



PERSONAL WELL-BEING: *REMEMBERING WE'RE HUMAN*

TRINH MAI, LCSW
WELLNESS CHAMPIONS FOUNDATIONS COURSE

OBJECTIVES

- Increase knowledge & skills in personal well-being
- Experiment with resilience skills
- Increase knowledge of resources

STOP



- Stop
- Take a breath
- Observe w/
openness
 - Thoughts, feelings,
physical sensations
- Proceed with
intention

PROFESSIONAL WELL-BEING MODEL



TABLE 1. Incongruence Between Artifacts and Espoused Values in Medicine

Domain	Espoused value (what we say)	Artifact (our behavior)	What it reveals
Professional culture	Self-care is important	Excessive hours, work always first, and often do not take care of ourselves (diet, exercise, sleep, and preventive health care)	Self-care is not important; short-term productivity is more important than sustainability
	Prevention is better than treatment	We do not attend to our own health needs	Physician health is not important
	To err is human	A professional culture of perfectionism, lack of vulnerability, and low self-compassion	Physicians expected to be superhuman
		Belief that mistakes are the fault of the individual and are unacceptable	We have not yet internalized many of the lessons of the quality movement that errors are inevitable in complex systems
	Fatigue impairs performance	Excessive work hours; work even when ill	We do not believe this adage applies to physicians or we are too arrogant to admit it does

Title

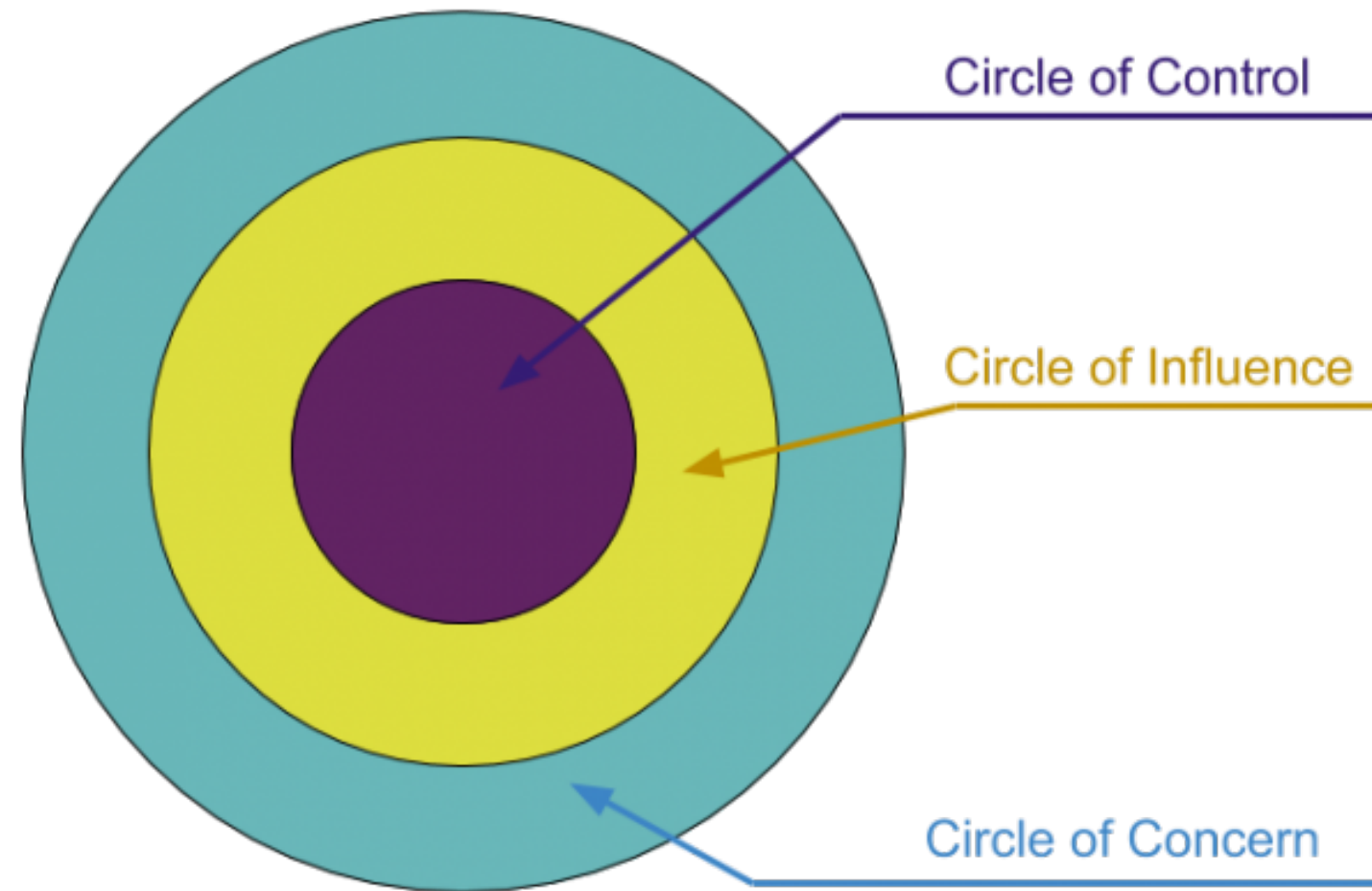
Level

Key factors at level

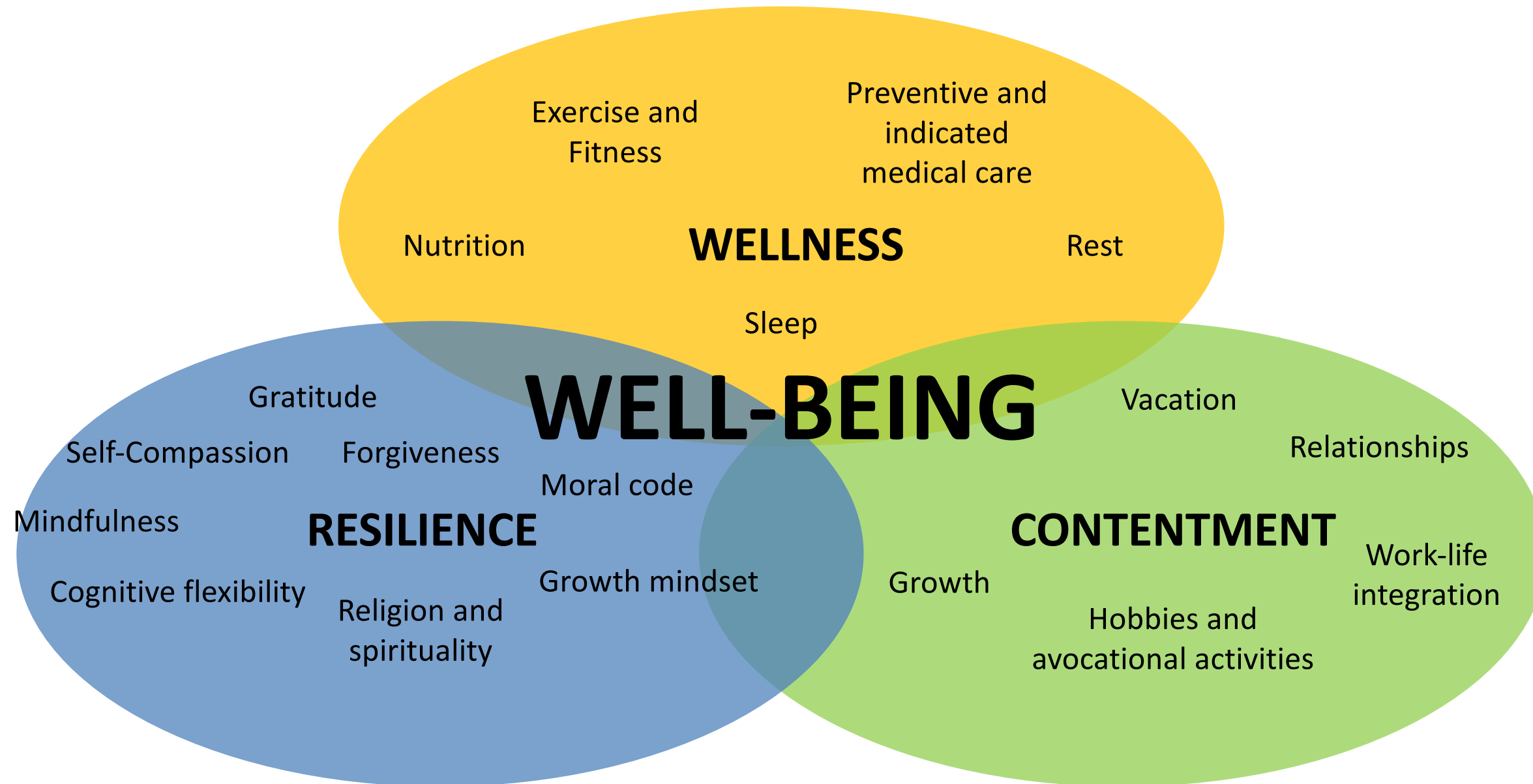


Figure Health professional wellness hierarchy.

WHY FOCUS ON PERSONAL WELL-BEING?



www.thensomehow.com



WELLNESS

sunlight

medical care

laughter

sunlight

midday breaks

movement

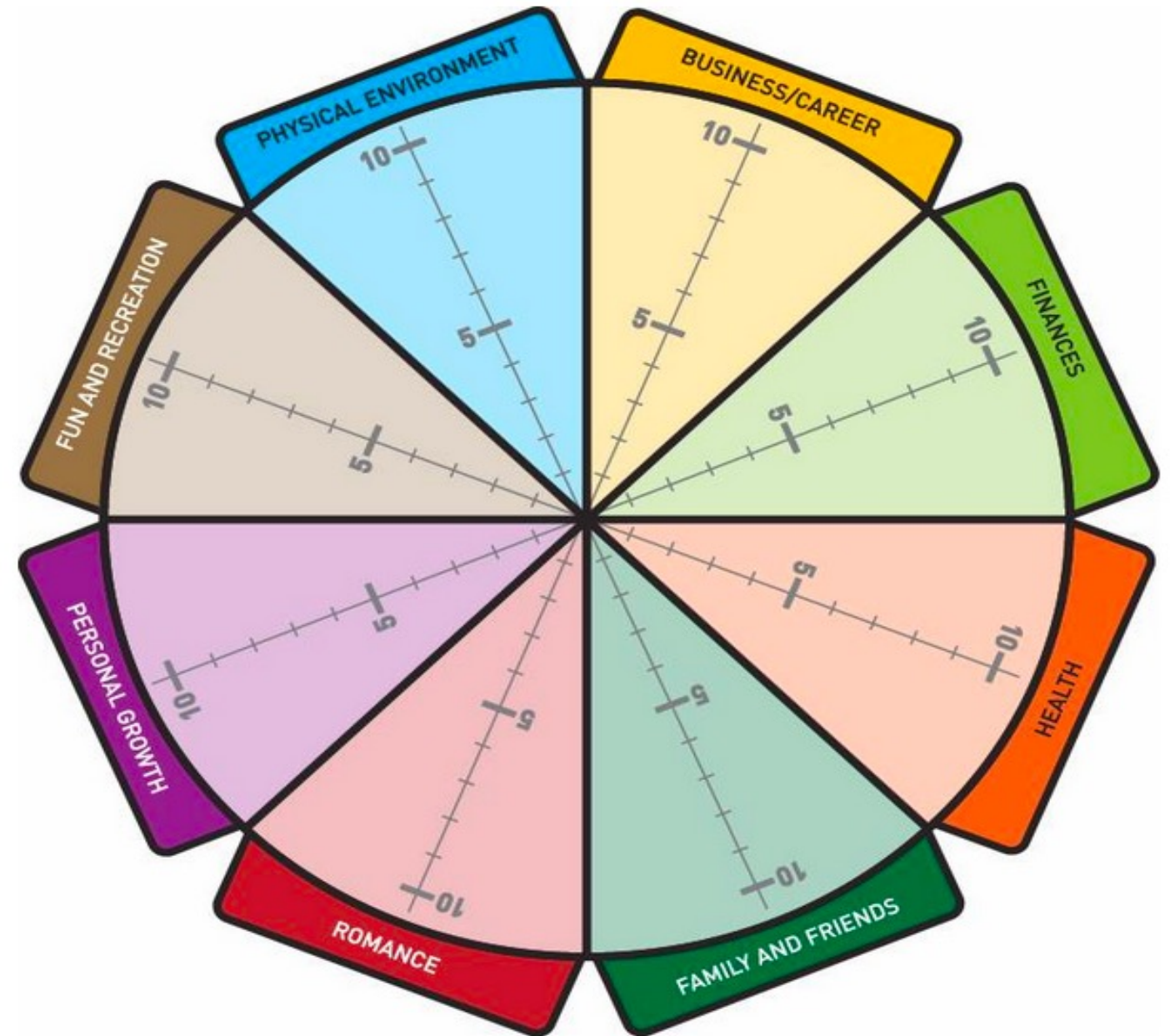
nutrition

sleep



CONTENTMENT

- Relationships
- Work-life integration
- Hobbies
- Vacation





CHECK-IN

- Share one of your current hobbies or interest outside of work

CULTIVATING RELATIONSHIPS



Give

Random Acts of Kindness

Gratitude Letter

Receive

Have you reached out for support?

RESILIENCE:

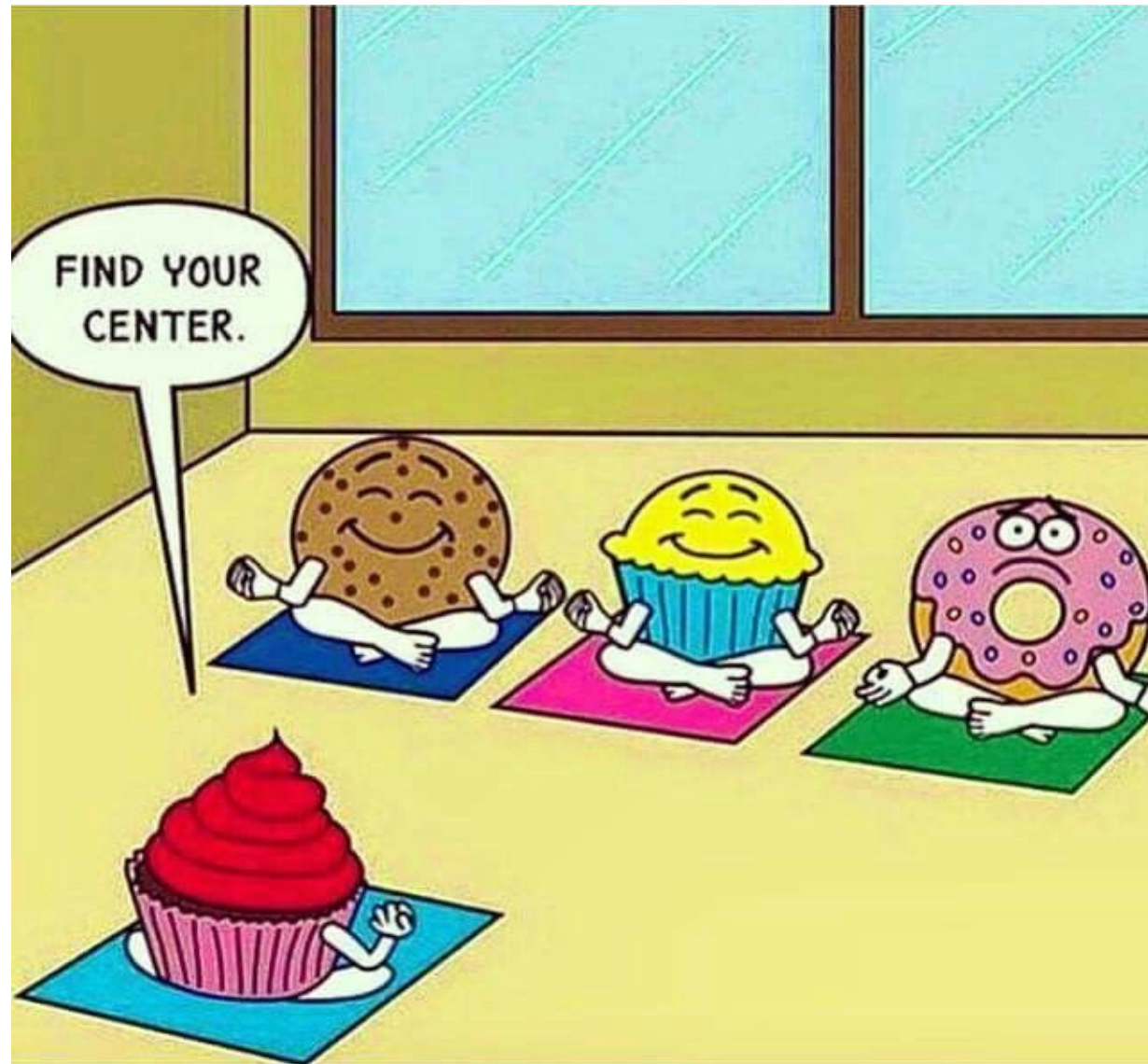
The capacity to respond to stress in a healthy way such that goals are achieved at minimal psychological and physical cost.

RESILIENCE



- Mindfulness
- Self-compassion
- Gratitude/Seeing the good
- Meaning & purpose
- Forgiveness
- Cognitive flexibility
- Religion/Spirituality

MINDFULNESS



Sati/Mindfulness:
awareness; re-member

How: attend to present moment experiences with openness & curiosity (holding judgement)

Mindfulness portals: body, breath, senses

AWARE OF THE GOOD: CONNECTION, AWE, HUMOR, GRATITUDE



WHY MAKE TIME TO TAKE IN THE GOOD?

- Happiness
- Broadens minds
- Increases energy & resilience
- Reduces symptoms of anxiety & depression
- Improves sleep

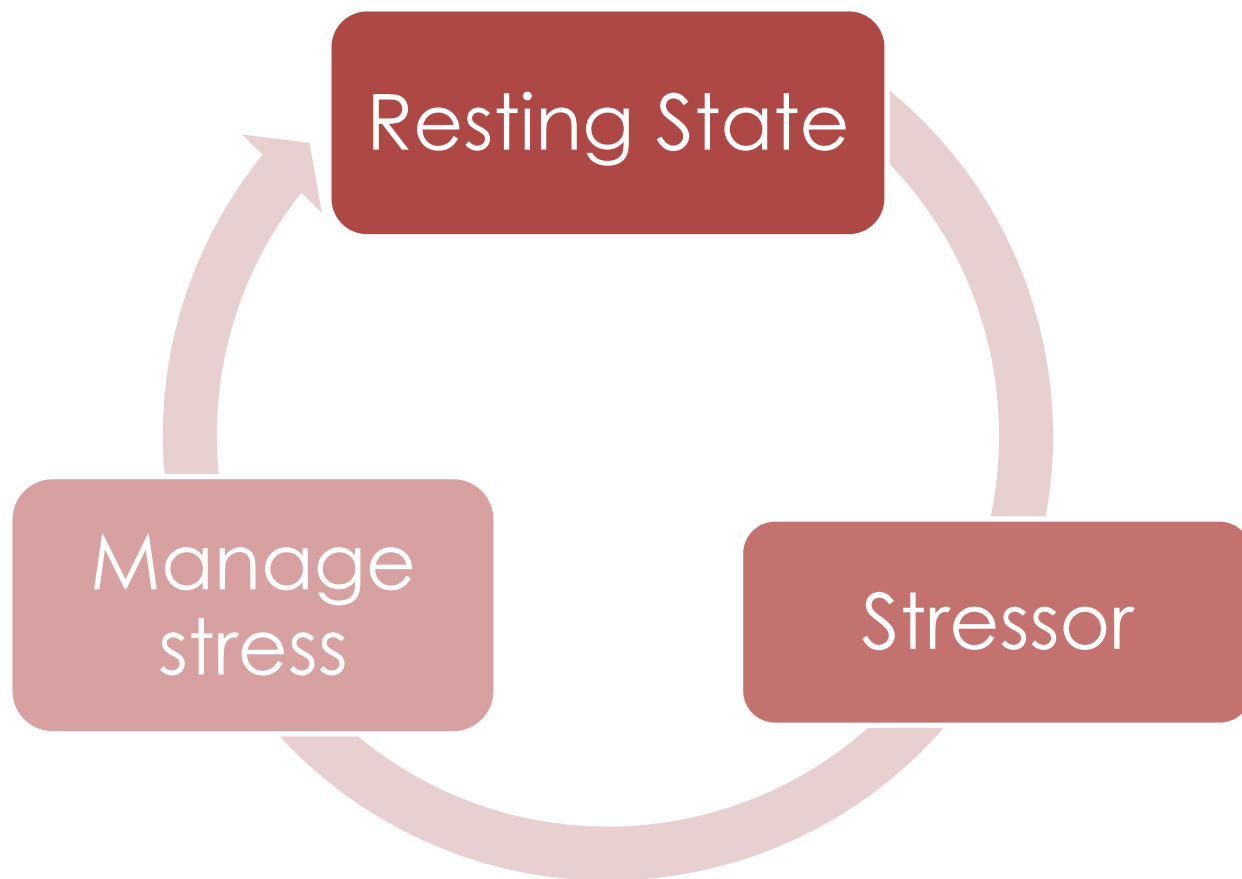


EXPERIMENT: 3 GOOD THINGS

What are three things that went well today?

How did it occur? How did you contribute?

AWARE OF STRESS: SOOTHE BEFORE SOLVE



Nagoski and Nagoski, 2020, ***Burnout: The Secret to Unlocking the Stress Cycle*** ; Image by Turning Within Meditation Foudation

WHEN STRESS REACTIONS CAUSE MORE STRESS

Stress Response	Stress Response turned Inward	Self- Compassion
Fight	Self-Criticism	Self-kindness
Flight	Isolation	Common Humanity
Freeze	Rumination	Mindfulness

WHAT IS SELF-COMPASSION?



Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!

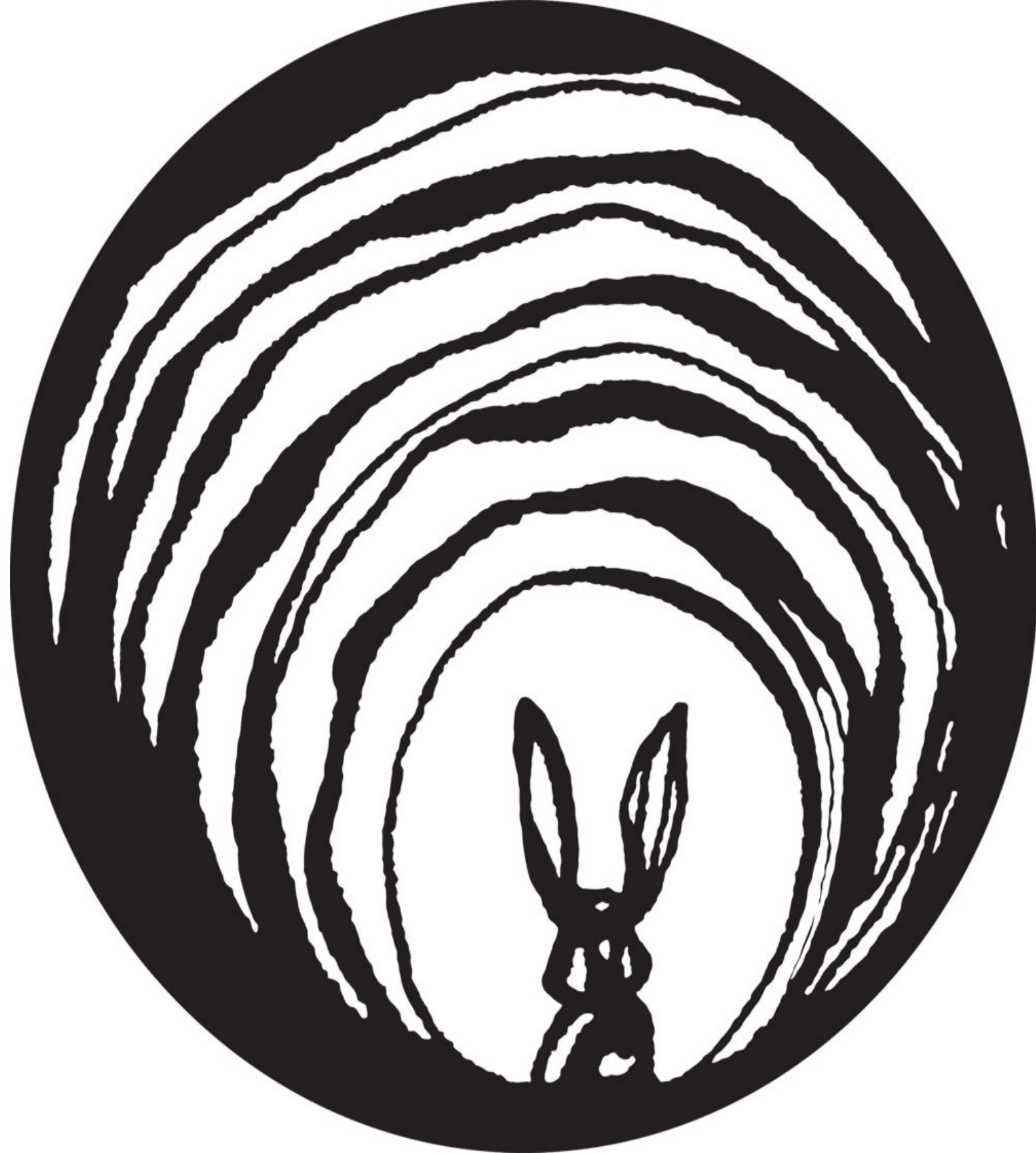
MINDFULNESS

&

COMPASSION

- Resilience to stress (Garland, 2017; Chiesa, 2009; Hoge, 2013)
- Immunity (Pace et al., 2008; Davidson et al., 2003)
- Attention & working memory (Jha, Krompinger, Balme, 2007, Zeidan, 2010)
- Emotional & cognitive regulation (Goldin, 2010; Vago et al. 2012, Roemer, 2015)
- Creativity (Brewer, 2017; Antonova, et al 2015)

- [Reduces heart rate](#)
- Reduces emotional distress & cortisol
- [Improves immune functioning](#)
- Increases oxytocin, “bonding hormone”, warm sensation
- Happiness (Neff & Germer, 2018)



excluded, hurt

“I don’t want to feel this”

Anger, Regret, Hurt

“What’s wrong with you? Don’t be so sensitive” Shame

NUMB WITH ALCOHOL, FOOD...

STEPS TO SELF-COMPASSION

- **Acknowledge**
 - “Name it to tame it.”; “Feel it to heal it.”
 - “Hurt, ignored, rejection.” “It feels unfair.”
- **Connect**
 - Remember: “I’m human; it’s ok to feel hurt; I’m not alone in this.”
 - Reach out to a trusted person
- **Support:**
 - Offer yourself a kind touch or kind words: “I’m ok; it will be ok. I will get through this. I will take care of myself. I will get help.”
 - Ask “What do I need?”
 - Breathe deeply, move

RESILIENCE:

In the context of exposure to significant adversity, whether psychological, environmental, or both, resilience is both the capacity of *individuals* to navigate their way to health-sustaining resources... and a condition of the individual's *family, community and culture* to provide these health resources and experiences in culturally meaningful ways.

Michael Ungar

Ungar, M. Resilience Across Cultures. *The British Journal of Social Work*, Volume 38, Issue 2, February 2008, Pages 218–235, <https://doi.org/10.1093/bjsw/bcl343>

RESOURCES: WHEN DISTRESS IS HIGH

- **Email:** unioutpatientpsychiatry@hsc.utah.edu
- **Huntsman Mental Health Institute Resources**
 - Crisis Line: 801-587-3000 (24/7)
 - Warm Line: 801-587-1055 (8am-11pm)
 - Same Day Psychiatry Clinic: 801-585-1212
 - Mobile Crisis Outreach Team
- **EAP Crisis Line:** 801-262-9619
- **Resiliency Center:** 801-213-3403

RESOURCES

[Resiliency Center Pulse Page](#)

[Mindfulness, Resilience, Communication Courses](#)

[Accelerate Resilience Toolbox](#)

[U's Wellness & Integrative Health Youtube Channel](#)

[HCI 's Wellness & Integrative Health Youtube Channel](#)