



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

Developing Personal Resilience in the Healthcare field

Healthcare organizations are paying attention to creating an organizational infrastructure to support physicians and other healthcare practitioners. The **Stanford Wellness Framework** is being used by many organizations to address this issue, and consists of three domains that help build professional fulfillment and even what has been called **Joy In Medicine™**:

1. Culture of Wellness
2. Efficiency of Practice
3. Personal Resilience



While the organizations themselves largely drive the first two factors, **Personal Resilience** is something that YOU can impact and something that your EAP can certainly support!

Remember the EAP is available for support and consultation to you and your family members. Please feel free to give us a call!

Sinsky, Christine, et al. "Creating the Organizational Foundation for Joy in Medicine™." [stepsforward.org](https://www.stepsforward.org/Static/images/modules/50/downloadable/Organizational_foundation.pdf)
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Remember your EAP can help you stay RESILIENT:

- We can provide you and your family members free, confidential **counseling and coaching**.
 - You can call us to see an experienced professional counselor near you for up to six (6) confidential sessions.
 - We can support you and your family with any personal or work-related challenges to help build your resilience.
 - We can work with you on self-care methods to help you stay resilient throughout your career.
- We can provide free, confidential, neutral **financial consultation** with experts on issues that impact you.
 - You can call us for a 30-minute telephone consultation with a certified financial expert on issues that impact you and your family.
 - Examples of these matters include retirement planning, budgeting, debt consolidation, taxes, 401(k) analysis, home buying strategies, college funding analysis, and student loan debt.
- We can provide free **legal assistance** for non-work-related issues.
 - You can call us for a free 30-minute face-to-face or telephonic consultation with an attorney near you. If you need more than the 30 minute consultation, the attorney will reduce their ongoing fees by 25%.
 - Examples of these matters include civil/consumer issues, personal/family legal services (adoption, custody, divorce, name change, and other domestic or family law issues), real estate, criminal matters, tax matters, estate planning, and immigration issues.
- We can provide free **Eldercare/Healthcare Navigation consultation**, for issues related to elderly parents, ill children, or navigating through other healthcare issues

Employee Assistance of the Pacific

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