



CAIR Well Being Mantra

CAIR Mantra Statements on Resident Well-Being:

1. Physician Health and Well being is an important focus for CAIR.
2. Our goals can be summarized by the simple acronym CAIR:
 - a. Contributions to well-being
 - b. Advocating for residents
 - c. Increasing resources
 - d. Research

Additional analogies and phrases to use in discussion of resident well-being:

1. *Airplane depressurization analogy:* As residents our primary concern is for the health of our patients. When you are flying on an airline and told about how to deal with a depressurization, you are always instructed to put on your oxygen mask prior to helping the person beside you. As conscientious physicians, we have to care for ourselves first in order to care for our patients.
2. Healthy resident physicians, 5,500 new doctors, the future of your Canadian healthcare system caring for your future health.
3. We are the doctors of your future. We need to stay healthy so we can keep Canada healthy.
4. The Canadian Association of **I**nternes and **R**esidents (CAIR), putting the CAIR back into HEALTHCARE.