



PAMELA BUCHANAN, M.D.

PHYSICIAN, SPEAKER, NATIONALLY RECOGNIZED STRESS MANAGEMENT EXPERT

Dr. Pamela Buchanan, MD is a board-certified physician, TEDx speaker, and nationally recognized stress management expert. With over 20 years in medicine, she teaches high-achieving professionals how to turn stress into strategy, burnout into boundaries, and purpose into profit.

After experiencing burnout during the pandemic, Dr. Buchanan transformed her pain into a powerful platform—now helping physicians, executives, and leaders reclaim their health, rediscover their purpose, and build lives that actually work.

A dynamic and engaging speaker, she blends real-world medical insight with practical, actionable strategies that drive resilience, performance, and sustainable success. Her message is clear:

What the ER Taught Me About Faith

PAMELA BUCHANAN, M.D.

I have watched people die.

Not in the movies. Not in a textbook. In real time, with my hands on their chest, with a team of people doing everything medicine knows how to do—and still losing.

In those moments, you learn something they don't teach in medical school.

There is a line between what science can explain and what it cannot. I have stood at that line more times than I can count. And I stopped needing proof of what I found on the other side. I am a physician. I was trained to trust data. To follow evidence. To demand documentation.

But faith doesn't work that way—and neither does love, or hope, or the will to keep going when everything says you should stop.

Faith is the substance of things hoped for. The evidence of things not seen.

I don't need a test to know God is real.

The pandemic broke me open. I worked punishing hours in an emergency room¹ watching people die alone—no family, no goodbye, no hand to hold. I watched colleagues collapse. I felt myself going numb. What I was experiencing had a clinical name. But what saved me had no medical explanation.

In the silence between shifts—in the exhaustion that went beyond tired — something met me there.

Not a feeling. Not desperation. A presence. A peace. A knowing so deep it didn't require my understanding to be real.

That's what faith is.

It isn't the absence of questions. It's the presence of something greater than your questions. It doesn't ask you to stop thinking. It asks you to stop demanding that everything sacred fit inside what you can measure.

I have seen patients survive when survival made no scientific sense. I have watched grace walk into rooms where despair had taken up residence. I have felt, in the middle of absolute chaos, a stillness that did not originate in me.

I didn't go looking for proof. I went looking for God. And I found Him—not at the end of an argument, but in the middle of my worst moments.

Science tells us how. Faith reminds us whose we are.

The pandemic didn't just take lives. It revealed mine. It stripped everything away until I was left with the only question that actually mattered: Who is holding you when you cannot hold yourself?

I already knew the answer.

I had known it all along.

I just had to get broken enough to stop pretending I didn't.

Footnote:

- 1) The term "Emergency Room" is now commonly referred to within the medical and hospital communities as the "Emergency Department" and abbreviated as "ED."