

# Three Step Thriving Map to Emergency Medicine

Becoming Antifragile In your ED - CORD Education BP 2018  
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## Dawn of Emergency Medicine

## Resilient

### Tools

Holiday Obstacle Is the Way  
Brown Make It Stick  
Carey How We Learn  
Lauria Psych Skills AnEM 17

$$\text{Smiley Face} + \text{Stress} = \text{Sad Face} + \text{Recovery} = \text{Smiley Face}$$

Surviving despite  
Chaos and Stress

Step 3: Always  
Learning from Smart  
Pilots

## Antifragile

$$\text{Smiley Face} + \text{Stress} = \text{Neutral Face} + \text{Recovery} = \text{Larger Smiley Face}$$

Thriving  
Because of  
Chaos and Stress

### Tools

Ericsson Peak  
Taleb Antifragile  
Duckworth Grit  
Smith Power of Meaning  
Vanyo PTSD in EM AnEM 17

## Our Future of Medicine

If born after  
internet, then start  
here

Step 2: Maximize  
Success by  
Overpreparing and  
Minimizing Risk

Step 1: Embrace  
Chaos and Stress

## Wellness

$$\text{Sad Face} + \text{Recovery} = \text{Smiley Face}$$

### Tools

Peters The Chimp Paradox  
Williams Mindfulness  
Drummond Stop MD Burnout  
Pinker Enlightenment Now  
Ross Wellness AnEM 17