

# What Wellness Means to Me

Jaime L. Baratta, MD  
Thomas Jefferson University  
Philadelphia, PA

"A healthy attitude is contagious. But don't wait to catch it from others. Be a carrier." - Sir Tom Stoppard



## Personal Wellness Activities

I love to travel. I just returned from a trip to Italy (my first big trip since the pandemic). Travel is such a great outlet for me. I love to experience the different cuisines and immerse myself into different cultures and history. I also love to cook (although I hate baking) because it is a relaxing activity after a long day of work. I also find great relaxation when I spend time with my family on the Chesapeake Bay boating, kayaking, tubing, fishing, riding the jet ski, and sitting on the dock watching the stillness of the water.

I plan to take some art classes this year. I have never excelled in art, but I have always wanted to learn. Now seems like the best time to expand my interests into something I don't know anything about. Trying new things and expanding the mind/body/soul is what wellness really means to me.



Dr. Baratta at the Duomo di Orvieto in Orvieto, Italy

## Professional Wellness Activities

I am the chair of the ASRA Pain Medicine Wellness SIG as well as a member of the Wellness Committee in the anesthesiology department at Thomas Jefferson University. I organize the wellness lecture series for our residents and frequently try to introduce different wellness strategies including mindfulness training.

## Why I Volunteer with ASRA Pain Medicine Wellness SIG

Early in the pandemic, Drs. Eugene Viscusi, Ashley Shilling, and I discussed the urgent need for a Wellness SIG. We witnessed the mental and emotional struggles of so many colleagues during that time as medicine had been changed forever. Our SIG will share new ideas and techniques through music, art, mindfulness, exercise, and other activities as we work together and connect in the journey of wellness.

In the past, so much of the talk regarding wellness had been on the increasing burnout rates but less on prevention and promotion. I hope to join others and be a carrier and help rewrite the wellness narrative in medicine.



Dr. Baratta and husband Adam in front of the Tuscan vineyards in Panzano, Italy