



# 10 TIPS FOR RESIDENCY GRADUATES

## Emergency Medicine

### LIFE



#### RECHARGE YOUR BATTERY

Re-discover your hobbies and passions. Re-invest in relationships. See a dentist. Get in shape.



#### ASSESS YOUR PRIORITIES

Determine who and what are important to you. Make your life and career what YOU want it to be, and not what society pressures you into.



#### BE SMART ABOUT MONEY

Debt is an anchor -- get rid of it... after going on a well-deserved post-residency vacation. Learn beyond the basics of finance, budgeting, and investing.



#### TAKE CARE OF YOURSELF

Exercise, eat healthy, and get good sleep. Be a sleep expert to make your circadian dysrhythmic shift work more sustainable (blackout curtains, white noise, naps).



#### KEEP A POSITIVE MINDSET

Shiftwork and caring for emergency department patients can be taxing. Don't forget to smile, laugh, and play outside of work -- that's what keeps us young.

### WORK



#### BE A LIFELONG LEARNER

Learning does not stop with residency training. Keep current. The first year post-residency is a period of rapid learning and growth.



#### LEARN TO SAY NO

Take advantage of the amazing and diverse career opportunities available, but also learn to say no if they do not match your career goals. Choose wisely.



#### INVEST IN YOUR WORK FAMILY

Get to know your colleagues, nursing staff, radiology technicians, and consultants. You will be seeing a lot of them for potentially many years.



#### BE EXTRA DETAIL-ORIENTED

The first year post-residency is a clinically risky time. Be more conservative. Address every abnormal vital sign before discharging a patient.



#### ASK FOR HELP

Do not be too proud or ashamed to ask for help from your fellow colleagues or nurses.