

THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



*Tell us what you
thought about our
August Wellbeing
Initiative:*

**Minimal Meeting
Month**



[Access the quick 4 question
survey by clicking here.](#)
[Thanks in advance!](#)

MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.

Who: Sara K Schultz MD FACP
Associate Professor of Medicine
Infectious Disease Fellowship Program Director

Where: Section of Infectious Diseases, Department of Medicine

When: Newbie! Since July 2021 but I was an ID Fellow at Temple from 2013-2015

Why: Why ID? Why NOT ID? ID is the most exciting, fulfilling, and ever-changing (hello delta variant!) field of medicine. You get to do inpatient consults, see ICU and transplant patients but also outpatient work like curing Hep C, vaccinating people before traveling, and helping people with HIV live long and healthy lives.

Recent proud moment (work or non work related): Convincing anyone to take a COVID-19 vaccine is one of the most impactful and proudest parts of my day.

Owl I admire: All of the amazing women leaders at Temple

Little known fact: I have two boys who were born on the same day- exactly two years apart!

Favorite thing about Temple: Temple is fearless. Temple can take on any challenge and thrive- the opioid epidemic, the COVID pandemic, racism in medicine and whatever may come next, I love knowing that Temple will succeed.



WELLNESS CONSULT SERVICE

The easiest consult you'll ever call.

A place to crowdsource the wisdom of peers.

What characteristics do you most admire in those in medicine who you see as leaders or role models?

- Integrity: leaders say what they mean and mean what they say
- I admire those who are in the trenches doing the hard clinical work alongside those who are more junior.
- Ability to demonstrate empathy.
- Clear communicators.
- Approachability.
- Those who are self aware.
- Vision and ability to adapt and change in pursuit of a larger goal.
- Emotional intelligence is a must.
- Great strategic thinking ability.
- Always hungry for more knowledge.
- The best leaders are team players who recognize the contributions of others.
- Those who are invested in me as a person, beyond the day to day work.
- I appreciate leaders who connect me with or create opportunities for me to grow.
- Humility.

What have you learned from "pandemic life" that has helped you in this most recent "delta wave" of COVID?

- This is a long game. I need to prioritize sleep and self care like nutrition, exercise and time with family/friends.
- Focus on boundaries - with work, my time and people in my life who may have challenging views regarding whats going on.
- To avoid getting sucked into the unending "bad news" media cycle. I have to limit social media like twitter and facebook in particular.
- The serenity prayer. Remember to focus on what I can control.
- I'm trying to continue to check in with other team members.
- That my "pandemic best" is good enough.

Interested in joining the wellness consult service?

Send an email to megan.healy@tuhs.temple.edu.



Reminder: Wellness Resources

Bookmark these links for yourself or to share with colleagues

Carebridge

- Free and Confidential
- 1-800-437-0911
- www.myliferesource.com (Access Code: RBMNE)
- Download the free mobile Carebridge App.

Temple Peer Support Network

- Free and Confidential
- Request a confidential 20 minute check-in call from a colleague.

Concierge Line for Expedited Appointments

- Email TFPconcierge@tuhs.temple.edu for expedited medical appointments.

Ginger App

- For med plan participants
- Text based coaching and self-guided activities. Video based therapy and psychiatry services also available.
- Download from the app store or go to the link above

More Resources for Faculty & APPs

More Resources for Residents & Fellows



Owl Ribbon Awards

Congratulations to this month's awardees!

Kiersten Frenchu
Fellow, Cardiology

Kelly Lattanzi
CRNP, General Internal
Medicine

Scan below to nominate a Temple attending, resident or advanced practice provider that you know for an Owl Ribbon to recognize excellence in teamwork, professionalism or patient care.



August 2021

Productivity Hack of the Month: Eat That Frog



The Inspiration:

"Eat a live frog first thing in the morning, and nothing worse will happen to you the rest of the day." -Mark Twain

The Technique:

Tackle your most challenging (read: unpleasant) task first every morning.

Why It Works:

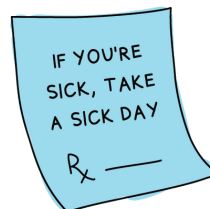
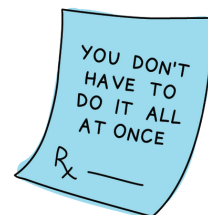
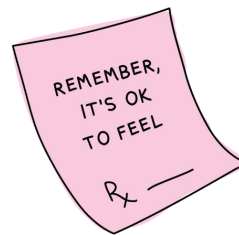
"A lot of times, the things that really move the needle in our life are things that we want to put off because they're complicated or complex. We have a little bit of fear around them, whether it's fear of failure or fear of success, or perfectionism."

-Anna Dearmon Kornick, time management coach

The Takeaway:

Block out some time to get the task you'd rather avoid knocked out first thing in the morning when you're sharp.

USEFUL PRESCRIPTIONS



@LIZ AND MOLLIE

PARTING WELLNESS WISDOM

"I never lose. I either win or I learn."
Nelson Mandela