Whole Health in Your Practice

6. RESILIENCE

Self Care: Personal Development

Life isn’t about finding yourself. It is about creating yourself.  
-George Bernard Shaw
Personal Development – OPCC&CT Video

https://youtu.be/sYZfEA5RgNw

Personal Development

A broad term encompassing:

- Improving awareness and identity
- Developing talents and potential
- Building social capital
- Nurturing positive emotions
- Fostering lifelong learning
- Enhancing creativity
- Improving quality of life
- Contributing to the realization of dreams and aspirations
Maslow and Self-Actualization

- Abraham Maslow developed the “hierarchy of needs” – model of psychological health based on meeting basic human needs having different priorities.

- Only when basic needs are met do we have energy to engage in higher levels of personal development – “self-actualization.”

Positive Psychology

Defined as those “conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions.”

It is concerned with positive human experiences, including:

- Gratitude
- Hope and optimism
- Values and meaning
- Forgiveness
- Positive relationships

Employment

Unemployment associated with:

- Chronic disease incidence
- Impaired mental health
- Increased risk of suicide
- Increased mortality

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Engaging Dreams for the Future

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Wonder and Amazement

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Creativity and Imagination

Logic will get you from A to Z; imagination will get you everywhere.
- Albert Einstein

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Learning – Expanding the Comfort Zone

There is an inverse relationship between all-cause mortality and years of education.

Education

The beginning of knowledge is the discovery of something we don’t understand. Isn’t it?

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Gratitude

To be of benefit, it must be expressed.

Volunteer Work

Benefits the volunteer and the recipient of the volunteering.

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Altruism, Relationships & Giving

Mother Teresa study
- Psychology & Health, 1988 2:31-52

Benefits of volunteering
- 2.73 times less likely to die during study period

Resilience

If there are no ups and downs in your life
It means you are dead
Indicators of Clinician Burnout

Burnout effects half of physicians, and even more nurses.

Key indicators of burnout include:
(the shadow side of resilience)

1. Emotional exhaustion
2. Depersonalization & decreased empathy
3. Lack of personal accomplishment

http://www.headington-institute.org/Portals/32/Resources/Test_Are_you_burnout.pdf

Burnout in General Population vs Physicians, 2011 to 2014
What Contributes to Burnout?

1. Perfectionism
2. Lack of coping skills for stress
3. Personal bad habits (smoking, drug use)
4. Lack of control over office processes
5. Lack of control over schedule
6. Lack of time for self care
7. Difficult and complicated patients
8. Not enough time in the day
9. Excessive paperwork
10. Regret over chosen career
11. Poor relationships with colleagues


The Quadruple Aim

1. Improve the health of populations
2. Enhance the patient experience
3. Reduce cost
4. Improve the work life of health care clinicians and staff

Burnout → Resilience: What Helps?

- Self-Care
- Meditation, relaxation, massage
- Support group for clinicians
- Talking about feelings
- Professional counseling
- Sense of control over one’s schedule
- Time Management

VETERANS HEALTH ADMINISTRATION

Resilience Can Be Learned!

1. Positive attitude
2. Cognitive flexibility
3. Moral compass
4. Role model
5. Face fears
6. Develop active coping skills
7. Social support
8. Physical well-being
9. Train regularly
10. Recognize and foster signature strengths


Can also do a web search for “The Resilience Prescription” for a summary.
Increased Mental Resilience

Mindfully watch for these thought patterns and counter them with more helpful thoughts:

- All-or-nothing thinking (it’s black or white)
  
  *Think the opposite thought and find the middle ground, develop flexible thinking*

- Personalizing blame (it’s all my fault)
  
  *Remember that you choose how you respond*

- Selective perception (watching for the negative)
  
  *Seek out the positives in yourself and others*
Small Group Discussion

• How can you cultivate resilience in your work?
• Think of someone that you admire for their resilience. What are their resilient qualities?
• Describe a situation in your own life in which you noticed strength and resilience.
• Share an example of when a Veteran demonstrated strength and resilience. How did this impact their plan of care?

Exercise: Your Own PHI

• Complete the Brief Personal Health Inventory on page 25
• It is 2 pages (don’t forget the back!)
• Take ~5 minutes
• You will be discussing the inventory throughout the rest of the course