The Women on Track group met for breakfast on Friday, November 17, 2006. The discussion topic was “Work Place Pressure” led by Mary Yarbrough, MD, MPH, Director of Health and Wellness. Attached is the powerpoint presentation which guided the discussion.

1) Depression/Stress
   - Recognized among top problems in the workplace
   - Need to be aware and learn to recognize symptoms of work place depression
   - Issue of stress is not the amount, but how well one copes

2) Getting Advice
   - OHC has programs in place to help the individual address depression
   - Work/Life Balance is key for the faculty member
   - After 55 work hours, need to protect yourself from high levels of stress
   - Don’t be afraid to speak up, in a positive manner, for the things you need

3) Useful Tools for Fighting Stress
   - Quiet time/Meditation
   - Participate in healthy lifestyle choices/Exercise
   - Give and receive affection/Focus on family relationships
   - Consider spiritual aspects of life
   - Strive for open communication

The Faculty and Physician Wellness Program provides confidential education, evaluation, diagnosis and treatment, monitoring and reporting. The most important aspect is that everyone knows what resources are available but the individual has to take responsibility to seek out these resources if needed.

Future meeting date:
   December 15, 2006 - Panel discussion regarding balancing work and family.