

Dear Colleagues,

Are you really happy doing what you are doing? is a million-dollar question which all of us must be asking ourselves at some point of life. Our profession starts in top gear right from the medical school and it still can take two decades afterwards to attain a level of maturity and professional stability and in these two decades, there can be many ups and downs, panic situations, physical fatigue, emotional fatigue and all these stressors with an altered circadian rhythm make us prone to many non-communicable diseases, for example, cardiovascular, neurological disorders, mental health issues, metabolic syndrome and GI disorders. Many a time we regret and wish we could have been happier, but our monkey minds keep on swinging from thought to thought and the rat race, in which we are thrown into, does not give us much time to stop, stare and decide.

If we look at the National Physician Burnout and Suicide Report 2020, 46% of the Ob-Gyns feel burnout which is 7th on the list of all specialties. Most of the time, the contributing factors are not related to our own field but top of the list is: too much bureaucratic task like charting, paperwork, documentation, lack of respect from administrators, colleagues, employers, or staff, too many working hours and insufficient compensation, are a few to name. Our reactions to all of coping up can also be different. Many of us isolate ourselves, some will get into an exercise mode, some will communicate with family and friends and others will be on a binge trip of food, alcohol or abuse themselves with various medicines and drugs. In 2019, a classic editorial was published which brought into light that doctors have a shorter life expectancy in India to the tune of one decade lesser than another counterpart. This was an eye-opener, which was screaming to tell us, "Doctor heal thyself".

My very purpose of addressing this issue is to remind everyone that we also have one life to live; there is a very small need for earning to lead a decent life but there is a great need to lead a life which gives us health, peace and happiness because time is a precious commodity. All we have to do is to sit down, close our eyes and visualize on how we would like to spend the rest of our lives. Prioritize life, family, friends, career and future in such a way that each important aspect of our life gets its due consideration.

Many of us work hard, many of us work smart but what is also important is to work as teams, because teamwork always gives more effective care, improves patient safety and a better work environment and provides enough opportunity for life balances.

I am sure many of you must have heard about the Eisenhower Matrix and the Wheel of Life. Use these two tools along with Elizabeth Warren's 50/30/20 rule to balance to improve your life balances and increase productivity.

Another very important aspect of our life which we negotiate and deprioritize every time is our family and friends. I would put that as non-negotiable important component of our life.

Lastly, I would suggest that one should live in the moment and be mindful because mindfulness is a state of active, open and intentional attention on the present and when you are mindful, you become an observer of your thoughts and letting go of what you want, is the only way to get in.

As Mark Twain said, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."



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