

# Steps to Physician Wellness & Resiliency



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Quality Improvement and Patient Safety

## Live Webinar

*Thursday December 10, 2020 @ 7:30-8:30am*

*Faculty:* Frank Dowling, MD

*Educational Objectives:*

- ◆ Review the warning signs that stress, depression, anxiety or substance use may impact work or personal life
- ◆ Identify strategies to increase personal empowerment towards making positive change, including self-assessment tools
- ◆ Recognize self-monitoring strategies for stress related problems and know when to seek professional assistance

[Click here to register](#)

For more information, contact:

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