

SEMPA Wellness Committee Statement:

At SEMPA, we recognize that the well-being of our members is paramount to their success and fulfillment both personally and professionally. The SEMPA Wellness Committee is dedicated to promoting a culture of health, balance, and resilience within our community of Emergency Medicine PAs.

Our mission is to provide resources, support, and education to empower SEMPA members to prioritize their physical, mental and emotional well-being. Through proactive initiatives and advocacy, we aim to foster a positive environment that encourages self-care, stress management, and work-life balance.

The SEMPA Wellness Committee is committed to:

1. **Education and Awareness:** Providing information and resources on topics related to PA wellness, burnout prevention, stress management, and mental health awareness
2. **Supportive Resources:** Seeking resources in the hopes of offering access to confidential support services, counseling resources, and peer support networks to assist members in navigating personal and professional challenges
3. **Promotion of Work-Life Balance:** Advocating for policies and practice that promote work-life balance including flexible scheduling, optimizing circadian rhythms, mindfulness programs, and wellness incentives within emergency medicine practice settings
4. **Community Engagement:** Facilitating opportunities for networking, peer to peer support, and mentorship among SEMPA members to foster a sense of community and camaraderie
5. **Advocacy and Collaboration:** Collaboration with other organizations to advocate for systemic changes that prioritize provider wellness and look to address the root causes of burnout and emotional exhaustion in Emergency Medicine

The SEMPA Wellness Committee welcomes input, suggestions and active participation from all members as we work together to cultivate a healthier and more resilient emergency medicine community.

For inquiries, resources, or support, please join us at our inaugural SEMPA Wellness Committee meeting at SEMPA 360 in New Orleans, April 16 at 3:30pm.

Together, let's prioritize wellness and support each other in achieving our full potential as EMPAs.