



*Read. Watch. Listen.*  
Enriching Information

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## Articles



***Can Five Deep Breaths Really Relieve Stress?*** From Psychology Today.

Can something so simple really work? Background research from Harvard Medical School is [here](#).



***Feeling Burned Out? Don't Automatically Blame it on the EHR,*** from The Rheumatologist.

"People reporting no burnout were spending proportionally just as much time after hours in the EHR system as the people who reported severe burnout...the biggest take-home message from this study is that contribution of local work culture needs to be considered first." Follow [this link](#) to the source article.

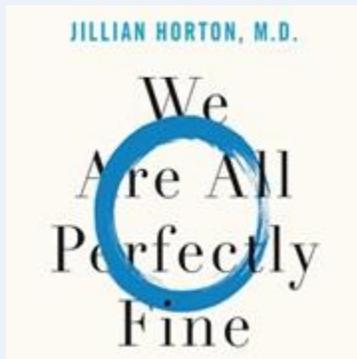


***Bright Light Therapy: Seasonal Affective Disorder and Beyond***, from Einstein J Bio Med.

“Since the first description of Seasonal Affective Disorder (SAD) by Rosenthal et al. in the 1980s, treatment with daily administration of light, or Bright Light Therapy (BLT), has been proven effective and is now recognized as a first-line therapeutic modality. BLT has also been increasingly used as an experimental treatment in non-seasonal unipolar and bipolar depression and other psychiatric disorders with known or suspected alterations in the circadian system.”

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## Book



***We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing***, by Jill Horton.

An insightful, highly entertaining look at our lives in medicine, how we got to where we are and where we might go. A great read.

Here's an [interview](#) with the writer from AMA.

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## Confidential, Free Counseling Program for TCMS Members and Spouses

- Featuring our outstanding psychologists
- Remote/teletherapy or in person visits

The Physician Wellness Program offers [anonymous, free sessions with TCMS vetted psychologists](#). So far the program has funded over 1,250 confidential sessions with our therapists.

The program can be easily accessed and privacy is strictly protected. A certified Gottman Couples Therapist is available in addition to individual counselors to help with work, personal, or marital issues.

The cost of the first four sessions is covered by the program.

Whatever the issue, this program is your safe harbor.

Nothing is reported, no diagnosis made, no insurance billed.

To access the program, call the wellness line at 512-467-5165, or visit the [tcms.com PWP counselor page](#).



**Caduceus Group**  
**Thursday evenings**  
**7:00 pm**  
**Zoom video conference**

Weekly AA meeting for physicians will be held via zoom. For details contact Belinda Clare [bclare@tcms.com](mailto:bclare@tcms.com) or 512-206-1250.

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## Calling All Writers...

Join your colleagues who have shared their thoughts about physician well-being, challenges, joys or just general observations about our lives in medicine. Just a few sentences or up to 600 words. We roll them out on Sunday mornings.

Submit to [bsayers@austin.rr.com](mailto:bsayers@austin.rr.com).

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## Poet's Corner

### Leisure

What is this life if, full of care,  
We have no time to stand and stare?-

No time to stand beneath the boughs  
And stare as long as sheep or cows:

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass:

No time to see, in broad daylight,  
Streams full of stars, like skies at night:

No time to turn at Beauty's glance,  
And watch her feet, how they can dance:

No time to wait till her mouth can  
Enrich that smile her eyes began?

A poor life this if, full of care,  
We have no time to stand and stare.

About the author, [W.H. Davies](#)

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Please help PWP continue its mission.  
We depend on donations!



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## TCMS Physician Wellness Program

Brian Sayers, M.D., Chair

Michelle Owens, D.O., Co-Chair

Send comments or program suggestions to [pwp@tcms.com](mailto:pwp@tcms.com).



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