



# Mindfulness and Compassion: Your Essential Toolkit to Remain Steady in Unsteady Times in Health Care

**IN-PERSON LEARNING EXPERIENCE: NOVEMBER 3, 2023**

## Course Description

Between pandemics, the electronic medical record, and the emphasis on the bottom line, the pressures of a career in medicine have never been higher. We can get caught up in worry, harsh self-judgment, and feeling like imposters; the rapid pace of our minds contributes to the high rates of physician burnout seen today. In this program, you'll acquire practical strategies to quiet your mind and gain mastery over worries and self-doubt. You'll learn about the neuroscience behind mindfulness and meditation and practice with a variety of readily accessible tools that will help you attain calm, clarity, and the balance you need to build resilience and avoid physician burnout. The program will be followed up with a virtual session on November 16, 2023, to enforce and reflect on the learning and utilization of strategies and practices.

## Course Objectives

After completing this course, participants shall be able to:

- Explain the neuroscience benefits of mindfulness
- Define mindfulness, compassion, and clinician burnout
- List two ways our brain and bodies respond to stress and burnout
- Learn quick skills to implement at the point of care to bring calm and steadiness to the day
- Recall what mindfulness and compassion are, what they are not, and how to incorporate approaches to reduce stress and burnout

## Registration Fees

Massachusetts Medical Society  
(MMS) Physician Member: .....\$300.00  
MMS Resident/Student Member: .....FREE  
Non-Member Physician: .....\$600.00  
Non-Member Resident: .....\$125.00  
Non-Member Student: .....\$100.00  
Allied Health Professional/Other: ..\$250.00

**Friday  
November 3, 2023**

**9:00 a.m. to 3:30 p.m. ET**

Waltham Woods Conference  
Center, 860 Winter Street,  
Waltham, MA

## Instructors



**Gail Gazelle, MD, MCC, CMMT**

Dr. Gazelle is a former hospice physician, a part-time assistant professor of medicine at Harvard Medical School, and a master certified physician coach.



**Paula Gardiner, MD, MPH, CMMT**

Dr. Gardiner is an associate professor of Family Medicine and Community Health at UMass Medical Center.

## Accreditation Statement

The Massachusetts Medical Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## AMA Credit Designation Statement

The Massachusetts Medical Society designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management study.



"This activity exceeded my expectations."

"I came away refreshed and armed with new tools to support my practice."

"[The program was a] good reminder that we need to take time for us."

"The presenters shared excellent descriptions and experiences of mindfulness and stress reducing techniques."

"Excellent, engaging."



**SPACE IS LIMITED!**

To register for this event or for more information,  
please call **800.843.6356** or visit **massmed.org/mindfulnessCME**

