

The Nebraska Medical Association's LifeBridge is designed for physicians. As physicians, we are the doers. We are the givers. Many of us have earned our badge of honor by working countless, continued hours, followed by brief reprieves and then back again for more arduous extended hours. It is a test of our endurance and mental health. We are givers and we keep giving. "No" was not an allowed answer during our training. Lives can be lost if we make a mistake. We are leaders and people count on us.

Many of us are perfectionists and anything less we consider a failure. It is hard for us to accept that there are things that are out of our control. Sometimes we don't realize that *real* failure is when we don't acknowledge our own human weaknesses. Humans make mistakes. Asking for help is not a weakness. We are all breakable. Have patience and courage. If you are struggling, you will be better able to serve your patients and yourself if you are in a healthy state of mind and learn to give compassion and forgiveness to yourself in the same manner you give compassion and forgiveness to others. Our training does not focus on properly taking care of ourselves. LifeBridge is available to assist and help you.

We all need the support of others. The Nebraska Medical Association and Lancaster County Medical Association are here for each and every one of you. The NMA LifeBridge program is designed for physicians, run by physicians, completely confidential, and free. If there are stressful issues that the NMA, LCMS, or LifeBridge can help you address, give us a call. We are the doers. We are the leaders. Let's stay healthy together.

Michelle Walsh, MD

