Monday Memo – October 16, 2017

Presentations


- Dan Mullin led a 3 day train the trainer event for the Motivational Interviewing Network of Trainers (MINT) from October 2nd - 4th. This event prepared 40 learners from 10 countries to become members of MINT. Dr. Mullin also attended the annual MINT Forum in Dublin from October 5th-7th. He presented a workshop at this meeting entitled “Evoking Realities that Support Change: MI and Narrative Therapy.”

- Hugh Silk was an invited participant to represent family medicine at the National Interprofessional Initiative on Oral Health’s (NIOH) Annual Symposium in Chicago October 8-10. He presented the results of his team's 13 national surveys of health professionals across the US (obstetrics, medical schools, physician assistants, family physicians, midwives) which informed decision making for NIOH for their future efforts.

Events

- MassAHEC is collaborating with the Massachusetts League of Community Health Centers on a recruitment fair on Thursday, Nov. 1, from 6-8pm at the Blais Pavilion in the Lazare Research Building. The objective is to increase the awareness of students and residents about the career opportunities at community health centers. Please share this link with students and residents to register: https://www.eventbrite.com/e/health-center-career-fair-registration-38153239366 or google: HCFair.eventbrite.com

WELLNESS MOMENTS

When the mind is right, the body will follow

When thinking of taking care of ourselves, inevitably our thoughts race to “eating right & exercising,” however, physical wellbeing is only one dimension of wellness—and one that may ultimately be facilitated or sabotaged by the others. When our emotional, intellectual, occupational spiritual and social wellbeing are at peak performance; it is easy to engage in going to the gym or taking the time to cook a healthy meal. When these dimensions are not in sync, these interventions are the last things we would want to do. Here are some possible ways to get back in alignment (this is not a ‘to do’ list!):
• Regularly appraise and regulate six areas of work life: workload, control, reward, community, fairness and values
• Create a network of peers and coworkers and stay connected with them on an ongoing basis.
• Avoid depersonalization (distancing from work both emotionally and cognitively)
• Look for opportunities for engagement with organizational activities congruent with your work and interests
• Improve communication and management skills by seeking additional training
• Improve skills related to empathy for others
• Balance empathy and compassion with objectivity. Utilize formalized structures, policies and procedures to provide guidance with complex or difficult cases
• Strive to have increased self-awareness, share feelings and responsibilities, set limits [on your time] to avoid overload of work
• Use recreation, hobbies, exercise to promote work-life balance
• Practice reflective writing
• Practice mindfulness and meditation
• Practice meaning-based coping by sharing personal and professional sources of meaning and incorporating into daily practice
• Enhance spiritual development to find greater meaning in personal and professional relationships
• Prioritize personal relationships such as family and close friends
