

Practising Well Community of Practice

Addressing Overwhelm: How to set boundaries and prioritize self over practice

December 14, 2022

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

At the core of Practising Well are three distinct, yet interrelated, parts:

- [Community of Practice](#): Virtual sessions by family physicians, for family physicians. Connect in real time and learn with your colleagues.
- [Information Exchange](#): An easy-to-navigate online repository designed to help you quickly find the information you need.
- [Peer Connect](#): Continue your learning journey and partner with another family physician, one-to-one or in a small group.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

For You

Resource	Source	Link
Centre for Mindfulness Studies	Centre for Mindfulness Studies	https://www.mindfulnessstudies.com/
Centre for Mindfulness Studies App	Centre for Mindfulness Studies	https://www.mindfulnessstudies.com/get-the-app/
CMA Wellness Hub	Canadian Medical Association	https://www.cma.ca/physician-wellness-hub
Compassion Fatigue and Moral Distress	Canadian Medical Association	https://www.cma.ca/physician-wellness-hub/topics/COVID-19-wellness
Wellness Connection	Canadian Medical Association	https://www.cma.ca/physician-wellness-hub/wellness-connection
Mindfulness: An Eight-Week Plan for Finding Peace In A Frantic World, by Mark Williams and Danny Penman	Indigo – Audiobook	https://www.chapters.indigo.ca/en-ca/books/mindfulness-an-eight-week-plan/9781609618957-item.html

Healthy Minds App (Dr. Richard Davidson)	Health Minds Innovation	https://hminnovations.org/meditation-app
Attending by Ronald Epstein (Book)	Ronald M. Epstein website	https://www.ronaldepstein.com/attending
How clinicians can be restored rather than broken by the pandemic (CFP article)	Canadian Family Physician	https://www.cfp.ca/content/cfp/68/4/252.full.pdf
Brené Brown Dare to Lead List of Values	Brené Brown website	https://brenebrown.com/resources/dare-to-lead-list-of-values/
Staying Human in Medicine, by Kevin Dueck MD	in-Training.org	https://in-training.org/staying-human-in-medicine-26247
Greater Good Magazine	The Greater Good Science Center, Berkeley	https://greatergood.berkeley.edu/
Balint Groups	Canadian Family Physician	https://www.cfp.ca/content/58/3/245
CHORUS Voices Rock Medicine Are Health Care Workers Hoping To Inspire	Canada's Got Talent – YouTube video	https://www.youtube.com/watch?v=6z7kdVYPjIM

Education

Resource	Source	Link
Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect

Supports for you and those you care about

Resource	Source	Link
Physician Health Program	OMA	https://php.oma.org/
Health Care Provider Resource Site	CAMH	http://www.camh.ca/covid19hcw