

Physician Wellness, Coping, and Resilience

Physician wellness is a responsibility shared by individual physicians, healthcare systems, and the profession of medicine.

This workshop aims to enhance literacy about how physicians' work puts them at risk for being unwell and provides them with tools they can use to cope with the challenges of their work. Participants are also invited to reflect on how they are impacted by workplace stressors and what coping strategies or resilience practices they have used in response.



Contact us to get started: thewelldocinitiative@ucalgary.ca