



Help Shape Our Local Health System

Welcome to Edition 5 – we invite you to send us your questions and ideas for information you would like in these communiques – please share widely.

Access to Outpatient Therapies for COVID-19

Last month, Health Canada approved the use of Paxlovid for eligible adults with COVID-19. Key information for primary care providers on how to access Paxlovid and sotrovimab for eligible patients can be found [here](#).

Physician Wellness Series

REVIEW: *Achieving peak performance requires an appropriate mindset, sustainable skills and basics of recovery.*

What is your mindset?

There are 4 supportive mindsets: calmness, confidence, focus, and trust. These mindsets are further strengthened by **sustainable skills that we can all learn**. Optimism, control and grit have the power to transform our lives and relationships. Finally, there are the **basics of recovery which need to be inserted into each day**. We need to think well, move well, eat well, hydrate well and sleep well. EVERY. SINGLE. DAY. Sustain yourself. Do not feel guilty for this. Your success depends on a refreshed body, mind and spirit.



DO YOUR HOMEWORK: Think of a time when you were at your best. What strengths were evident? How did you use those strengths in a meaningful way? How can you leverage those strengths to remain well, and to support the wellness of your colleagues?

Mental Readiness

Some stress maximizes our performance, this is considered ‘healthy stress’ but too much stress or ‘allostatic load’ for too long is dangerous. This can lead to exhaustion and burnout and has a myriad of negative effects on your physical health as well as emotional wellbeing. Challenging ourselves to push past our comfort zones isn’t necessarily bad, but we need to find a zone where we are ‘scared’ but not ‘terrified’. The link below is a brief interview with professional Solo-rock climber Alex Honnold who speaks to CNN’s Anderson Cooper about how to “exceed comfort zone” and overcome fear. We hope you enjoy it.

SELF REFLECTION: How do you prepare for your peak performance? Do you know your environment? Are you ready/prepared for the day? Is there something you need to practice or rehearse? Who is your back up and your team?

Watch this video: <https://www.cnn.com/videos/us/2020/11/14/rock-climber-alex-honnold-getting-out-of-comfort-zone-anderson-cooper-acfc-vpx.cnn>

NEXT: Mental readiness skills including awareness, focus, visualization, imagery, dealing with distractions, and grit.

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Visit us on our website: <https://www.ottawaoh-t-eso.com/primarycare>

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