



# Women's Health Chairman Report



## WASHINGTON WOMEN IN UROLOGY UPDATE

Una Lee, MD  
WSUS Women's Health Chair

Hi WSUS Women in Urology,

Thank you for attending (in person or in spirit) the WSUS Women in Urology workshop on Saturday March 16, 2019 at the Woodmark Hotel in Kirkland, WA. Nearly 30 women attended the workshop led by Natalie Johnson from the Human Performance Institute on "Optimizing our energy and performance."

We learned, journaled, discussed, and shared on:

- *How important it is to align your energy investments to what matters most to you*
- *The value of energy vs time. It's the energy you bring to the time you have that makes the difference*
- *Identifying types of stress*
- *How to use cognitive reframing to find the opportunity and positive aspects of our stress to increase or enhance performance*
- *The value of balancing stress with recovery to be more resilient*
- *Effective methods of strategic recovery*
- *4 dimensions of energy (physical, emotional, mental, spiritual)*
- *Intentional purpose and developing a personal mission statement*

**ACTION ITEM:** Check-in in 30 days with your accountability partner on the "one thing" that you wanted to work on moving forward and share your purpose statement (mission statement)

Below are some of the resources shared at the workshop:

### On stress and resilience

<https://www.humanperformanceinstitute.com/files/JHPI34144%20Resilience%20Resource%20Paper%20NEW%20BRANDING%201-30-2018%20v1.pdf>

### Vulnerability/connecting

[www.brenebrown.com](http://www.brenebrown.com)

Daring to Lead by Brene Brown

Ted talks by brene brown

### Video on the difference between empathy and sympathy

<https://www.youtube.com/watch?v=KZBTYViDPIQ&feature=youtu.behttps://youtu.be/KZBTYViDPIQ>

### **Purpose and personal mission statements**

“How will you measure your life” by Clay Christenson

“Finding Your Why” by Simon Sinek

### **Mindfulness meditation apps**

Headspace

Calm

10% happier book and app

### **7 minute workout apps**

Johnson and Johnson 7 minute workout

### **Video from Spain on spending time with loved ones**

<https://www.youtube.com/watch?v=kma1bPDR-rE&feature=youtu.be>

### **Natalie’s contact information**

#### **Natalie Johnson, MS**

Co-Founder and Chief Visionary

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## **WSUS Announcements**

1. The **WSUS annual meeting is June 21-23, 2019** at the Sleeping Lady Resort in Leavenworth, WA

To reserve a room/cabin, you have to call the Sleeping Lady Resort. If you go online, it will say “sold out,” but there are still rooms left.

[https://www.wsus.org/uploads/8/2/7/4/8274617/wsus\\_mtg\\_savethedate2019.pdf](https://www.wsus.org/uploads/8/2/7/4/8274617/wsus_mtg_savethedate2019.pdf)

[https://www.wsus.org/uploads/8/2/7/4/8274617/annual\\_meeting\\_agenda\\_wsus\\_2019.pdf](https://www.wsus.org/uploads/8/2/7/4/8274617/annual_meeting_agenda_wsus_2019.pdf)

On Friday June 21, you can fulfill your state licensure requirements for opioids and suicide prevention  
We have applied for CME this year as well

2. If anyone has interest in recording **women’s health podcasts on behalf of the WSUS** or being interviewed by me for a podcast, contact me to discuss. It could be a fun and creative way to educate the public on topics that are important to us as urologists.
3. WSUS membership applications are at <https://www.wsus.org/> or contact Debi Johnson at [djmgmt@gmail.com](mailto:djmgmt@gmail.com).

Best,  
Una

**Una Lee, MD**

Female Pelvic Medicine and Reconstructive Surgery  
Section of Urology and Renal Transplantation