

## STRESS MANAGEMENT

Stress is a normal part of the work-life of a physician. At times, House Staff may find a need to reach out for help in managing stressful situations or events. In addition to the Faculty and Physician Wellness Program of Work/Life Connections-EAP mentioned in [Section III.A. Faculty/Staff Health & Wellness](#), the Office of Graduate Medical Education and the Faculty and Physician Wellness Committee has information about other resources and support group networks.

Information about support group networks is available from the Faculty and Physicians Wellness Committee at:

Center for Professional Health  
<https://medsites.vumc.org/cph/home>  
1107 Oxford House  
Phone: (615) 936-0678

The following advisors have access to other resources if special problems need to be addressed:

### **Graduate Medical Education**

Kyla Terhune, M.D., M.B.A. – (615) 322-6035  
Jennifer Lutgens – (615) 322-4916

### **Faculty and Physician Wellness Committee**

Charlene Dewey, M.D. – (615) 936-3227