

Effective: 7/1/2023; Revised: 7/1/2024; 7/1/2025  
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## STRESS MANAGEMENT

Stress is a normal part of the work-life of a physician. At times, House Staff may find a need to reach out for help in managing stressful situations or events. Resources include the [Faculty and Physician Wellness Program](#) of Work/Life Connections-EAP (615-936-1327) mentioned in [Section III.A. Faculty/Staff Health & Wellness](#), the Office of Graduate Medical Education and the Faculty Wellness Committee.

Information about educational activities and support is available from the Faculty Wellness Committee at:

Center for Professional Health  
<https://medsites.vumc.org/cph/home>

2525 West End Ave, Suite 9200  
Nashville, TN. 37203 Phone: (615) 936-0678  
[centerprofessionalhealth@vumc.org](mailto:centerprofessionalhealth@vumc.org)

If there are any concerns, please contact the GME Office at (615) 322-4916.