

## HCMA Foundation Physician Wellness Program

# Physician Well-being Series

### Session 2:

**Title:** Nurturing the Healer Within: Cultivating Spiritual and Emotional Well-being for Physicians

**Speaker:** Jay Rao, MD

**Date & Time:** Thursday, September 21, 2023 - 6:00pm – 7:30pm

**Session Description:** In the demanding landscape of modern medicine, the role of physicians goes far beyond physical healing. The profound impact of providing care for others can take a toll on your own spiritual and emotional well-being. Join us for an enlightening webinar, "Nurturing the Healer Within," designed specifically for physicians who are seeking to restore balance, find renewed purpose, and cultivate resilience in their personal and professional lives.

Led by a renowned expert in the field of holistic medicine and emotional wellness, this webinar will provide you with practical tools, insightful strategies, and compassionate guidance to empower you on your journey toward holistic self-care. Through engaging discussions and interactive exercises, we will explore the profound interconnection between your spiritual and emotional health and your ability to provide exceptional care to your patients.

#### Key Course Highlights:

1. Understanding the Healer's Journey: Delve into the unique challenges faced by physicians in maintaining spiritual and emotional well-being while navigating the complexities of the healthcare system. Gain insights into the transformative power of self-awareness and self-compassion.
2. The Science of Mind-Body-Spirit Connection: Explore the latest research and evidence-based practices that highlight the undeniable link between spiritual and emotional health, and its impact on overall well-being. Learn

how to integrate these principles into your daily life to promote balance and resilience.

3. **Cultivating Resilience and Self-Care Practices:** Discover practical techniques to enhance your emotional resilience, manage stress, and prevent burnout. Explore mindfulness, meditation, gratitude, and other powerful tools to nurture your own spiritual journey.
4. **Nurturing Compassionate Care:** Reflect on the importance of fostering compassionate care and empathetic communication with patients. Develop strategies to enhance your ability to connect on a deeper level, fostering healing in both yourself and those you serve.
5. **Building a Supportive Community:** Engage in meaningful discussions and connect with like-minded physicians who share similar challenges and aspirations. Learn how to cultivate a supportive network that encourages mutual growth and emotional support.

As a physician, your commitment to healing extends beyond the physical realm. Join us for this transformative webinar and embark on a journey of self-discovery and renewal. Rediscover the joy, purpose, and profound sense of fulfillment in your practice while nurturing your own spiritual and emotional well-being. Your patients, your colleagues, and most importantly, you, deserve it.

**This Physician Well-being Series is brought to you by the HCMA Foundation Physician Wellness Program (PWP). For more information about the PWP and the other benefits offered, please visit**

<https://hcma.net/hcma-physician-wellness-program>



Foundation, Inc.

