

# Well-being Check-ins for New Faculty

Emory University School of Medicine



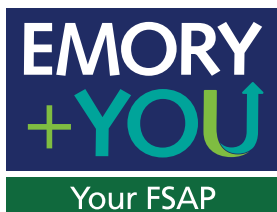
## About the program

EMORY UNIVERSITY'S FACULTY STAFF ASSISTANCE PROGRAM (FSAP) OFFERS AN EVIDENCE-BASED PREVENTIVE PROGRAM FOR SUPPORTING THE WELL-BEING OF EMORY SCHOOL OF MEDICINE NEW FACULTY



Working in academic medicine can be both rewarding and challenging. Proactively addressing your well-being can make a difference for staying well and maintaining joy throughout your professional career. Common faculty well-being concerns addressed in Well-being Check-ins include:

- Balancing service, teaching and research
- Integrating work and life
- Managing professional and personal transitions
- Navigating systemic challenges
- Maintaining healthy connections
- Maintaining resilience



Office of Faculty  
Academic Affairs and  
Professional Development



EMORY  
UNIVERSITY  
SCHOOL OF  
MEDICINE  
Office of Equity  
and Inclusion

## IMPORTANT PROGRAM FACTS

- Complete a 10-minute online introductory screening
- Participate in a quick, easy and confidential 30-minute virtual well-being consultation with an FSAP clinician.
- Learn stress management strategies to maintain emotional health and well-being.
- Access resources that can help facilitate professional engagement.



## MAKE AN APPOINTMENT

To schedule a Well-being Check-in contact FSAP by calling (404) 727-WELL or by e-mailing [efsap@emory.edu](mailto:efsap@emory.edu).