

# NATIONAL ACADEMY OF MEDICINE

## ACTION COLLABORATIVE ON CLINICIAN WELL-BEING AND RESILIENCE

### STATEMENT OF COMMITMENT FROM "RIGHT BRAIN RESCUE"

*"Creativity is a brain activation pattern that can be amplified with some effort and a bit of practice." --- Dr. Shelley Carson, PhD, Harvard Neuroscience.*

This is the cornerstone of **Right Brain Rescue**: to teach clinicians how to tap into their creative power and use this to build resiliency, happiness, mindfulness and joy. Right Brain Rescue's mission is to elevate the topic of Creativity to daily conversation, as the 6<sup>th</sup> Vital Sign needed to help our clinicians thrive in a toxic system.

This program is 100% aligned with the goal of diminishing burnout and fatigue, and it goes above and beyond any weekend "retreat" or "conference." It pairs clinical research in neuroscience with nutritional functional medicine to coach clinicians to apply a daily method that primes their brain activation patterns for a lifetime of sustainable results.

In 2001, Pain was adopted as the 5<sup>th</sup> vital sign. By focusing on this, our collective Pain has grown. Imagine in 10 years.....after we deliver this Creative Trojan Horse into all medical schools, residencies and hospitals. Once clinicians feel the healing power of Creativity, they can help their patients rekindle this life force by asking, "What did you do to feed your creativity today?". Perhaps then we could have a world of innovative, grounded, thriving citizens.