

Welcome to your Honor Self Starter Kit! Start with your *Self Assessment*. Identify one essential area to address and give it your all. Only change one area at once.

Then, identify your top 10 key items to honor yourself. I provided an example of the items that I've chosen, see *Tetlow 10*. For me, I chose five things to remember to do, plus five things that summarize the attitude and response to life that help me remember that my presence and choice for compassion for myself and for this moment are enough.

If you are new to provider self-care, we have provided a *Provider Wellbeing Framework* handout that shows a simple schema of the important areas, including emotional health, mindset and community, and which notes there are formal and moment to moment practices that support these. For an explanation of the schema, please listen to the talk entitled *Honor Self: For Healthcare Providers*.

Once you've identified the key things that are important for you, print out several copies of your *Honor Self: Important Things First* weekly schedule. Put the important things in first, as you review and note what else you ask of yourself this week, in terms of your role as a clinician, family member, citizen, etc.

For context regarding the transition from conventional to integrative and functional medicine, I have provided an *Honor Self Blueprint* handout. This document represents an evolution of mentoring clients over years. The blueprint explains what is different in functional medicine compared to conventional medicine; what challenges we encounter as providers as we transition to and maintain our practice; key solutions to these challenges; and finally what our lives can be like if we can fully transition to the new medicine.

The last step of your starter kit is to prepare yourself to attend an **online** Honor Self Retreat. This is our capstone offering, <https://philly-im.com/honor-self-retreats>.

Honor Self Retreats

With time, we know what to do in this new medicine, we know how to help our patients, what tests to order, and what to do with the test results, to the best of our ability...**and then there is a pandemic!** While on retreat, we address foundational concerns for functional medicine providers and address more recent challenges we are all facing. Our intention is that you experience insight, relaxation and a deep sense of compassion for yourself. Get connected to yourself and with your colleagues. Begin to release overwork, fear, self-criticism, perfectionism and other obstacles you currently face.

To learn more about Honor Self Retreats, visit <https://philly-im.com/honor-self-retreats>.

DAILY REVIEW: 10-15 MINUTES / DAY

NOTE THREE MOMENTS TODAY WHEN YOU FELT 'OFF' OR NEGATIVELY AFFECTED—WRITE DOWN KEY WORDS, INCLUDING HOW YOU FELT. UNHAPPY EVENTS OR FEELINGS THAT RETURN OVER AND OVER CAN BE HELPFUL CLUES FOR OUR GROWTH. WAIT 10 DAYS TO REVIEW YOUR NOTES. THE MOST EFFECTIVE WAY TO LEARN FROM A DAILY REVIEW IS TO COMPARE IT TO 'SELF-INVENTORY OF GROWTH AREAS' AND CONNECT THESE WITH DAILY DISHARMONIES. CONTINUE DAILY.

INITIALS:

DATES:

DAILY REVIEW

DAILY REVIEW

DAILY REVIEW

Honor Self

Self Assessment

1. Circle the best answer for you.
2. Identify the one essential area to address and give it your all. Only change one area at once.

I have loving relationships.	Stuck	Doing ok	I'm there/Its great
I see my role in creating my life. I can change.	Stuck	Doing ok	I'm there/Its great
I know how to relax and I do it daily.	Stuck	Doing ok	I'm there/Its great
I make time to eat.	Stuck	Doing ok	I'm there/Its great
I eat nourishing foods.	Stuck	Doing ok	I'm there/Its great
I exercise on a daily basis.	Stuck	Doing ok	I'm there/Its great
My body has time and interest in sexuality.	Stuck	Doing ok	I'm there/Its great
I sleep enough and it is good sleep.	Stuck	Doing ok	I'm there/Its great
I have fun. I laugh. I smile.	Stuck	Doing ok	I'm there/Its great
I make time to be in nature.	Stuck	Doing ok	I'm there/Its great
I respond to my body's needs and my body feels healthy.	Stuck	Doing ok	I'm there/Its great

Tetlow 10

Brainstorm 10 things that are uniquely essential for you to feel in balance. These are 'things you need' or habits, as well as attitudes. Make the list such that if you were to cultivate these areas, you would feel you were honoring yourself as the center of your life.

Things I need

- _____
- _____
- _____
- _____
- _____

Attitudes

- _____
- _____
- _____
- _____
- _____

As an example, I share the five habits and attitudes that I have identified to help me stay centered. I don't do these perfectly. They change over time. **My Tetlow 10:**

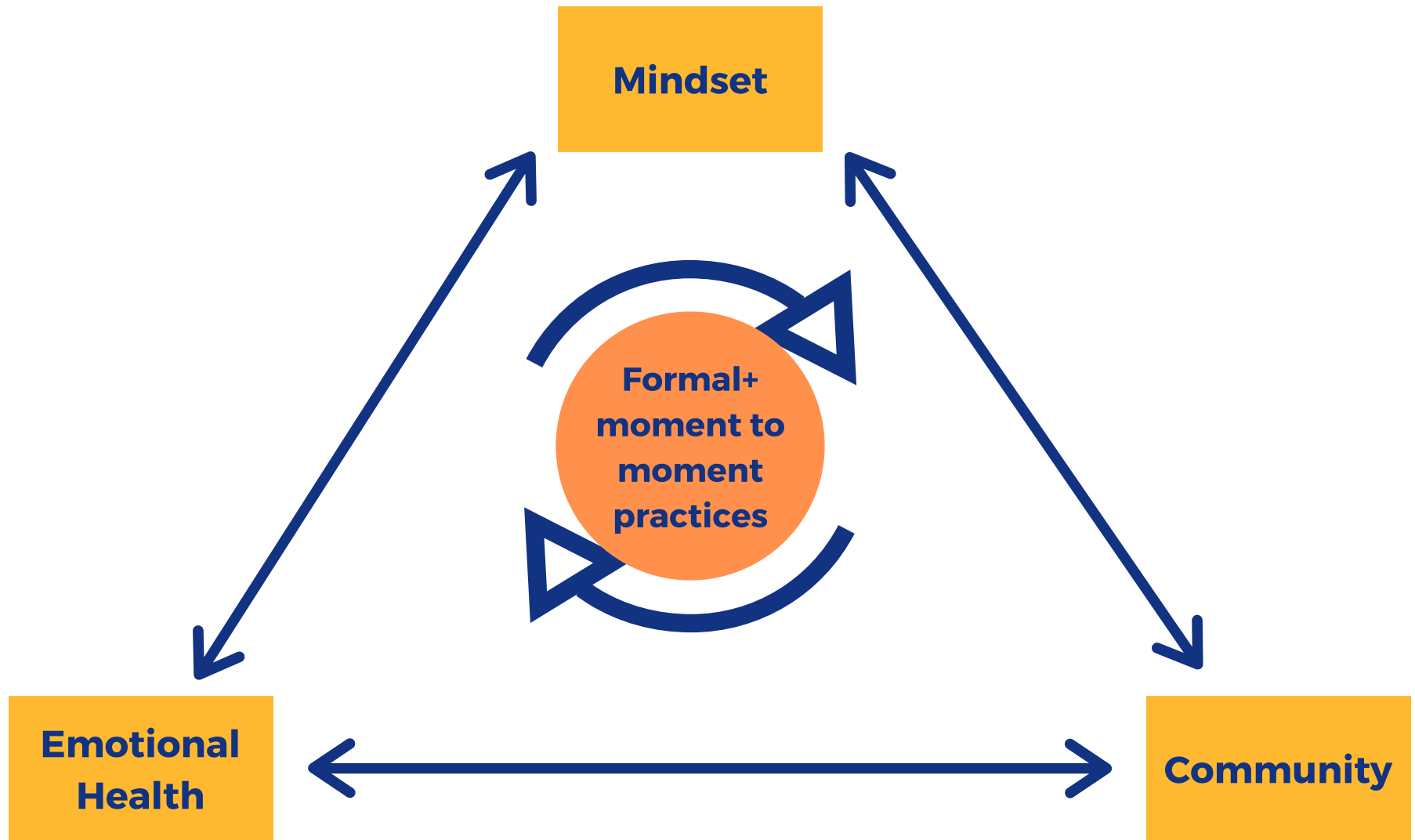
Things-to-do

1. Early bedtime
2. Exercise or dance 3x/week
3. Time for pleasure
4. Community/connection
5. Regular mind body practice

Attitudes

6. Gratitude: what's right
7. No need to rush
8. Do chosen task, watch for distractions
9. Ask for help
10. Open heart, communicate needs

Provider Wellbeing Framework



For full context, listen to the Honor Self: For
Healthcare Providers talk at [www.philly-
im.com/providers](http://www.philly-im.com/providers)



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Honor Self: Important Things First

WEEKLY SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
8am							
10am							
12pm							
2pm							
4pm							
6pm							
8pm							
10pm							

NOTES

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Honor Self: Naming Challenges & Solutions for Successful Transition from Conventional to Integrative / Functional Medicine

What's Different compared to conventional medicine	What's Hard	Solutions: Take the Leap, Be in Practice, Mentoring, Community	The Potential
<p><u>New Patient Care</u></p> <p>The criteria for provider success: Inspire and educate patient. Healing the root cause takes time.</p> <p>New patient care model - healing not cure; address roots of chronic illness rather than masking symptoms</p> <p>Not everyone is a patient: new patient criteria are 1) readiness and 2) self-motivation</p> <p>See patient as whole: physical, emotional, spiritual being</p> <p>Process heals the patient, not he provider, not the drug</p> <p>New tools, new knowledge base</p>	<p>Field is so rapidly evolving</p> <p>High expectations/challenging patients</p> <p>Patient contact often needs more conscious management</p> <p>Relationship-based/comprehensive care</p> <ul style="list-style-type: none"> • Harder to stay on time • Care is more intimate • Some patients do not understand their role in their own healing and that it takes time <p>Tense/driven/over-productive = no longer as cool</p> <p>More control, but emotional patterns may more easily sabotage provider</p>	<p>Commit - make the transition, have two jobs for the least time/but be realistic</p> <p>Learn to manage time/expectations (yours and patients') in this new model</p> <p>Training</p> <p>Gather oneself: self aware provider. Time log, gratitude journal, end of day ritual</p> <ul style="list-style-type: none"> • Body centered awareness with compassion; turning towards self, rather than turning away <p>Continue to see symptoms as clues, not problems.</p> <ul style="list-style-type: none"> • I love these clues because I'm confident in my approach to understand them. • I appreciate the mystery 	<p>Embodiment, emotional health, boundaries, "yes to the now"</p> <p>Identify needs and give to self. Space and time to re-center during the day. Kindness, tenderness</p> <p>Peace and mental stability</p> <p>Excitement/belief in the integrative medicine model. My patients are getting well.</p> <p>I do not fear judgement or criticism.</p>
<p><u>New Business Model</u></p> <p>Never charged money before/fear of the dollar sign</p> <p>Patient expectations due to \$\$ for patient care: increased patient and sell expectations</p> <p>May need to create: business entity, marketing funnel</p>	<p>Am I enough? Is FM enough? Will I have patients? Will I do a good job? Am I worth the money?</p> <p>You are (often) your own boss - both business AND provider role</p>	<p>Be in practice / gain experience / see results</p> <p>Practice healthy self promotion</p> <p>Create support structure: staff, office space, regulatory and educational organizations, insurances, consultants, (HR, legal, accounting, etc.)</p> <p>Monthly financial review. Low overhead. Right folks doing the right job, or change it.</p>	<p>Knowing my value - who I am, acknowledge self</p> <p>I am worth it</p> <p>The right amount of work, healthy relationship with time</p> <p>Well-run medical clinic or system</p>
<p>New community, New relationships with old colleagues</p>	<p>Hard to find colleagues to discuss patient care</p>	<p>Colleagues to discuss cases</p>	<p>I am supported Member of an integrated community</p>