

March 8, 2018

Building our VPSA Physician Community and Improving Physician Wellness

Cultivating Provider Resilience through Mindfulness

VPSA sponsored lunch with Dr. Rahul Gupta

On February 15th, 33 VPSA physicians had lunch with Dr. Rahul Gupta, a physician and certified coach in Mindfulness Based Stress Reduction.

They heard that mindfulness is much more than just relaxation!

Mindfulness is about “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” (Jon Kabat-Zinn)

- Just another fad?

Studies supported by neuroscience have shown mindfulness decreases physician burnout, improves observational skills and increases provider empathy.

- Yeah, but what about when patients are waiting, you’re behind in your dictations and the phone rings, and your spouse is asking when you’ll be home?

Clearly mindfulness is but one tool. As suggested by the [2017 CMA Policy on Physician Health](#), strengthening the health and wellness of the physician workforce is “a shared responsibility of individual physicians and the systems in which they work.”

Curious to learn more about mindfulness in medicine? Check out [Rahul’s list of resources](#) to help you get started, with books and articles, websites and apps.

Join us for our Upcoming VPSA Community Building & Physician Wellness Events

March 15: Dr. Rod Tukker kicks off our Unique Lives in Medicine Lunch Series

Come and hear of his transformative experience climbing Mount Kilimanjaro and hiking in Torres del Paine National Park with Vancouver Downtown Eastside youth.

RSVP by March 12 at vpsa.rsvp@gmail.com

Thursday Saturday March 17: Want to run with our VPSA wellness team?

[Sign up for the St-Patrick’s day run](#), 5 km around Stanley Park.

Wear your funniest St-Patty’s day costume and join us in the post run celebration!

\$34 registration fee (cut off March 12th)

Sunday April 22: [Sun Run/Walk](#)

Our VPSA wellness team will be there!

Come and join the pandemonium on Vancouver’s street!

\$59 registration fee (cut off March 23rd)

Struggling to get in shape?

Try the free spin classes for VPSA physicians: every Tuesdays 06:30am and Thursdays 6:00 pm!

Classes are held at [SportsCardiologyBC’s](#) New Spin Lab in UBC Hospital.

Find out more and reserve your bike at scbcresearch@alumni.ubc.ca