



SIU SOM ALUMNI PHYSICIAN WELLNESS COMMITTEE

The SIU SOM Alumni Society board established a [Physician Wellness Committee](#) to provide ways to assist our alumni, residents, fellows, and even students. Excessive workloads, negative workplace culture, poor work/life balance, and perceived lack of autonomy in one's work can all contribute to a feeling of isolation.

Purpose: To assist our alumni across the globe, residents, and students with a support system from their alma matter.

Areas of focus will utilize alumni involvement:

- 1) serving as a resource for SIU SOM alumni/residents/students in your community, a discipline, a specific area or if a medical student, resident, or fellow physician wanted to chat, and be a sounding board;
- 2) hosting get-togethers in your communities with fellow SIU SOM alumni;
- 3) hosting a Student/Alumni dinner in Springfield or Carbondale as a great way to start a mentorship with the students.

Objective to provide resources for all alumni age groups:

- 1) encourage alumni to spend time with each other (dinner/breakfast/etc.) to discuss avoiding burnout with guided conversations specifically;
- 2) provide a connection among alumni to serve as resources whether they are in the area or specific disciplines/areas of interest;
- 3) provide online resources.

COMMITTEE MEMBERS

Lisa Wichterman (Committee Chair)
Matt Winkleman (President)
Rik Austin (Vice-President)
Elizabeth Cavanaugh

Bob Juranek
Careyana Brenham
Gordon Grado