



# LIGHT

Live. Improve. Grow. Heal. Treat.

**LIGHT**, Avera's burnout prevention program for physicians and advanced practice professionals, represents a new level of care and action to lower stress for those who provide care.

A 2012 study from the Archives of Internal Medicine reported that burnout among physicians is "alarming," with 45.8 percent of physicians reporting at least one symptom of burnout.

We want you to have the necessary skills to cope with the pressures that we're all under as caregivers. We can't take these pressures away, but **LIGHT** will provide you with tools to help you and your colleagues lower your stress and prevent burnout.

The **LIGHT** Program is designed to give you new skills and new support to minimize the effects of stress on you, your patients, your staff and your family.

## Contact **LIGHT** Call **605-322-HEAL**

or email [lightprogram@avera.org](mailto:lightprogram@avera.org).

Website: <http://knowledgenet/light-program>

Medical Director: Jill Kruse, DO

Program Director: Mary Wolf, MS, LPC-MH,  
EAP Director for Avera Behavioral Health

## Live

### ***Living healthy: physically, emotionally, professionally and spiritually***

- Discover tools for mindfulness and meditation
- Find ways to better manage work and home responsibilities
- Take part in CME opportunities on holistic health

## Improve

### ***Improving resiliency skills***

- Take self-assessment for burnout
- Attend LIGHT Program events

## Grow

### ***Growing personal and professional skills***

- Enhance your skills in leadership, communication, meeting facilitation and conflict resolution
- Participate in a mentoring or peer coaching program

## Heal

### ***Healing work wounds and family struggles***

- Learn about stress management resources at Avera
- Avera Employee Assistance Program (EAP) offers benefits for physicians and advanced practice professionals, including three free confidential counseling sessions for each physician or provider, their spouse, and each eligible dependent.
- Contact Avera EAP at [AveraEAP.org](http://AveraEAP.org) or 605-322-4069 or 1-800-527-9394.
- All information is kept confidential.

## Treat

### ***Treating and restoring professionals to an improved quality of life***

- Avera offers referrals to many confidential resources to assist a professional struggling with advanced burnout, distress, depression or substance use disorders.
- Avera also offers referrals to appropriate state health professional assistance programs and to external assessments as needed.