

The American Society of Anesthesiologists (ASA) recognizes the rigors, demands and stressors experienced by physician anesthesiologists. Unfortunately, the data show that too frequently these burdens are accompanied by burnout, physical illness, substance use disorders and occupational exposures. The Committee on Occupational Health of the ASA has long recognized that the health of our physicians determine the health of our profession and has committed to addressing physician health on numerous fronts.

Under the Committee on Occupational Health, Advisory Groups have been established in several realms, adding expertise to the committee in certain important areas. These include:

- Infection Control
- Substance Use Disorders Prevention
- Physician Health and Well Being

The Advisory Groups are equipped to address a myriad of wellness related topics. Given the growing crisis of physician burnout, depression, and suicide, **proactive and reactive** measures to address well-being are paramount to the overall health of the profession. Members have specific research and project interests including, but not limited to: infectious disease, substance use disorders, mindfulness, burnout, peer support, resiliency & positivity training, physical fitness & nutrition, and the aging physician.

To address the issues of burnout & depression and optimize physician wellness, our efforts focus upon:

1. Enhancing connections between members with interests in wellness related areas, in order to
 - a. disseminate best practices
 - b. serve as a repository of wellness experts
 - c. foster collaboration between departments on scholarly work related to wellness
2. Provide online resources for the membership at large
3. Encourage lectures, workshops and seminars on wellness related topics at national and regional meetings
4. Reduce the stigma of wellness related topics and foster open discussion of solutions

We believe that happy and balanced clinicians are more humanistic and effective clinicians, and we give that our wholehearted support!