

## **Golden State MD Health & Wellness**

### **Commitment Statement on Clinician Well-Being and Resilience**

In recognition of the National Academy of Medicine's Action Collaborative on Physician Well Being & Resilience, Golden State MD Health & Wellness announces the launch of a customized mind/body fitness service targeting the physician and clinician burnout crisis. Burnout is a state of emotional exhaustion and depersonalization linked to the loss of hundreds of qualified doctors from the health care system each year due to drop out and even suicide. Burnout has been linked to lower standards of patient care and dysfunctional family and personal relationships. To Care Is Human and Golden State MD has joined the movement to confront physician burnout by creating safe, therapeutic, non judgmental environments offering a spectrum of wellness services. Exercise, physical activity, nutrition support, sleep optimization, mind body relaxation methods, therapeutic massage and myofascial release...all can be used to heal the devastating impacts of physician burnout!