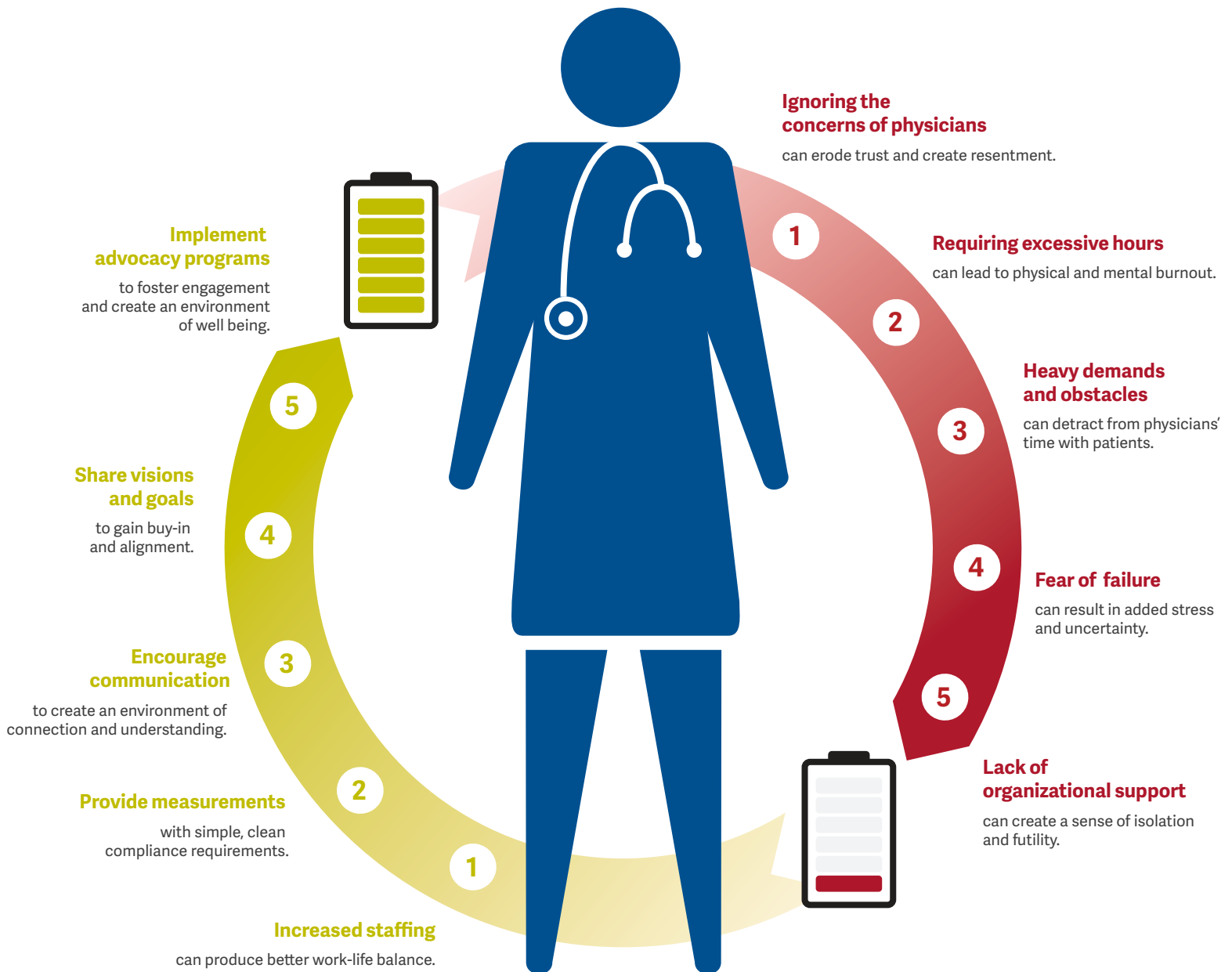


# Are You Draining or Recharging Your Physicians?

**5** DOs & DON'Ts

to help foster resilience and promote energy in your physicians.<sup>1</sup>



## RECHARGING THE BATTERY

The key to recharging the "battery" is helping physicians reclaim a sense of purpose, meaning and joy in serving others—helping to keep the emotional and physical costs of burnout at bay.

1. "What if Joy in Practice Were a Metric?" NEJM Catalyst, June 2, 2016

Interested in learning more about how your organization can help your physicians manage stress and replenish their batteries?

Read our full-length article on resiliency. To learn about VITAL WorkLife solutions for Physician Well Being, contact us online or call us at 877.731.3949.

