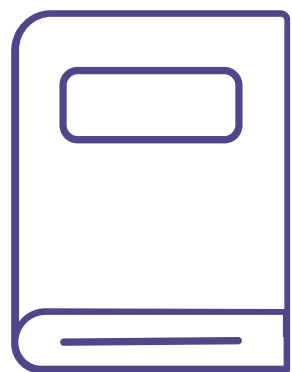


Diversity, Equity, and Inclusion



In this edition we reflect On Mental Health...

Maintaining mental health is a challenge for physicians, surgeons, medical students, and allied health professionals. Intensely emotional situations, long hours, and the demands of physical work all contribute to the difficulty of maintaining mental health. Sadly, each year, an estimated 300 - 400 physicians in the U.S. die by suicide, roughly one physician a day. This is twice the rate of the general population. Moreover, suicide deaths are 250 - 400% higher among female physicians when compared to females in other professions.

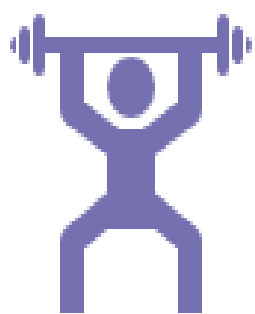


Topical Reads and Videos

- Out of the shadows: Physicians share their mental health struggles
- Healing Medicine's Future: [Prioritizing Physician Trainee Mental Health](#)
- [2023 Academic Surgical Congress Presidential Address](#) (Details a surgeon's experience with substance use)

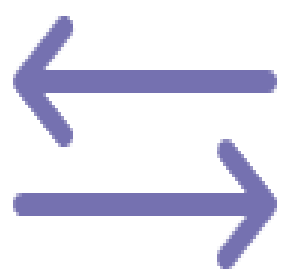
The interplay between mental and physical health

Significant literature supports the connection between mental and physical health.

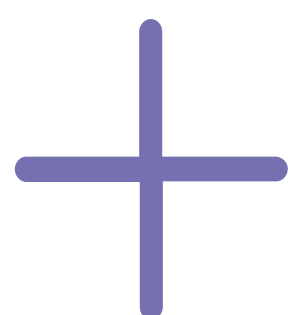


Exercise "improves mental health by reducing anxiety, depression, and negative mood by improving self-esteem and cognitive function".

Northwestern Medicine Fitness and Recreation



The relationship is **bi-directional**: poor mental health also impacts surgical outcomes. For example, "Up to 60% of patients who undergo open-heart surgery experience depression, which has been attributed to worse outcomes - higher mortality rates, increased risk of readmission, infection, and other post-op events."



In this **randomized controlled trial** of gratitude intervention, we learned positive psychology interventions (such as "giving gratitude") can be used to foster good psychological wellbeing and mental health and protect against depression and other symptoms.



Benjamin Many, MD, MS
Former Editor, DEI Newsletter
Former General Surgery PGY-5
Current IU Pediatric Surgery Fellow

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We would love to hear your voices! Click here to submit your discussion topics.

Resources for Faculty

- [IGNITE Employee Groups](#)
- [Scholars of Wellness](#)
- [The Office of Well-Being](#)
- [Peer-to-Peer \(P2P\) Network](#)
- [Suicide/crisis hotline](#)
- [Substance Use Disorder resource](#)
- [FSM Faculty Wellness Program](#)
- [Employee Assistance Program \(EAP\)](#)
- [The Happiness Lab podcast](#)

Mental Health and Wellness Resources for Residents

For acute issues, please call or text: (800) 456-6327 (Perspectives Counseling)

Emotional Wellness Resources

You can find additional resources on a variety of mental health topics including adult ADHD, eating disorders, anxiety and depression, family wellness, and sleep wellness.