

The Secret to Spelling Love for Healthcare Workers: **T.I.M.E**



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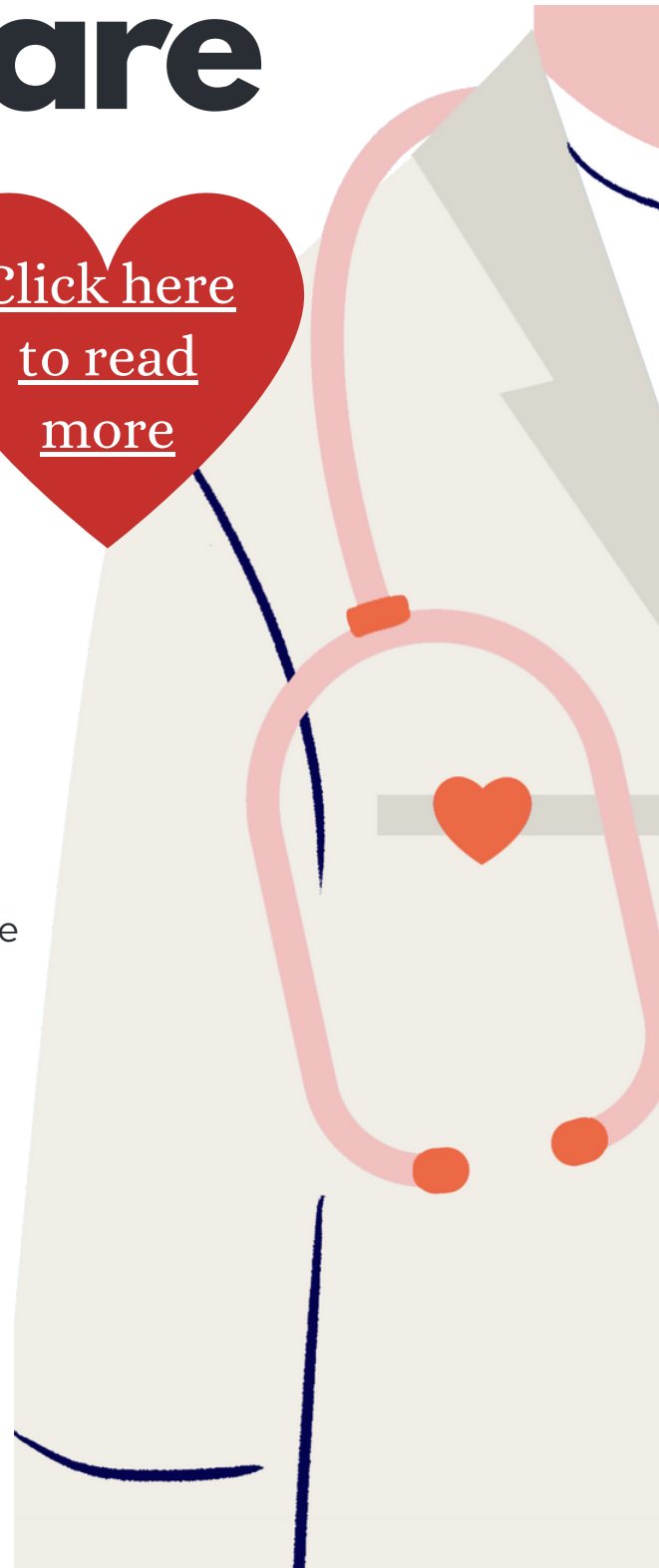
In the hectic world of healthcare, where every second can be accounted for in the well-being of another, time becomes a precious commodity—not just professionally, but personally. The question then becomes, how do healthcare workers spell love in a vocabulary that is often measured in minutes and seconds? The answer is **T.I.M.E**.

T - Time Prioritization

I - Individual Self-Care

M - Mastery of Email Management

E - Empowerment through Proactive Leadership



Mastering the Art of Efficient Patient Encounters:

A Guide for Healthcare Professionals

- In the fast-paced world of healthcare, time is a commodity that often feels in short supply, especially during patient encounters. Striking the balance between being thorough and efficient is an art that many physicians strive to perfect. Efficiency not only impacts your workflow but can also extend to patient satisfaction and the online reviews that reflect your practice.
- As healthcare professionals, we strive to give each patient the attention they deserve without falling behind schedule. In this post, we'll share strategies for making the most of each patient encounter, building rapport quickly, and ensuring your office runs like a well-oiled machine.



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Throughout our lifetime, there will be moments when work-life balance seems to be out of reach. But it doesn't have to be that way. When you create a daily routine that instills mindfulness practices that intentionally create space for balance, it'll benefit your overall mental well-being as well.

Start regaining balance in your life with the following Calm resources:

- [Balancing, Not Balance](#)
 - In this 11-minute Daily Trip session with Jeff Warren, you'll do a guided meditation to explore the dynamic process of finding balance in your daily life.
- [Slow the Swirl in Your Mind](#)
 - In this 2-minute grounding exercise with Jay Shetty, you'll learn how to slow negative spirals and calm feelings of being overwhelmed.
- [Letting Go of the Day](#)
 - In this 6-minute guided meditation with Chibs Okereke, you'll learn how to transition mindfully from your workday to your personal time through a body scan.
- [Chillout Sessions](#)
 - In this music series from the Ministry of Sound, you'll explore bespoke mixes to clear your mind and lift your mood.
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Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? [To read the complete article, click this link:](#)

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