

Wisdom quotes and psychological well-being: A new horizon

Dear Editor,

The importance of mastering emotional intelligence at the workplace has been emphasized more recently.^[1] This paper discusses a personal reflection about a simplified psychological model tested using wisdom quotes to accomplish psychological well-being for sound mental health among the health professionals in our institution during the coronavirus disease (COVID-19) scenario. It was learned from my colleagues (doctors of different specialties) from the *WhatsApp* group (Taluk Head Quarters Hospital, Malappuram...Doctors), that they have experienced psychological distress, dissatisfaction, and burnout during working hours. I have attempted to use social media (*WhatsApp*) as a medium to reinstitute psychological wellbeing and psychological conditioning among our colleagues.

Wisdom quotes of Scientists were posted in the *WhatsApp* group of *the institution* in the early morning (between 4:30 AM and 5:30 AM) from May 1, 2020 to October 1, 2020 [Table 1]. Instructions were given to the colleagues to see their *WhatsApp* to learn about wisdom quotes and search the details of the scientist posted in Wikipedia. The scientists were selected based on the date of their important discovery, their date of birth, and their date of death. With this model, based on the feedback received from the colleagues, the emotional wellness of the colleagues and productivity during work hours were enhanced. This model may be effective for self-motivation and emotional wellbeing and can be practiced all over the globe. As the health professionals in our institution are busy tackling patient care and treatment of COVID 19 patients, descriptive studies were not initiated. Further studies may be feasible when the pandemic is under control.

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Conflicts of interest

There are no conflicts of interest.

Table 1: Samples of wisdom quotes posted in WhatsApp group

Wisdom quotes	Scientist
Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.	Marie Curie
Equipped with his five senses, man explores the universe around him and calls the adventure Science.	Edwin Powell Hubble
Everyone doing his best is not the answer. It is necessary that people know what to do.	William Edwards Deming
A moment's insight is sometimes worth a life's experience.	Oliver Wendell Holmes
Uniformity and Evolution are one.	Charles Lapworth
No, our science is no illusion. But an illusion it would be to suppose that what science cannot give us we can get elsewhere.	Sigmund Freud
Concern should drive us into action, not into a depression.	Karen Horney
Honorable errors do not count as failures in science, but as seeds for progress in the quintessential activity of correction.	Stephen Jay Gould
You learn from mistakes, but success gives you the courage to go on and do even more.	Christiaan Barnard
If I have a thousand ideas and only one turns out to be good, I am satisfied.	Alfred Nobel
All sorts of things can happen when you're open to new ideas and playing around with things.	Stephanie Kwolek
The science of today is the technology of tomorrow.	Edward Teller
Courage is like - it's a habitus, a habit, a virtue: you get it by courageous acts.	Marie M. Daly
Imagination is more important than knowledge.	Albert Einstein
I hadn't been aware that there were doors closed to me until I started knocking on them.	Gertrude B. Elion

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Reference

1. Shamim T. Mastering emotional intelligence at workplace: It still counts in India. *Minerva Psichiatr* 2020;61:59.

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