

Resident Affairs

Official Newsletter From the Resident Affairs Team



DMNB ASSISTANT DEANS MESSAGE

[DR. LISA SUTHERLAND](#)

Welcome!

July 1 represents much change for residents and their loved ones. To navigate transformation and multiple roles of learner/teacher, feedback receiver/provider, leader/follower, care provider/receiver, and more. Residents are well advised to be nimble, proactive, organized, respectful, embracing of diversity, curious, ethical, humble, motivated- it's a lot. Dr. Hailey Wickenhouser, Olympian, and Family Medicine Resident at University of Toronto advises residents "to protect their time ruthlessly, "chase joy" and try to experience the little things they love because "it can't be all medicine," and find mentors to support their learning." She notes, "I'm an expert in one field and neophyte in another. There's more responsibility in residency and it's uncomfortable not knowing what the day will bring," she admits. "But I am failing forward (safely) every day and learning to roll with it." [From veteran to rookie: Dr. Hayley Wickenheiser](#)

At Resident Affairs we understand residency can be overwhelming, and life exists outside of medicine. In welcoming you we would like to engage in a discussion of vulnerability while offering our services in triage and support as you adapt, hopefully thrive, in your new roles. [Please reach out anytime.](#)



YOUR WELLNESS SPOTLIGHT

[SHARON FORWARD,
DIERCTOR](#)

From all of us in Resident Affairs, welcome to the new PGY1's and to the next stage of your medical career. Most of you maybe experiencing mixed feelings of excitement, apprehension, anxiety, and some self doubt.

Brene Brown's book, "**Daring Greatly**", describes vulnerability as "uncertainty, risk, and emotional exposure."

Brene talks about how we tend to "armor up" to face the day to avoid uncomfortable feelings and to feel more in control. Here are a couple of tips from "Daring Greatly" to reflect on as you navigate your first few months of residency:

- Feeling overwhelmed? Focus your attention gently on your breath and the sensations in your body for a few moments before returning your attention back to the task at hand.
- Don't worry about being perfect- in fact, don't even consider it. No one is perfect, and the more you hold yourself to an impossible ideal, the more easily you will give up.

Looking for more mindfulness tips? [Reach out to get an access code](#) for the [Ten Percent Happier app](#) for 6 months of free access.



LIVE LIFE SUMMER VIBES

[DR. RENEAL LESKIE,
DMNB RESIDENT
AFFAIRS ADVISOR](#)

Want to run to run a marathon, attend an outdoor concert or go on a boat cruise? If so, check out the long list of festivals and events taking place over the next few months!

Summer is a great time to rejuvenate your mind, body and spirit. We encourage you to get outside and enjoy all that summer has to offer.

The options are endless!

- Like attending [Paracanoe World Championship](#) (FUN!)
- [Area 506](#) (The Long Weekend will soon be here)
- Or a musical starring [Great Big Sea's Alan Doyle \(will there be Donkey Riding?!\)](#)

Whatever it may be, you can find it in a province near you!

- [New Brunswick Tourism](#)
- [Nova Scotia Tourism](#)
- [Prince Edward Island Tourism](#)

RESIDENT AFFAIRS

FEATURE ARTICLE

BY DR. ROBERTA PRESTON, COACH

Impostor Phenomenon (IP) was first referred to by Clance & Imes (1978) as a cluster of beliefs that include the fear of being found out as an intellectual phony, strong resistance to internalizing feelings of accomplishment, and the opinion that personal success is somehow random, ill-deserved, or even down to luck.

There are many suggestions why we develop IP but it seems the messages we (externally) received and (internally) created, factor in its formation. For example, if we were recognized as the 'smart' one in a group, we may have downplayed our achievements to avoid attention. Perhaps our home/school/sport environments had very high standards of achievement. Maybe we had to secretly work harder than those around us, making us feel not 'smart enough' in comparison.

If this sounds like you, don't worry. You are not alone. IP exists within all professional groups. Prata and Gietzen (2007) suggest there is True IP which persists regardless of achievement, and Transient IP which is temporary and context-dependent (such as the beginning of clerkship, residency, or assuming a leadership role). In their systematic review, Bravata, Madhusudhan, Boroff, Cokley(2020) examined four decades of evidence-based literature. They found IP can also co-exist with depression, anxiety, burnout, and social challenges.

According to Young (2011), there are five different types of IP. Do any seem familiar?

1. The perfectionist has unattainable standards, and one small mistake causes great anguish.

2. The expert has an insatiable quest for knowledge and feels deep shame when they do not know the answer to a question.

3. The natural genius learns very quickly but can feel like a fraud when faced with a learning challenge they cannot easily resolve (e.g. most of residency).

4. The soloist is self-sufficient and asking for help is an admission of weakness. They prefer to struggle in silence.

5. The superhero who takes on many different roles, more than most can handle. If unable to excel in all they commitments, they can feel like a fraud.

The good news is we can actively work to address the impact of IP. Suggestions to start reframing our IP include:

1. Speak openly about IP: The more we discuss feelings of self-doubt, the quicker we realize we are not alone. Speak to a trusted mentor or peer. Ask how they overcome doubts they have about a procedure, exam, not knowing an answer, etc.

2. Question your thoughts: Recognize the stream of critical self-talk and be prepared to challenge it with two simple questions, "Is this true?" (e.g. I don't know anything") and "Is this always true?" (e.g. "Umm, no")

3. Create reminders: Place a reminder in your calendar for the day before you start a new rotation, give a presentation, etc. how IP thoughts could get in the way. Keep an active list of skills learned and areas for improvement. The goal is to move items over, not wait for perfection. You will soon see how quickly the list grows as you move through residency.

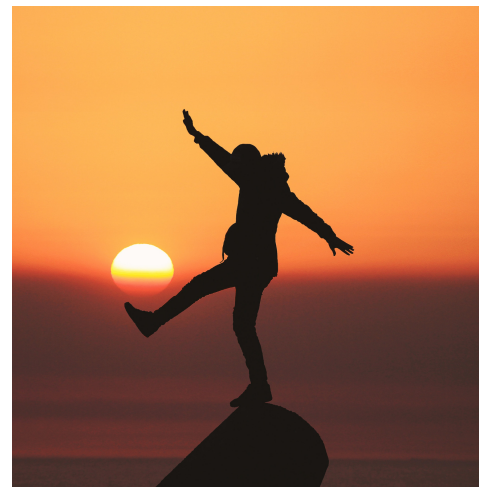
INTERESTING ARTICLES

[DR. CAROLYN THOMSON, ASSISTANT DEAN, DMNS](#)

As our new PG1s settle into their new normal and the rest of you progress in your training, I thought I would share with you some quick resources on finding work life balance. This is a challenge for all of us throughout our medical careers. Remember, you will never achieve perfection as work life balance is about the journey and not the destination.

Enjoy your summer!

- [TIPS FOR ACHIEVING WORKLIFE BALANCE](#)
- [RESIDENCY SURVIVAL GUIDE WORK LIFE BALANCE](#)
- [STRIKE THE BEST WORK LIFE BALANCE](#)



On behalf of everyone at Resident Affairs, we wish you a successful year ahead.