Weary to Well-being
What you can do about Provider Burnout

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Disclosure

• I have no actual or potential conflict of interest in relation to this program/presentation.
Learning Objectives

1) Describe how the skillful use of focused attention impacts one's capacity for positive neurosculpting

2) Identify and choose self-care strategies that will build inner-resiliency

3) Demonstrate an understanding of how emotions deplete or renew energy
The State of Physician Health

- Burnout among physicians is higher than any other field in USA
  - Exhaustion,
  - Cynicism,
  - Reduced effectiveness

- “…50% prevalence of burnout, depression, anxiety in residents and medical students.”

- Clinical burnout, depression, suicidality and addictions have reached a “crisis level”
Emerging Strategies to improve **Physician Health**

- **Fundamental changes in training programs**
- **Institutional commitment:**
  - Providing time for wellbeing
  - Faculty modeling wellness
  - Curricular focus
- **Collaborative care team model**
  - Reduced burnout by 50%
  - Improved patient care/outcomes
- **Accrediting accountability**
Emerging Trends in Training
Healthcare Wellbeing Learning Models

• Strengths-based meaning and purpose
• Resilient self-care
• Physician “heal thyself”
• Whole person health
• Learning environment focused on health
• Leadership and organizational commitment
“The greatest revolution of our generation is the discovery that human beings by changing the inner attitudes of their minds, can change the outer aspects of their lives.” William James
Neurons that fire together, wire together.
Terms to Know

- Mindfulness
- Positive Emotion
- Neuroplasticity
Priming your mind to change your brain

(Hanson, 2018)

Each of these skills is rooted in very concrete memory and learning systems in the brain-heart system.

**BE**
- Attention/awareness
- Just to notice
- Depersonalizing

**GO**
- Conscious choice

**IN**
- Choice + positive emotion
Repeated mental activity

→

Repeated neural activity

→

Builds neural structures
ATTENTION

Personal Health Continuum

RED  🏒  GREEN
CHOICE

Physical Activity → Messaging System → Thoughts & Emotions → Relationships → Sleep & Restoration → Nutrition

Physiological Response

Personal Health Continuum

RED ← messaging system → GREEN
RESILIENCY: Positive Neuroplasticity Training

- Lifestyle medicine
- Genomics
- Epigenetics
- Personal Wellness
- Personalized Nutrition
- Strengths
- Meaning/Purpose
Resiliency Training… PROVIDER WELLBEING

• One-on-one Physician Wellbeing Program

• Lifestyle medicine wellbeing events

• Personalized nutrition plan

• Personalized strength based assessment
What are your core strengths?
## Character Strengths

### WISDOM
- Creativity: Originality, Adaptive, Ingenuity
- Curiosity: Interest, Novelty-Seeking, Exploration, Openness
- Judgment: Critical Thinking, Thinking Things Through, Open-mindedness
- Love of Learning: Mastering New Skills & Topics, Systematically Adding to Knowledge
- Perspective: Wisdom, Providing Wise Counsel, Taking the Big Picture View

### COURAGE
- Bravery: Valor, Not Shrinking from Fear, Speaking Up for What’s Right
- Perseverance: Persistence, Industry, Finishing What One Starts
- Honesty: Authenticity, Integrity
- Zest: Vitality, Enthusiasm, Vigor, Energy, Feeling Alive
- Social Intelligence: Aware of the Motives/Feelings of Self/Others, Knowing What Makes Other People Tick

### HUMANITY
- Love: Both Loving and Being Loved, Valuing Close Relations with Others
- Kindness: Generosity, Nurturance, Care & Compassion, Altruism, "Niceness"
- Fairness: Just, Not Letting Feelings Bias Decisions About Others
- Leadership: Organizing Group Activities, Encouraging a Group to Get Things Done

### JUSTICE
- Teamwork: Citizenship, Social Responsibility, Loyalty
- Forgiveness: Mercy, Accepting Others’ Shortcomings, Giving People a Second Chance
- Humility: Modesty, Letting One’s Accomplishments Speak for Themselves
- Prudence: Careful, Cautious, Not Taking Undue Risks
- Self-Regulation: Self-Control, Disciplined, Managing Impulses & Emotions

### TEMPERANCE
- Appreciation of Beauty & Excellence: Awe, Wonder, Elevation
- Gratitude: Thankful for the Good, Expressing Thanks, Feeling Blessed
- Hope: Optimism, Future-Mindedness, Future Orientation
- Humor: Playfulness, Bringing Smiles to Others, Lighthearted
- Spirituality: Religiousness, Faith, Purpose, Meaning
Program Objectives

Learn to strengthen resilience through research-based tools that help you:

✓ Increase personal resilience and energy levels.
✓ Leverage your ability to think clearly under pressure and discern appropriate solutions to problems.
✓ Increase your ability to maintain situational awareness.
✓ Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance.
✓ Improve reaction times and coordination.
Published Research
Depleting Emotions

Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones. This often results in:

- Reduced muscle mass
- Brain-cell death
- Impaired memory
- Accelerated aging
- Impaired mental function
- Diminished performance
Renewing Emotions

Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain, resulting in:

- Increased longevity
- Increased resilience to adversity
- Improved memory
- Improved problem-solving
- Increased intuition and creativity
- Improved job performance and achievement
• Mindfulness meditation
  • *Focusing one’s attention*
• Positive Emotions
• Healthy Relationships
• Focused preparation
• Recovery
Coherence

An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.
Heart-Brain Communication

- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Signals from the heart especially affect the brain centers involved in strategic thinking, reaction times and self-regulation.
Coherence Practice – Outcomes

- Enhances ability to maintain composure during challenges
- Improves family and social harmony
- Reduces fatigue and exhaustion
- Promotes the body’s natural regenerative processes
- Improves coordination and reaction times
- Enhances ability to think clearly and find better solutions
- Improves ability to learn and achieve higher test scores
- Increases access to intuitive intelligence
Quick Coherence® Technique
An Intelligent Energy Self-Regulation Technique
Emotions and Feelings that Create Coherence

- Courage, Honor, Dignity
- Confidence
- Appreciation, Gratitude
- Kindness
- Care, Love
- Compassion
- Tolerance, Patience
- Enthusiasm, Joy
Heart-Focused Breathing

- Heart-Focused Breathing is a powerful and effective tool for self-regulation.
- It’s the first step in shifting to a more coherent state – you are alert and calm at the same time.
- It can help you maintain your composure in challenging situations.
Quick Coherence® Technique

Step 1:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

* Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).
Quick Coherence Technique

Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

_Suggestion:_ Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.
CHOICE

Physical Activity

Nutrition

Thoughts & Emotions

Relationships

Sleep & Restoration

Messaging System

Physiological Response

Personal Health Continuum
1. Positive neurosculpting training refers to:
   a. making clay images of the brain
   b. understanding how the brain creates new networks
   c. using the neural networks of attention and choice to positively create new perceptions

2. Self-care strategies that effectively optimize genetic potential for wellbeing, increased energy and resiliency include nourishing oneself through:
   a. colorful, plant based fruits and vegetables and lean meats, nuts, seeds, bean protein sources
   b. mindful, heart-based positive emotions, ie. gratitude, creativity, wisdom,
   c. physical activity that is aerobic and resistance oriented
   d. positive, supportive relationships
   e. all of the above
SUPPLEMENTAL RESOURCES

Institute of HeartMath - https://www.heartmath.org

Greater Good Science Center https://ggsc.berkeley.edu

Foundations of Wellbeing https://www.thefoundationsofwellbeing.com

Mindsight https://www.mindsightinstitute.com