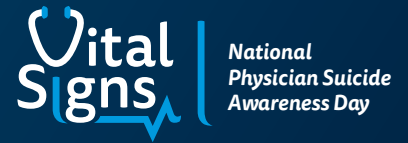


Dear FutureDoc

Encourage mental health reflection

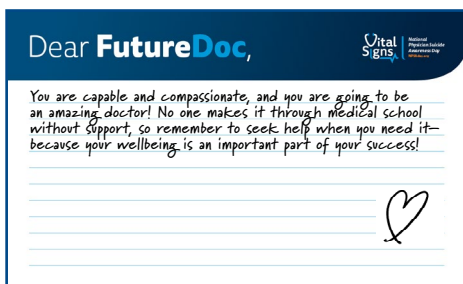


With Dear FutureDoc, we hope to encourage both future and current physicians to take time to reflect on their mental health and wellbeing. Use the Dear FutureDoc resources to reflect on your mental health and wellbeing for personal encouragement and to share your hopes for future physicians.

For more information and resources, please visit [NPSADay.org](https://www.npsaday.org).

NOTE TO SELF

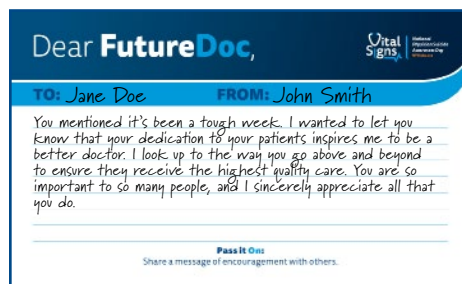
Use this notecard to write a personal message to your future self, and carry it around with you or have it at your desk for ongoing encouragement.



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NOTE TO OTHERS

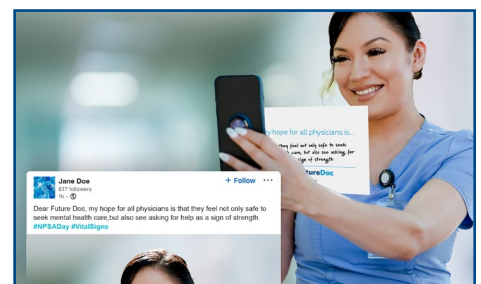
Use this notecard to write an encouraging message to a peer or colleague, letting them know that they are valued.



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SELFIE SIGN

Use this sign as a background to take a selfie and post it on social media with a message about your wellbeing hope for all physicians.



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BROUGHT TO YOU BY:



ALL IN
Wellbeing First for Healthcare

This document is intended for awareness-building and informational purposes only.

If you or someone you know is struggling or in crisis, call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)