

# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Brown F, J Ment Health Aging 2019, Volume 3

## **A REGULATED MIND IS A HEALTHY MIND: MAKING THE CASE FOR MINDFULNESS TO ADDRESS BURNOUT AND RESTORE HEALING IN THE WORKPLACE**

**Brown F**

Touro College of Osteopathic Medicine, USA

Physician's burnout has reached epidemic proportions as documented in national studies and published in peer reviewed journals. Exposure to prolonged, work-place stress has far-reaching consequences; affecting patients, doctors, and hospital systems. Characterized by emotional exhaustion, disconnection and diminished self-worth, doctors experiencing burnout are at higher risk for depression, anxiety, substance use disorders, marital discord, being reported as "disruptive"; placing their license to practice in jeopardy, strident relationships with patients, colleagues and staff, insomnia and fatigue making them vulnerable to medical errors that's reported to be responsible for approximately 250,000 patient deaths annually and most seriously, death by suicide. Mindfulness is a disciplined, skills-based, mental training; scientifically proven to enhance individual awareness, attention, intention and connection. As an intervention, it's an efficient, effective, non-intrusive practice that can be leveraged to mitigate burnout, promote relational healing, while also decreasing system liability.

## **BIOGRAPHY**

Brown F is a Counseling Psychologist, Performance Strategist, Author and Speaker. She completed her doctorate in Counseling Psychology from Argosy University, USA. Her research, "Exploring Oncologists Attitudes Toward Seeking Mental Health Services" led to establishing a practice to address the health and well-being of physicians, authoring a book entitled Burnout: The Gift, and to her appointment as an Adjunct Professor at Touro College of Osteopathic Medicine, Harlem, USA to build wellness models for doctors in training.

[drfaithbrown@gmail.com](mailto:drfaithbrown@gmail.com)



Note: