

How to keep your wits about you: maximizing mental and physical wellness in medicine

By the WDS Practice Advisory Committee



TAKE
CARE OF
YOURSELF

From Dr. Catherine Tchanqué-Fossuo:

Mental wellness and physical wellness are two very intertwined, dynamic concepts that need to be balanced. In order to achieve a decent equilibrium, it is important to develop healthy habits, and make healthy choices. It means getting quality sleep, nutrients and exercise, which help to reduce stress. It also involves strong family, social and community relationships, which contribute to building healthy support systems. In addition, one should find ways to unwind, which might not always be easy in our busy world, but this could start with simple steps, like writing down ideas for ways to relax. Finally, being aware of oneself, being mindful, and practicing gratitude.

The [Women's Dermatologic Society \(WDS\) Practice Advisory Committee](#) supports Dermatologists at any stage of their career looking to manage or start their own practice by offering resources on navigating the practice environment. Visit the [WDS blog](#) for more tips and advice.

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