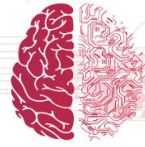


BRAIN 2021



SESSION 12: PHYSICIAN WELLNESS

He who has a why can endure almost any how.
-- Nietzsche

Even before COVID-19, physician well-being had emerged as one of the most important topics in modern medicine. Data from the Intern Health Study showed that almost 50% of physicians experience depression during their intern year. Suicide rates among physicians were rising. It felt like the system was approaching a breaking point.

And now this.

However great the challenge was, it has grown. Today, we tackle this crisis-within-a-crisis head on. Rather than offer a large number of self-study resources, we offer a deeper dive into the experience of burnout and depression among physicians. We hope this will help us all center ourselves before we return to our clinical settings.

With Your Pod

Intern Year: The Game

For this session, we strongly encourage you to play the online version of Intern Year with a group. Note: we expect gameplay will take approximately 2 hours.

If you aren't able to play it together, review the game materials online ([click here](#)), going through as many of the related resources as interest you, then plan to have a discussion about the content with your group.

At the end of Session 12, you should be able to answer the following:

1. What is the prevalence of depression among interns?
2. What are key risk factors for depression among physicians at both the individual and system level?
3. What biological pathways have been implicated in chronic stress / depression in physicians?

When you're ready, [click here](#) to submit your responses.

Fun Extra!

Do:

Find It, Draw It, Know It: Bright Light Therapy and Seasonal Affective Disorder