple or your favorite sushi, putting pen to paper and letting your feelings flow, or chatting with your therapist. Or maybe it's a host of other things that aren't mainstream, and that's OK. Whatever speaks to you and helps you to refuel is personal; we don't have to have the same definition of what self-care means or looks like as everyone else. And most importantly, each day and maybe even each hour, we may need something a bit different.

Let's share with each other what self-care looks like, and maybe we will all be able to add a little something new to our favorite self-care menu.

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Presented by Dr. Michelle Owens
TCMS Physician Wellness Program Co-Chair
March 22, 2022 | Virtual Presentation

I Don't Want to be Resilient: How the Resilience Narrative Harms Physicians

“As physicians, we have already proven our resilient nature through navigating rigorous medical education and residency training,” Dr. Owens said. “To say we are ‘burned out’ because we are not resilient enough literally adds fuel to our already burned-out fire. It implies the blame lies solely on the physicians and does not acknowledge the role health care organizations play in fostering a sustainable practice environment. It gaslights physicians who are barely holding on as is.”

Her presentation, which will begin at 6 pm CT, will explore ways people and health care organizations can improve well-being on both the personal and the health-system levels, including “evidence-based self-care practices focused on gratitude” and advocating for change within their organization.

Participants will earn 1 *AMA PRA Category 1 Credit*[™] for attending.

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