A MESSAGE FROM DR. CHRIS MORROW  
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Dear Colleagues, Welcome to PEP Talk! Let this be your quick and painless connection to the IMP, Physician Education Program (PEP). We are excited to reach out and connect with you! The PEP is dedicated to providing needs-based continuing professional and faculty development to island clinicians. Keep an eye out for this newsletter to see updates on our various educational opportunities and to find tools to support you and your practice.

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford

I don't know about you, but I'm determined to keep learning!

VIRTUAL LEARNING

Virtual learning is now common place but that does not mean this transition to an online format has come easy to everyone. Not only are we more prone to being exhausted managing virtual interfaces, but there are new technologies to master and connections to make via distance. UBC’s Office of Faculty Development has listed numerous resources to support you in navigating the virtual classroom.

Click here for support resources for teaching during COVID-19

Q: Why did the nurse tell the doctor to walk past the pill cupboard quietly?
A: So they wouldn't wake the sleeping pills!

ISLAND BASED NEEDS ASSESSMENT

With the aim of creating educational content and learning opportunities that are relevant and responsive to the needs of clinicians on Vancouver Island, the PEP has launched a needs assessment survey! Share your perspective and have an impact on the direction of future educational opportunities. By participating, you will also be entered to win 1 of 4 Apple prizes, including an Ipad Air (3G) and an Apple Watch!

Click here to access the survey
With professional practices adjusted for COVID-19 safety measures, there has been an insurmountable amount of pressure and urgency in the medical field, as well as new information to take in on a continuous basis.

Managing these new experiences may be bringing up difficult feelings that you may have not explored before. With so much going on, how are you taking care of your mental and physical wellness? In your practices, you are responsible for creating safe spaces for others to receive care, and it is important to not forget that a similar space for yourself is needed just as much. Carve time out for your favourite hobby, a good book, or an energizing catch-up with a loved one.

There are a variety of online resources you can access to support your health and wellness goals, from meditation podcasts, yoga videos, and clinician help lines. Need a place to start? Check out these great resources to support you in taking care of your wellness!

- **10 Percent Happier: Coronavirus Sanity Guide** (includes podcasts, articles, meditation guides and more!)
- **Physician Health Program: Confidential Support Helpline**
- **Alo Yoga: Youtube Channel for Quick Yoga Practices**

Looking to learn more about the Physician Education Program? Visit our [webpage](#) or contact physicianeducation@uvic.ca