Beating Burn Out

Caring for the Provider and the Patient

Leadership begins with a QUESTION?

Greatest Untapped Resource is INSIDE the Patient

In 1984 I opened a private practice and spend 1/2 with patients. Hours, why? I'm slow. — Dr. Bruce White

How many Illnesses are Stress-related?

We cause our own stress
- time
- money
- pressure
- husband
- anxiety
- traffic
- insomnia
- fatigue
- work
- alcohol
- leadership
- fear
- deadlines
- medical problems
- kids

Stress over our breath

Control what LIFE puts in your INBOX

Where we have CONTROL

Let go of trying so hard.

Bewarm, take care of yourself.

Respect Autonomy

Instead of trying to figure out what's WRONG, help them TAKE CHARGE of what's HAPPENING.

Healing is

Sometimes it isn't possible, but we still can still BREAK RULES.

Energy follows ATTENTION.