



YOUR WELL-BEING MATTERS TO TMA

FREE HEALTH AND WELLNESS EDUCATION FOR RESIDENTS AND MEDICAL STUDENTS

AVAILABLE LIVE VIRTUALLY



TEXAS MEDICAL ASSOCIATION

Physicians Caring for Texans

SCHEDULE YOUR PROGRAM

Complete and submit a presentation request form at texmed.org/PHW or contact phw@texmed.org.

Schedule one of these FREE one-hour live webinars for your organization at texmed.org/PHW.

STICKY WELLNESS TRENDS: CANNABIDIOL AND HEMP

More than half of states, including Texas, have legalized some form of marijuana and cannabidiol. Learn about pharmaceutical-grade cannabidiol and assess related ethical dilemmas.

A ROADMAP FOR FINANCIAL HEALTH

Financial instability is a major source of stress for residents and students and often disrupts studying. Learn how to avoid costly mistakes and stay on the road to your future.

THE COMPLEXITIES OF HEALTH DESERTS

Learn how health deserts affect the overall medical workforce and the disadvantages in these areas to overcome. Explore the opportunities of working in a small community.

PROMOTING WELLNESS THROUGH SOCIAL MEDIA

Learn how to enhance your social media pages with professional posts, reviews, or comments that mobilize your patients to get routine medical checkups and vaccines.

THE DYNAMICS OF CHALLENGING PATIENT ENCOUNTERS

Most physician encounters with patients are positive, but some can be challenging. Learn how to deal with difficult situations and better understand patients and their problems.

BOUNDARIES: WHAT YOU NEED TO KNOW

There is no such thing as a consensual sexual relation between patient and physician. Learn how to maintain professional boundaries in patient-physician and physician-staff interactions.

RESET YOUR CIRCADIAN CLOCK

With more multitasking, frequent interruptions, and few hours of sleep have come a host of health and performance problems for residents. Learn strategies for managing fatigue.

BREAK THE SILENCE: PHYSICIAN SUICIDE

Who is at risk for suicide? Identify risk factors of suicide and the warning signs of a suicidal individual. With this knowledge, you could save a peer's life, or maybe even your own.

PROMOTING RESILIENCE AND WELL-BEING IN OUR WORK AND LEARNING ENVIRONMENTS

Learn how to build a support system to prevent, recognize, and address burnout and create a stable foundation in medical work and learning organizations.

Free Resources and Toolkits for Nine Dimensions of Wellness at texmed.org/WellnessPlugins.