Figure 2a  Physicians' coping strategies while at work

- Concentrate on what to do next
- Make a plan of action
- Use humour to lighten situation
- Keep it to myself
- Talk with colleagues
- Go on as nothing has happened
- Take a time out

Figure 2b  Physicians' coping strategies after leaving work

- Spend time with family
- Talk to spouse
- Find time to exercise
- Leave work at work
- Make quiet time outside of work