

**Nobody Told Me it Would be this  
Scary!**

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# Disclosures

- None!

# Objectives

- Normalize “imposter syndrome” and the fear involved in practice
- Review strategies for minimizing work stress
- Discuss the benefits of setting limits early in ones career
- Reinforce self-care

# WARNING!

- This is an INTERACTIVE hour!
- Chug down that coffee and get ready to participate!

# Imposter Syndrome

- This feeling has a name?
- Symptoms
  - Name some for me
  - Anyone? Bueller?

# Imposter Syndrome

- Fluke
- Accident
- They'll figure it out and take it back
- Luck

# Catastrophize it Through

- .....
- Someone dies
- You get sued
- CMPA settles
- ?lose license?
- Are you only a doctor?

# Others don't always help

- “How did you get into med school?”
  - “This is important and you don't know it!”
  - OR nurses
  - Competitive colleagues
- 
- Here's a DIRTY LITTLE SECRET:



**This is COMPLETELY normal!**

Those who aren't incredibly intimidated by learning and practicing medicine are likely overconfident, under-skilled, sociopaths!

# But...

- It's a problem if it impairs your functioning
- Examples?

# Imposter on Your Back

- Avoid taking call
- Avoid procedures you can do
- Ruminates over charts
- Obsessively review patients
  
- At some point you need to suck it up, take a deep breath, and do it...

# ...and it will be terrifying

- My friend Lars
- We are surprisingly capable
- Coping with the terror – how do you do it?  
(yes, this is where you participate)

# Coping with Fear and Minimizing Stress

- My bag of tricks
- The acronym courses
- My cell phone
- Supportive colleagues
- UpToDate
- Exercise
- knitting

# Another Demon to Ward Off

- Depression
- Medical school and residency read like a recipe book for depression
- What are some activities (or lack there of) in the training process that you can identify that might lead to depression?

# Staying out of a DSM-IV(TR) Category

- Minimize debt
- Sacred activities
- Part time any one?
- Easy to build but hard to shrink
- How much money do you really need?
- Mentors
- Consider your partner's needs

# Secret Self





# Who is your secret self?

- I'll tell you mine if you tell me yours!

# Get rid of the “shoulds”

- Health system – you can't fix it
- Keeping up with the Dr Jones
- If you get into a deep hole...
- Start saying “no” and DON'T give an explanation

# People Pleasers

- The plague of medicine
- Allow the existence of the thin white line
- Here's my (abbreviated) path on how to become a dean....

# PPP

- People pleasers rise to the top
- Why might they not be the best people to play leadership roles in medicine?

# In Summary

- It's scary and, if you're good, it always will be
- Many of us feel like frauds and that's normal
- Minimize your stress by looking after yourself, saying "no", and having reasonable goals
- By virtue of your training and your job, you are at high risk of depression – watch out for yourself and your colleagues
- Take a deep breath!

# Thank You

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