

MOA Practice Pearls and Stress Relief Tips

Provided to you by participants of the Physician and Staff Wellbeing Workshop on Oct 22, 2015

MOA Practice Pearls	
Time Management	To manage your time, plan your day more effectively. Here are some tips: <ul style="list-style-type: none"> Review the clinic schedule and patient list before your day starts. This will help you create a daily plan where you can prioritize your work accordingly.
Communication	Communicating with your GP is important: <ul style="list-style-type: none"> Always ask for help if you think you cannot finish your work. Remember to laugh together and at each other.
Workload Capacity	Don't try to take on more than you can reasonably handle.
Mindfulness, Breathing, Relaxation	It's important to set aside time to relax after a stressful situation. During encounters with difficult patients, take a quick bathroom break to catch your breath.

Stress Relief Suggestions	
Environment	If you are listening to background music in the office, pay attention to the music. If you are feeling stressed, change the music to something that you find relaxing.
Nutrition	Make time to eat food and drink that you find enjoyable. If you like preparing a meal, give yourself time to cook.
Exercise	Exercise is a great way to relieve stress. Set aside time in your day to do yoga, or go for a walk, run or hike. If you have a furry friend, take them for a walk or spend time dancing to your favourite music.
Relaxation	We all need time to rest and relax. Take a nap or have a bath if you need quiet time. Use aromatherapy if you find it helpful. Take short trips to be away from work, or go for a quick coffee break out of the office.
Mindfulness	Remember to breathe and stay calm. Take time out of your day to self-reflect. If meaningful to you, use prayer as a way to be mindful and connect with something that is important to

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Stress Relief Suggestions	
	<p>you.</p> <p>Be mindful about intention. Often when a patient is frustrated with you, it isn't really about <i>you</i>.</p> <p>Try to focus on positive experiences from your day. This could help limit your focus on stressful events.</p>
Socializing	<p>It is important to connect with others. If you need support from your coworkers, ask them for a 5-minute coffee break.</p> <p>Spend time with peers or family talking about non-work related events or ask them to listen to you if you need to vent about a work related situation.</p> <p>Enjoy time with your family pet! You can talk to them as much as you want and they'll always agree with you!</p>
Entertainment	<p>Set aside time to do something that you find fun during your week. Read a book, go to a movie or spend time planting flowers in your garden.</p>

Upcoming Events

Customizing Your Family Practice Toolkit

January 28, 2016 from 6:00pm - 8:30pm

Together with your GP, discover the benefits of creating a customized Family Practice Toolkit (Policy and Procedure Manual) to reflect office and patient priorities. You'll leave inspired with ideas and armed with a series of templates that you can use to build your own toolkit. Watch your email for details.

More on the MOA Network in the New Year! Stay Tuned!