

Why Does Physician Wellness Matter?



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There are all the usual answers: patient safety, patient satisfaction, relationship problems and drug and alcohol abuse are a few examples that are compromised as burnout increases. For me, wellness is

waking up in the morning and feeling good about the day, anticipating what is to come, and feeling excited. It may sound simple, but isn't this what we all want? The challenge is getting there. Wellness programs such as LifeBridge Nebraska can help. LifeBridge is a physician wellness-based program designed to give physicians the tools to prevent physician burnout. Yes, we help with burnout, but our goal is to promote wellness to prevent burnout.



I was a solo OB/GYN physician for 20 plus years. You know the routine... make rounds early, head to the OR for surgery, back to the clinic somewhat on time, turn around and head back to the hospital for deliveries, round again after the clinic finishes (usually late), sometimes head home for dinner with my family (God bless my wife for putting up with my schedule), take phone calls all night, and usually head back to the hospital for admissions and/or a delivery. There was very little time to spend with my family and almost no time for anything I might want to do for myself. I look back and ask myself, "What was I thinking?"

A friend of mine wrote and performs a song "Here in the Moment." I was in the moment and did not realize it. I would do it differently if I could. LifeBridge can help physicians avoid constantly being "In the Moment." We can give you the tools to promote wellness, to help move you out of the moment.

What motivated me to become a coach?

I want to help physicians wake up in the morning and look forward to their day. I have had the honor of coaching physicians who were struggling. Some had incidents with hospital administration and others with different degrees of burnout. It has been extremely rewarding to see their attitude change completely, helping them get joy in what we do as physicians back, as well as having good relationship with their families. It is important to find a passion outside of medicine. Medicine is your career, not your life.

I have always wanted to play the guitar and piano. Two years ago, I decided it was time to pursue my passion. I started guitar lessons two years ago and piano lessons last year. My guitar instructor put together a band, and I can now proudly say I have played in a band. I missed out on making music for many years because I didn't realize it was important to find the time for myself.



You can find the time if you commit to it, maybe not every day but often enough. I go downstairs around 10pm almost every night to play the piano and guitar, sometimes for hours at a time. The stress of the day melts away as I play. I enjoy learning and this keeps me thinking and learning in a way that is different than what I deal with during the day. Find your passion and make the time to pursue it. It is important to take care of yourself.

We face many challenges every day and those challenges are increasing. We face increasing financial pressures as reimbursement decreases, increasing time spent getting preapprovals from insurance companies, changing complex regulations, increasing pressure to

do more for less, and now adding AI to the mix.

Coaching can help you navigate the challenges you face every day. There are tools that can help you. Coaching can help you get the joy of practicing medicine in the challenging environment we live in back. A coach can help you think of things in a different way, letting you see the forest beyond the trees, which ultimately helps your personal life improve at the same time. As simple as it sounds, coaching can help you wake up excited and feel good about the day.

If you're a physician ready to take charge of your personal and professional wellness, call today to be matched with a local Nebraska physician coach.

1-888-569-2036 □



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coaching?

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