



Mindfulness and Compassion During Tumultuous Times

Essential Tools to Remain Steady and Whole

IN-PERSON LEARNING EXPERIENCE: MAY 5, 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 in worry, harsh self-judgment, and feeling like an imposter; the rapid pace of our minds contributes to the high rates of physician burnout seen today. At 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 two virtual meetings to enforce and reflect on 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 and 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 is, what it isn't, 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
May 5, 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.



[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**