

## **KLAA COMMUNITY CARES SHOW**

Episode: # 744

Title: Health Care Workers Mental Health

Guest/s: Dr Gail Gazelle, Assistant Professor of Medicine at Harvard Medical school and physician coach – author of Mindful MD

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Host: Tammy Trujillo

Duration: 26 minutes

Issue(s): Health, Mental Health, Employment

- Current stressors associated with being in the medical field
- Ways the pandemic amplified it
- Overcoming imposter syndrome with mindfulness and cognitive training
- How the corporatization of medicine has increased the stress level
- How patients can connect better with their medical providers