To YOUR Health – Building Personal & Professional Wellness and Resilience

IBS Orientation
August 22, 2019
Aims

Develop a **Wellness and Resilience Action Plan** that will:

1. evolve over the course of your career
2. help you enter your next academic year, and future career healthy and resilient.
Objectives

• Why are we doing this?
• Wellness & Resilience Action Plan
• SMART goals & Pro Tips
• Curated resources
Why is self care relevant to us?

Professionals in medicine & the sciences – especially trainees – have lifestyles that we know put us at risk:

- Stress & long hours
- Limited exercise
- Irregular and poor eating habits
- Sleep deprivation
- Health maintenance visits
- Work-Life balance
Other conditions stress has been implicated in:

- Hypertension
- Inflammatory Bowel Disease
- Irritable Bowel Syndrome
- Metabolic Syndrome
- Insulin Sensitivity
- Anxiety
- Depression
- Central Adiposity
- Psoriasis
- Asthma
- COPD
- Viral Illnesses

- Low Back Pain
- Dementia
- Gastric & Duodenal Ulcers
- ASCVD
- Migraine Headaches
- Insomnia
- GERD
- TMJ
- Rheumatoid Arthritis
- Eating Disorders
- Eczema
- Environmental Allergies

- Tension Headaches
- Restless Leg
- Substance Abuse
- In Utero Growth Restriction
- Type 2 Diabetes
- Wound Healing
- Neck Pain
- Fibromyalgia
- Multiple Sclerosis
- Immune Suppression
- Arrhythmia
- Malignancy
- Memory Impairment
Burnout

Everyone in every workplace is at risk for burnout – especially in medicine and the sciences.

Trainees are at higher risk for burnout, depression, fatigue compared to peers.

Burned out professionals are at increased risk for:
- Substance abuse
- Depression
- Intent to leave their field
- Suicide


DON'T GIVE HIM ANYMORE WORK TO DO!

CAN'T YOU SEE HE'S EXHAUSTED!

D20-Doodles
“Do As I say, Not As I do...”

When we personally engage in healthy habits, we are:

- More likely to educate and counsel
- More effective role models
You can’t give what you don’t have.
Dose-Response

- High Performance
- Optimal Performance
- Increased Attention/Interest
- Strong Anxiety
- Boredom/Depression
- Complete Meltdown

Stress Severity & Duration
Practicing Wellness
Components of Wellness

• Structural:
  • Necessary stressors
  • Unnecessary stressors

• Personal:
  • Intentional preparation
  • Responses vs. Reactions
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Self-Care
Self Care is:

• Making conscious decisions
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• Compassion vs. Empathy
Self Care is:

• **Making conscious decisions**

• **Compassion vs. Empathy**
  • Compassion
    • Feeling and expressing care for another
    • Acting to alleviate another’s suffering
  • Empathy
    • Carrying another’s suffering as your own
Self Care is:

• Making conscious decisions

• Compassion vs. Empathy

• Listening to your body
  • Healthy eating and drinking habits
  • Sleep
  • Exercise
Self Care is:

• Making conscious decisions

• Compassion vs. Empathy

• Listening to your body

• Remembering you’re a person
  • Maintaining and nourishing important relationships.
  • Maintaining other roles and activities that bring us joy.
  • Strong social support system.
Self Care is:

• Making conscious decisions

• Compassion vs. Empathy

• Listening to your body

• Remembering you’re a person

• Supporting your own resilience
Resilience

- Mission or meaning in life
- Role models
- Social supports
- Humor
- Harnessing your tools – what nourishes, calms, sustains you
Self Care is:

• Making conscious decisions

• Compassion vs. Empathy

• Listening to your body

• Remembering you’re a person

• Supporting your own resilience

• Engaging your relaxation response
Mindfulness Practice is one way

Physicians with a regular mindfulness practice enjoy reduced:
• Stress response
• Perseveration
• Physical illness
• Depression
• Anxiety
• Burnout
Wellness Resources:
http://libguides.gwumc.edu/mindfulness