

Career Challenges and Wellbeing for Healthcare Pros



Reading time:
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Career steps

1. Think about yourself
2. Know all the options and realities
3. Make a considered choice
4. Make it happen for you

What if I have made a mistake?

- It's not the end of the world
- Knowledge and experience are never wasted
- Seek some advice about your options

Be aware of these stresses

- Long hours and fatigue
- Exposure to traumatic events
- Bullying and interpersonal issues
- Conflicts with colleagues
- Exam stress
- Work-life balance
- Health issues

Above all else look after yourself

- Make sleep a priority
- Schedule down time and social events
- Develop a support network
- Appropriate exercise
- Be careful with alcohol and other drugs
- Have your own regular GP
- Seek help if you need it
- Look out for your colleagues

Where to go for assistance

- Doctors Health Advisory Service in every State/Territory
- State Prevocational bodies - various websites and networks concerning JMO health and wellbeing (e.g. jmohealth.org.au)
- Beyond Blue (beyondblue.org.au)

- State Medical Benevolent Associations
- AMA (for members)

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