Resources on Physician Wellness Throughout the Various Stages of Their Career and Life
Created by members of ACEPs Well-being Committee, June 2015

Categories
- Early career – residency to attending
- Mid career – transition from junior faculty to senior faculty/midlife
- Late career – attending to retired
- Parenting
- Voluntary Career Changes
- Involuntary Career Changes

Early career – residency to attending
1. The White Coat Investor Plethora of information about financial, investing, insurance, contracts, etc.
2. EMRA Career Planning: EMRA.org has valuable information easing the transition from resident to attending.
3. Emergency Medicine: Reviews and Perspectives (EM:RAP) One of the best and most popular Emergency Medicine educational sites
5. The Transition from Resident to Attending Physician, KevinMD.com blog, December 2012

Mid career – transition from junior faculty to senior faculty/midlife

Executive Development Seminar for Interim and Aspiring Leaders AAMC. Targeted at emerging leaders in academic medical centers.

AAMC Mid-Career Women Faculty Professional Development Seminar Physicians and PhD scientists holding medical school appointments and leadership positions within their discipline, department or institutions.

Executive Program in Managing Healthcare Delivery (Harvard Business School) Individuals of health care delivery organizations with more than 10 years of experience in either clinical or nonclinical roles.

The Institute for Medical Leadership: Physician Leadership Development Workshops A workshop originally developed for the AMA to enhance the quality and value of the full spectrum of care that your hospital and Health System offers.

Executive Leadership in Academic Medicine (ELAM) A year-long part-time fellowship for women faculty in schools of medicine, dentistry and public health.

Late Career – attending to retired

8 Ways to Ease into Retirement. Everyday HEALTH, 2015.

1. Financial:
   - Countdown to Retirement: One Year to Go. Bankrate. 2014.
2. **Leaving Practice**: From our psychiatry colleagues but could easily substitute EM for Psych in the article.

3. **Exercise**:
   - [7-Minute Workout app for your phone, tablet or other device](#)
   - [How to Get Your Spouse to Exercise](#), NY Times. 2015.
   - [Exercise to Age Well, Whatever Your Age](#), NY Times. 2014.

4. **Diet**:
   - [Healthy, Meet Delicious](#), NY Times. 2013.
   - [(Only) Two Rules for a Good Diet](#), NY Times. 2014.
     1. Stop eating junk and hyperprocessed food. This eliminates probably 80 percent of the stuff that is being sold as “food.”
     2. Eat more plants than you did yesterday, or last year.
   - [The Empty-Diet-Claim Season](#), NY Times. 2014.
   - [Dieting vs. Exercise for Weight Loss](#), NY Times. 2012.
   - [What Causes Weight Gain](#), NY Times. 2014

   In sum: Sugar is not the enemy, or not the only enemy. The enemy is hyperprocessed food, including sugar.

5. **Sleep**:
   - [How to Sleep Well as You Age](#), HelpGuide.org. 2015.

**Parenting** - as a part of wellness – work life balance


MommyWurk is an online space for moms to gather: to educate, empower and encourage one another.

mommd – Connecting women in medicine. Their goal is to encourage and support women physicians, residents, medical students, premeds and nurses not only in their careers but also in life and home.

Voluntary Career Changes

Non-Clinical Careers for Physicians
This is the SEAK website which is a clearing house and training site for all types of non-clinical careers for physicians. It originally was primarily focused on writing but has branched out to many different options. They also run training programs for non medical writing and networking for non clinical careers.

“I’ve Had it With Medicine!” 16 options for Second Careers
"I've had it with medicine" 16 options for second careers given in this article from Medscape. 17 page discussion with vignettes from individuals who have made career changes.

Doctor’s Crossing. Where physicians create inspiring lives and careers.
A proprietary website which has several discussions and blog posts regarding individual stories about career changes in medicine.

Should You Consider a Concierge Medicine Practice? This article discusses concierge medicine as an alternative. For those who want to stay involved in medicine but do it in an entirely different way—significantly different for an ED doctor!

Involuntary Career Changes

“I’ve Had it With Medicine!” 16 options for Second Careers
"I've had it with medicine" 16 options for second careers given in this article from Medscape. 17 page discussion with vignettes from individuals who have made career changes.

Top 10 Mistakes That you Will Make When you Switch Jobs and How to Avoid Them
James G. Adams, MD, FACEP educational webinar

EM Career Central - EMRA/ACEP job bank

Is Your Job at Risk? Learn to Read the Signs. EP Monthly, November 2011

