



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
EL PASO

Office of Faculty Affairs  
Faculty Wellness Program

# Everyday Resilience

## CME Accreditation

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## CME Designation

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Ethics Credit

This activity provides 1.0 continuing medical education (CME) credit hours toward the annual requirement of the Texas Medical Board for continuing medical education credit in medical ethics or professional responsibility.

## Professional Responsibility

There are no relevant financial relationships with ACCME defined commercial interests for anyone who was in control of the content for this activity.

## Three Practical Steps You Can Take to Thrive Today

Department of Psychiatry and Faculty Wellness Program  
Grand Rounds

**Friday, April 16, 2021**  
**Noon – 1 P.M.**  
**Via Zoom**

[CLICK HERE TO REGISTER](#)

Presented by:

**Gail Gazelle, M.D., MCC**

Assistant Professor of Medicine, Harvard Medical School  
Master Certified Coach for Physicians and Physician Leaders



Dr. Gail Gazelle dedicates herself to improving the work-life balance for physicians in all fields by providing tools for resilience, mindfulness and fulfillment. She is a certified mindfulness teacher, a part-time assistant professor of medicine at Harvard Medical School, as well as an associate scientist at the Brigham and Women's Hospital, where she teaches a resilience session to all Internal medicine residents.

Dr. Gazelle has been featured in publications like the New England Journal of Medicine, the Journal of the American Association for Physician Leadership, and O, the Oprah Magazine. She is also the author of "Everyday Resilience. A Practical Guide to Build Inner Strength and Weather Life's Challenges."

## Learning Objectives:

- Be able to explain etiologic factors in physician burnout and resilience.
- Understand how mindfulness is critical for physician well-being.
- Experience a variety of personal resilience strategies.

For more information, please contact the Faculty Wellness Program at 915-215-4153.