



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

J Zhao, XC Zhang, et al. "Work stress and job burnout: the moderating effects of psychological capital." *J of Henan Normal University (Natural Science)* 38 (3), 139-143, 2010.

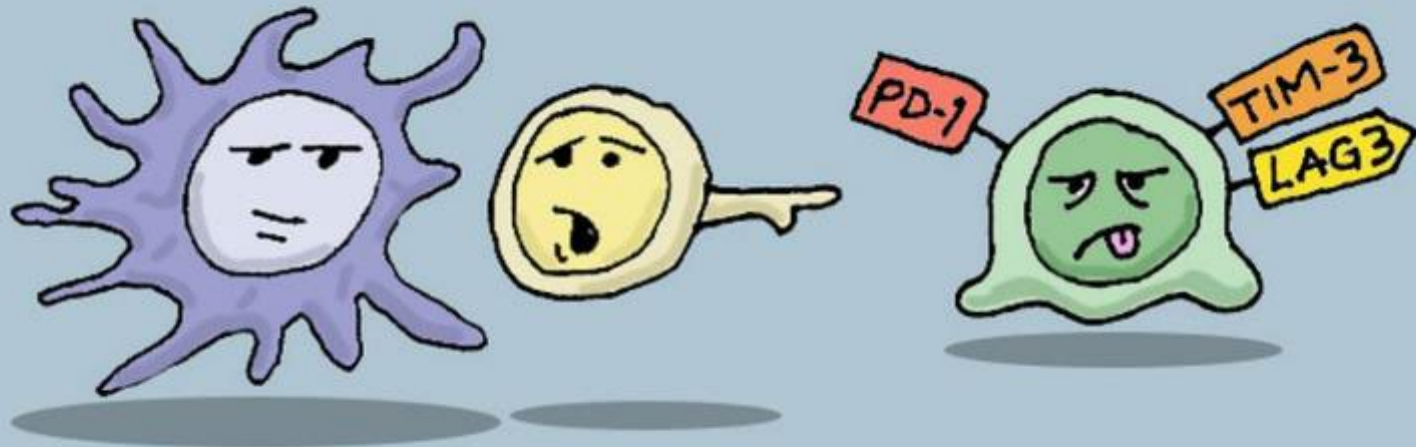
Dyrbye, Liselotte N., et al. "Burnout among US medical students, residents, and early career physicians relative to the general US population." *Academic Medicine* 89.3 (2014): 443-451.

Shanafelt, Tait D. "Enhancing meaning in work: a prescription for preventing physician burnout and promoting patient-centered care." *JAMA* 302.12 (2009): 1338-1340.

Shanafelt T, Sloan J, Habermann T. The well-being of physicians. *Am J Med.* 2003;114(6):513-517

Dyrbye LN, Thomas MR, Massie FS, et al. Burnout and suicidal ideation among US medical students. *Ann Intern Med.* 2008;149(5):334-341

DON'T GIVE HIM ANYMORE WORK TO DO!



CAN'T YOU SEE HE'S EXHAUSTED!

Dzo=Doodles



“Do As I say, Not As I do...”

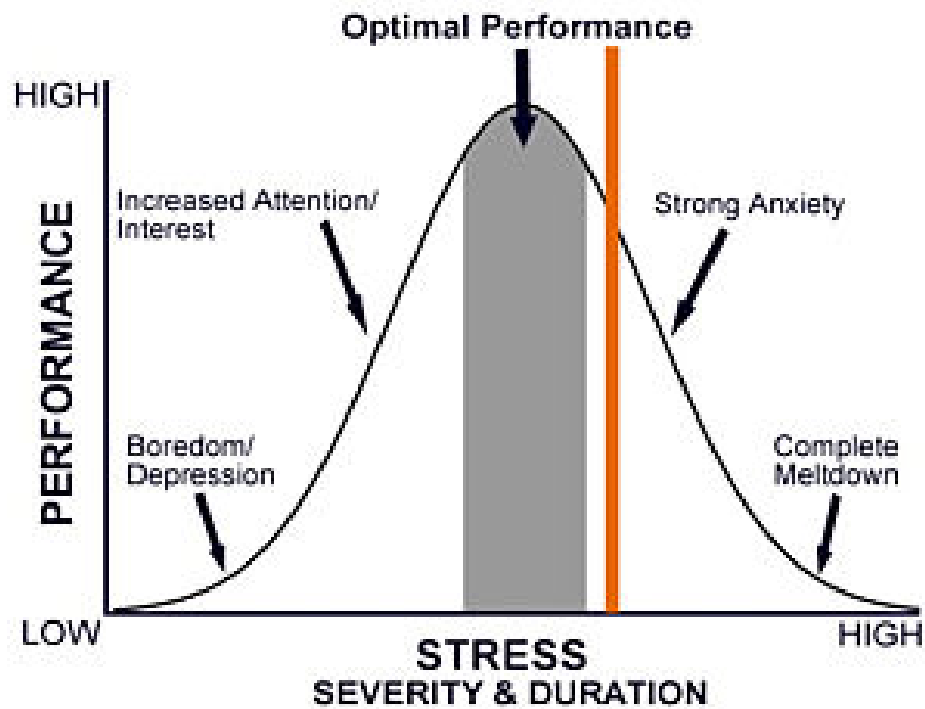
When we personally engage in healthy habits, we are:

- More likely to educate and counsel
- More effective role models

You can't give what you don't have.



Dose-Response

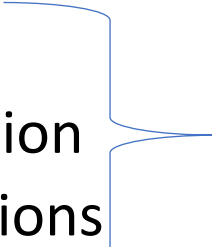


Practicing Wellness

Components of Wellness

- Structural:
 - Necessary stressors
 - Unnecessary stressors
- Personal:
 - Intentional preparation
 - Responses vs. Reactions

Components of Wellness

- Structural:
 - Necessary stressors
 - Unnecessary stressors
 - Personal:
 - Intentional preparation
 - Responses vs. Reactions
- Self-Care
- 



Self Care is:

- Making conscious decisions

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- Compassion vs. Empathy

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- 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>



Wellness: Apps

Apps

Books, Podcasts, Websites, Courses & Conferences

Physical Activity & Mindful Movement



AllTrails

Largest collection of detailed, hand-curated trail maps so you can hit the trail with confidence. Anytime. Anywhere.



Cardio - Heart Rate Monitor + 7 Minute Workout

Cardio helps you measure your heart rate, learn how the numbers relate to your general wellness, perform effective workouts to get in shape, and track your progress.



Daily Yoga

Daily Yoga inspires yogis worldwide with the largest yoga pose base, 100+ yoga and meditation classes plus varied programs that suit yogis of all levels, and helps them stay with yoga everyday.



Five Best Smartphone Running Apps



Stand Up!

Fun, flexible work break timer.



Stretching Swokit - Increase Flexibility & Pilates

Increase Flexibility with this Pilates & stretching workout trainer with free workouts to improve flexibility and avoid injury. Also available for Android.

Meditation



Calm

Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Enjoy a calmer mind with our guided meditations and experience more restful sleep with Sleep Stories.



Guided Mind — Guided Meditation for Relaxation

Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life. Also available for Android.



Headspace: Guided Meditation and Mindfulness

Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress. \$



Insight Timer - Meditation App

Insight Timer includes 3,500 free guided meditations, 500 free music meditation tracks, 22 meditation Playlists, and a meditation timer.



Mindfulness Daily

This app supports quick, effective guided practices to

Healthy Eating



Lose It!

Track your meals & moves with our food & exercise database + tracking tools.

Financial Literacy & Debt Management



CreditKarma

Easy-to-read credit reports and personalized score insights; tools & tips to help you understand your score and take next steps; free credit monitoring that can help you spot potential identity theft.



Mint

Manage your budget, bills, and credit score



You Need a Budget

All your budget, all the time.



SMHS Financial Literacy & Debt Management

Financial literacy and debt management resources to assist MD students in making better financial and student loan decisions.