



Chapter Member Spotlight

Name: Heather Cornett, M.D.

Practice location: Westlake Village

Number of years in practice: 21 Years

I grew up in Ventura, California, with my parents and three younger brothers. I currently live with my husband and three children in Newbury Park. I spend most of my weekends cheering on my kids either on a soccer field or volleyball court. I love to mountain bike and go hiking with my family in Mammoth multiple times during the summer. Additionally, I love to be the family travel agent and plan family vacations.

I completed medical school and residency at UCLA and I practice general peds in Westlake Village, now for UCLA Health. I've come full circle!

What do you do before work that sets the tone for your day?

I make sure I have enough time to enjoy my coffee and I try to get to work a little early to go through messages before entering the first patient's room. I try not to feel rushed when I take that first step in the exam room.

What are some challenges or struggles that you face at work?

I think many of us in the field of pediatrics try to make everyone happy and it's an impossible goal. I struggle with accepting that I may not be able to do everything for everyone at work. And, of course, it is always a challenge to balance time devoted to work and time spent with my family and for myself.

How do you work through or overcome your challenges or struggles?

I lean on the relationships in my life. Human connection. Being able to talk to my husband, friends, work colleagues, and even my children is vital to my survival and happiness. Thankfully, I am a natural talker and that skill has helped me throughout my life, especially when getting through difficult times.

After work, what do you do for your own wellness?

During the week, dinnertime is the most important time of the day for my wellness. My husband is an amazing cook and we both prioritize sitting down at the table as a family (and most nights we achieve this outside of the occasional sports practice/game). This is when we all talk about our days and connect in a phone-free zone. And on the weekends, going to the gym and popping in my airpods so that I can just listen to a podcast without talking for a whole hour is key. Sometimes just being silent is nice after having to be "on" so much at work.



own mental health.

From what/whom does your inspiration or motivation stem?

I have had many role models throughout the years that have inspired me, from my parents to different attendings. However, currently it is my children that inspire and motivate me. As they are coming into their own, I see them becoming kind, thoughtful, hardworking individuals with integrity. It makes me want to be my best for them.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

Remind yourself that it is ok to say “no” sometimes. You can’t do it all, nor should you try. It is ok to turn down something or someone at times to prioritize time for your