

President's Letter

June 25, 2015



**Jonathan Greenland
MD, FRCPC
President**

NLMA Launches Physician Health Video Series

Dear Colleagues:

The NLMA Physician Care Network is proud to launch the first in a series of videos that promote physician health and well-being. The first video in our series serves as an introduction to our campaign. It will be followed by the release of short vignettes throughout the year that explore health-related topics that are relevant to members.

The videos feature real physicians and learners in the province who offer their personal perspectives on themes like career impact on health; resiliency and work-life balance; self-awareness and illness recognition; the value in having alternate perspectives; and, the importance of being both a physician's doctor and a physician-patient.

Your Association understands that we all face unique challenges in managing our own care. As physicians, we are generally healthy; however, stressful work environments and increasing demands on our time can present barriers to maintaining our optimal health. Research shows that physicians often find it difficult to access independent primary health care and we are among the lowest users of formal health services. Our commitment to our patients, our practice, our administrative or academic duties, and our families, can result in our self-care getting put aside.

The NLMA is committed to providing members with options to help you maintain positive health practices. We hope that this video series will get you thinking about your own health needs and inspire you to explore the programs and resources that are available to all NLMA members and their families.

Watch the Video



(web link)

To learn more about the programs of the NLMA Physician Care Network, visit the **Wellness** section of www.nlma.nl.ca. We also invite you to visit our new Research page, which includes NLMA-sponsored physician health research.

Sincerely,

Jonathan Greenland, MD, FRCPC
President

**Newfoundland &
Labrador Medical
Association**
164 MacDonald Dr.
St. John's, NL
A1A 4B3
(709) 726-7424
or 1-800-563-2003
Fax: (709) 726-7525
or 726-7456
www.nlma.nl.ca
president@nlma.nl.ca