

## Dr. Marnie Hinton Resident Award for Physician Wellness

Your support of resident awards is an investment in the next generation of leaders and change makers. They empower well-deserving residents as they complete their professional training and go on to make extraordinary contributions to our local and global communities.

We are pleased to share with you a personal note from one of the 2019/20 recipients:

### Dr. Kimber Thornton

Dr. Thornton is currently an Obstetrician/Gynecologist here in Calgary now in first year of practice.



*Physician wellness has been a focus for me ever since starting as a medical student after my previous career as an athletic therapist. The physical and emotional strains of any job are undeniable, and resiliency to deal with the stressors of studying or working within medicine is not intuitive. In a field that demands long shifts in the hospital without a minute to catch your breath (let alone drink your coffee while it's still hot), relies on collaborative efforts with patients and allied healthcare team members in high acuity situations, and often crosses over into your personal life it is so important that physicians find a way to strike work/life balance so as to put their best self forwards not only at work, but with the people who have supported and cared for us as we journeyed towards this goal.*

*From volunteering within Student Affairs, to helping initiate a Resident Wellness Committee in my residency program I have tried to find ways to carve out time and space with my colleagues to develop new approaches to maintaining our wellness as physicians. I am so grateful for so many of the strong mentors in my life who have also had a passion for advocating for both mental and physical wellness for learners at all levels and for staff. Now as a staff I am committed to making it a priority to continue to support initiatives that cultivate strong team dynamics, support networks, and resiliency techniques in our residency program.*

*I received the award at the end of my residency training, and it is beyond appreciated. Thank you for the award, and for the attention that awards like these bring to physician (and truly all practitioner) wellness and how valuable it is to the healthcare team environment.*

Thank you for your generosity and partnership in providing life-changing opportunities for our residents.

**For more information about your gift at work, please contact:**

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