



Summary

In the simulation, you learned the importance of:

Becoming Part of a Medical Team

- Taking responsibility for preparing to work with the team ahead of time.
- Looking up information as needed, but asking questions or for help when appropriate.
- Being aware that residents face their own challenges, while being tasked with acting as instructors, something that is new to many of them.

Read More:

[Challenges in Working with Patients, Coworkers, and Superiors; Clinical Teamwork](#)

Offering Peer Support

- Checking in with peers to see how they are doing, offering brief words of caring and encouragement, or arranging to talk later.
- Sharing your experience of what has worked for you. Letting them know they are not the only ones struggling, but also helping peers come up with their own solutions to their problems.
- Drawing out peers by using open-ended questions and reminding them of the help and resources available.
- Being fully present, offering empathy, and using reflective listening with peers who need support.

Read More:

[Compassionate Communication Skills; Peer Support](#)

Taking Care of Yourself

- Eating and sleeping well, exercising regularly, and taking relaxation breaks. Avoiding unhealthy ways of coping. Taking a deep breath in a stressful moment.
- Rolling with the common stresses of medical training that cannot be changed.
- Reaching out to a peer or using other informal and more formal supports available.
- Noticing positive experiences, such as things learned that will develop you as a better physician.

Read More:

[Self Care](#)

Using Healthy Coping Skills

- Using healthy coping responses such as peer support, exercise, or distraction rather than unhealthy ones such as eating junk food or excessive alcohol or other substance use.
- Remembering that you usually have several choices in how you respond to challenges in medical training.
- Remembering you can choose not to drink alcohol. Drinking less alcohol is healthier. If you do drink, keeping it moderate or less, that is, one drink or less or a woman and two drinks or less for a man in a day.

Read More:

[Avoiding Harmful Ways of Coping; Diet, Exercise, Rest & Reset, Sleep](#)