Abstract Template

Title: JOY AT WORK - the WHAT, the WHY and the HOW of self-care and self-compassion for the MEDICAL PROFESSION using the L.I.F.E.S.T.Y.L.E FIRST Method

Keywords: Doctors, Physicians, Self-Car, Self-Compassion, Joy, Joy at Work, Burnout, Mental Health, Mental Illness

I. Abstract Body (up to 250 words)

Joy at work is about meaning and purpose and connection and ensuring that caring and healing, which is the essence of what physicians do, is a naturally joyful activity. And it centre's on realising the critical value of self-care and self-compassion.

Medicine is an incredibly rewarding profession but the pressures can sometimes be too hard to bear and the question that remains is how can you circumvent these pressures and avoid the burnout and mental decline that affects so many?

We need to value and prioritise our own self-care and self-compassion as a profession and consider joy at wok to be an essential, not a luxury item.

The most joyful people at work are the most productive and engaged and feel both physically and psychologically safe, appreciate the meaning and purpose of their work, have some choice and control over their time, experience camaraderie with others at work, and perceive their work life to be fair and equitable.

So how do you get to be that person?
Here is the toolkit -The L.I.F.E.S.T.Y.L.E First Method® - a blueprint founded in research and literature that takes you through the 10 key determinants of health and happiness, and hence the 10 areas of focus for wellness and joy at work
L: LIFE – What is your life purpose, the central motivating aim of your life, the reason you get up in the morning?
I: IDENTITY – What is your identity – the strong daily affirmation that links closely with your behaviours?
F : FOOD – What eating practices are embedded at work?
E : EXERCISE – What opportunities for movement and exercise would you enjoy and benefit from at work?.
SLEEP – What prevents you from gaining 8h of optimal sleep?
T : TIME OUT – What opportunities for reflective space do you have in your day?
Y : YOUR TRIBE – What level of social connectivity exists as a direct link to longevity, health and happiness?
L : LEARN HABITS – What daily routines in the workplace align to wellbeing?
E : EMOTIONAL WELLBEING – What takes place in the workplace to recognise and reduce stress and foster positivity?

II. Image



III. Reference:

1. Perlo J, Balik B, Swensen S, Kabcenell A, Landsman J, Feeley D. *IHI Framework for Improving Joy in Work*. IHI White Paper. Cambridge, Massachusetts: Institute for Healthcare Improvement; 2017

2. NHS Health and Wellbeing Framework June 2018

3. West, M. Coia, D. Caring for doctors Caring for patients. November 2019

IV. Biography:

Dr Alka Patel is a GP, Health Coach and Lifestyle Medicine Physician in the UK. She is a Regional Director of the British Society of Lifestyle Medicine, a Member of the Royal College of GPs Wellbeing Committee and a GP for the Practitioner Health Service providing a confidential service to doctors and dentist suffering with significant mental health issues and addictions

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