

The Importance of **Reducing Stress** in a Podiatry Practice

BY **BARRY H. BLOCK, DPM, JD**

As podiatrists, we often find ourselves juggling multiple responsibilities. Patient care, administrative duties, and financial concerns all can take their toll and lead to chronic stress and burnout. This can lead to a decline in both professional performance and personal satisfaction. The beginning of a new year is a good time to examine one's work/life balance and to prioritize stress reduction.



One's mental health is connected to one's physical health as well. We hear stories of many podiatrists suffering from chronic conditions as well as life-threatening ones. One can wonder how much stress plays a role in these. The demands of a podiatry practice—such as managing complex cases, staying up-to-date with advancements, dealing with patients' concerns, and insurance and legal issues—can cause significant mental strain. We know that chronic stress can lead to conditions like hypertension, fatigue, and anxiety, but do stress and the work environment lead to more serious conditions? This is certainly a topic for exploration.

So adopting stress-reducing strategies, including physical activity, social engagement, and taking time off when necessary can make life, both professional and personal, more rewarding and healthier.

Attending podiatry meetings, excursions with family and friends, becoming proficient in a sport or hobby, getting back to that reading for fun that you used to do, listening to your favorite music, attending live performances, or taking an afternoon or a week off to recharge are all stress-lowering activities that can reduce feelings of isolation (even in a busy practice) and stress. The realization that we can't be all things to all people ensures that one can set realistic boundaries, preventing overwork and stress.

Focusing on oneself not only improves your own life and the lives of your family, but also enhances the quality of care that you provide to your patients.

Respectfully Submitted,

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