

# OXDAT Oxford Deanery Anaesthetic Trainees

The first resource I will offer is me. I've found that the most powerful way to refill yourself when you are drained is directly from the heart of another person, who interacts with you in a kind non-judgemental way.

So here is me:

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## NATIONAL SUPPORT SERVICES

Doctors support network [www.dsn.org.uk](http://www.dsn.org.uk) – website supporting doctors with medical illnesses. Confidential, lots of great stories.

Health For healthcare practitioners <http://www.h4hp.co.uk> - website that collects all the resources available nationally into single hub. Very useful.

Tea and Empathy <https://www.facebook.com/groups/1215686978446877/> - an informal, peer-to-peer trainee support group, formed out of the devastation that occurred with contract imposition. I'm usually in there posting and moderating. Feel free to chat. There is a private Thames Valley Group too....

Canadian Residents (trainee docs) have a wonderful page full of advice too <http://residentdoctors.ca/wellness/resiliency/>

## ANAESTHESIA/ICM SPECIFIC RESOURCES

The AAGBI have a "looking after yourself" page now- <https://www.aagbi.org/professionals/wellbeing/looking-after-your-own-health>

The RCOA have recently performed a morale and wellbeing survey, and are seriously looking into improving it <https://www.rcoa.ac.uk/news-and-bulletin/rcoa-news-and-statements/rcoa-morale-and-welfare-survey>

The Intensive Care Society are looking into burnout as one of their themes of the year- starting with this blog from Liz Mottram <https://blog.ics.ac.uk/2017/02/28/no-smoke-without-fire-the-badness-of-burnout/>. Look out for a special event coming in September....

## COACHING

The PSU offers many coaching opportunities. Its always worth asking- otherwise there are private coaches to find online. Send me an email and I can recommend some...

[nhsx.uk](http://nhsx.uk) is free to register and has many coaching programmes.

<http://dr-hyphen.co.uk/index.php/about/> - Dr Gyles Morrison's website.

## CONSIDERING AN ALTERNATIVE CAREER

Options for Doctors <http://otheroptionsfordoctors.com/> – Website run by Evgenia Galinskaya, a previous speaker from Cambridge. Great stories, careers advice, etc.

The Drop Out Club (American) <http://www.dropoutclub.org/> -massive collection of jobs targeted at ex-doctors. Wide range of fields- pharma, legal, business etc.

Medic Footprints- [www.medicfootprints.org](http://www.medicfootprints.org)- offering coaching, advice on alternative careers, and job opportunities.

#### MINDFULNESS

Oxford Mindfulness Centre [www.oxfordmindfulness.com](http://www.oxfordmindfulness.com)– great website, Lots of details on local courses etc.  
[bemindfulonline.com](http://bemindfulonline.com)– mindfulness at home from your computer!  
[everyday-mindfulness.com](http://everyday-mindfulness.com)– another great website with a great discussion forum.  
[getsomeheadspace.com](http://getsomeheadspace.com) is a great resource for trying/starting meditation.

#### CAKE!

[www.monanniecakes.com](http://www.monanniecakes.com) – This is my wife's website. If you fancy a cake drop her (or me) a line! You can also find her on twitter @monanniecupcake  
[www.amandapennycakes.com](http://www.amandapennycakes.com)– Amanda's website. Her creations are gorgeous. Drop her a line too! On twitter too @apennycakes

#### THE BOOKS I READ TO SURVIVE

During the time my wife was severely unwell and unable to communicate, I read, meditated and prayed to survive.

Some people seemed to really like my reading list, so here it is.

Philip Yancey- Where is God when it Hurts?

•Shawn Achor– The Happiness Advantage

•Malcolm Gladwell– The Tipping Point, Blink, Outliers

•Naseem Taleeb– Antifragile

•Jon Kabat-Zinn– Mindfulness for everyday living

•Steven Covey- The 7 habits of Highly effective people

•Daniel Pink- Drive

•Thich Hnat Nanh– Being Peace

Soren Kierkegaard- Fear and Trembling

Victor Frankl- **Man's** search for meaning

Martin Seligman- Learned Optimism

David Grossman- On combat

#### VIDEOS/TALKS

Pamela Wible talks on **Doctor's** Suicide (and other things) <https://www.youtube.com/watch?v=5cvHgGM-cRI>

Shawn Achor talks on happiness being the secret to better

work [http://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work](http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

Jon Kabat-Zinn (the person responsible for the secularisation of mindfulness) talks to google

employees [https://www.youtube.com/watch?v=3nwwKbM\\_vJc](https://www.youtube.com/watch?v=3nwwKbM_vJc)

MUST LISTEN- Peter Brindley, an anaesthetist and intensivist, gives one of the best talks on burnout **you'll** ever hear: [Burnout: A Crisis of Faith - Peter Brindley - DAS SMACC](http://www.das-smacc.com/burnout-a-crisis-of-faith-peter-brindley)

If you feel you are resilient enough, and want to push your resilience even more- perhaps train people- consider looking at stress inoculation techniques. (Warning: not to be attempted if you are still struggling to fill your cup!)  
<http://emcrit.org/blogpost/on-stress-inoculation-training/>

And finally, here's a lovely post on pulling all these tools together...

<https://betabetic.wordpress.com/2016/03/15/what-is-this-resilience-thing-and-how-do-i-get-some/>

And for the geeks among you who'd love a scientific paper talking about methods to regulate all these feelings...

<http://spl.stanford.edu/pdfs/2015/Gross%20PI.PDF>