

PHYSICIAN WELLNESS at FRASER HEALTH 2020



OUR VALUES

Compassion for self and others
Creating a *Community* of Wellness
Courage to create change
Accountability for self and others
Respect

OUR VISION

Physicians Flourishing

OUR MISSION

Physicians advocating for a culture of wellness and supporting initiatives that create a healthy, resilient and valued community of physicians in Fraser Health

ADVOCATE

Advocate for and Create a **Culture of Wellness** in the Medical Community of Fraser Health where Physician Wellbeing is a Quality Indicator



BUILD TEAMS

Identify a **Team of Physician Wellness Leaders** in each community/ site and support them with guidance, training, and resources



CONNECT

Establish a **Connected Community** of Local Physician Wellness Leaders who can support each other, share knowledge and resources, and collaborate with wellness work across FH



EMPOWER

Provide **Physician Wellness Leaders** with **resources and learning opportunities** to support their own Wellness and build capacity to meet the needs of their communities

