







Am I burned out?

You try to be everything to everyone

You get to the end of a hard day at work, and feel like you have not made a meaningful difference

You feel like the work you are doing is not recognized

You identify so strongly with work that you lack a reasonable balance between work and your personal life

Your job varies between monotony and chaos

You feel you have little or no control over your work

You work in healthcare

































Pathways to Self-Care

- Physical
- Mental
- Emotional
- Spiritual
- Relationships
- Choices



Adapted from Dossey, B. M. and Keegan, L. (2008).
Holistic Nursing: A Handbook for Practice, 5th ed.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



PHYSICAL

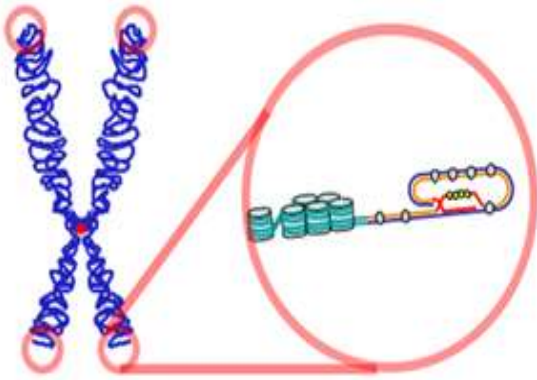


- Preventative maintenance, family history, epigenetics
- Mind / body dynamic connection
- As your body strengthens, a mirrored effect in all areas of your life.
- #1 Stress reduction tool
- Environment (toxins, clutter, noise)

Resiliency...

Anti Inflammatory Diet

- Plant based diet rich in a variety
- 3 gms. of Omega-3 daily
- Eat 8 (1/2 cup) or more servings a day of cereals, whole grains, legumes, and tubers
- Limit sweets, processed foods, dairy
- Increase fiber-40gms/day
- Increase immunity with antioxidants
- Herbs/vitamins/supplements/probiotics



FACTORS AFFECTING GENE EXPRESSION

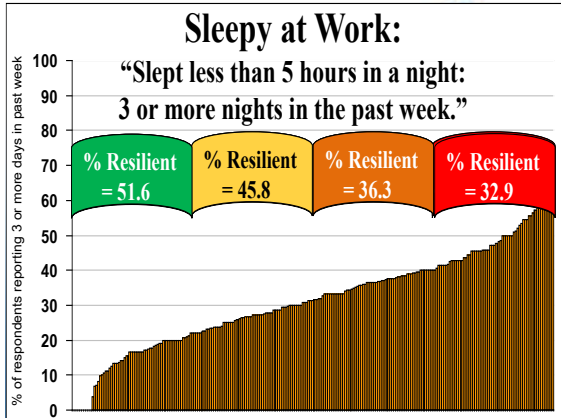
Diet and Exercise

Positive emotions- Our gene system is aware of recent emotional experiences

Fatigue and chronic adversity

Social connections- increase immunity, ability to thrive





Tips For Better Sleep

1. Keep a routine. Same time to bed and to wake up.
2. Keep your room dark and free of screens
3. Keep your room cool. The coolness takes your brain and body in the right direction for deep sleep.
4. Avoid alcohol and caffeine close to bedtime.
5. Don't stay in bed awake. Get up and read with a dim light until sleepy.









MENTAL

- Stress reduction daily
- What is your environment feeding your brain?
- Fear
- Busyness/Loneliness
- Intuition
- Self-talk













Neurons that fire together wire together

- new patterns of thought can change the physiology of our brains
- as short as two weeks
- can train our brains to become more alert to good information

Rick Hanson, PhD, neuropsychologist and coauthor of *Buddha's Brain*



EMOTIONAL

- constant dialogue within ourselves; how we feel, perceive and respond is regulated by our emotional state
- releasing toxic feelings freeing for both you and those around you
- Take action, the emotion will follow

Resiliency...

The weight of grief.
This amazing artist (Celeste Roberge) found a way to convey the physical feeling of grief.



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The Undoing Effect of Positive Emotions

Barbara L. Fredrickson^{1,2}, Roberta A. Mancuso², Christine Branigan², and Michele M. Tugade¹

¹Department of Psychology, Women's Studies Program, and Research Center for Group Dynamics, University of Michigan, Michigan

²Department of Psychology, University of Michigan, Michigan

Abstract

Positive emotions are hypothesized to undo the cardiovascular aftermath of negative emotions. Study 1 tests this undoing effect. Participants ($n = 170$) experiencing anxiety-induced cardiovascular activity viewed a film that elicited (a) contentment, (b) amusement, (c) anxiety, or (d) sadness. Continuous monitoring and averaging films produced these cardiovascular recovery time points in real time. Participants in Study 2 ($n = 101$) viewed these same films following a neutral event. Results describe the alternative explanation that the undoing effect reflects a simple replacement process. Findings are contextualized by Fredrickson's broaden-and-build theory of positive emotions (B. L. Fredrickson, 2004).

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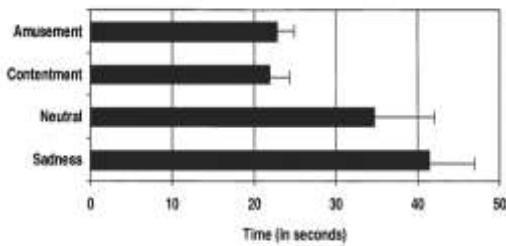


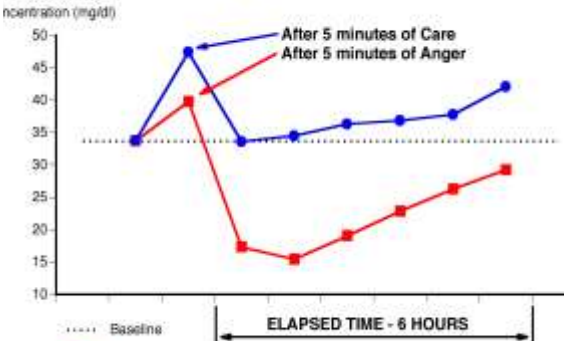
Fig. 1
Mean duration of cardiovascular reactivity by Film Group in Sample 1 of Study 1. Error bars represent standard errors of the mean.







**The Immune System
Anger versus Care**













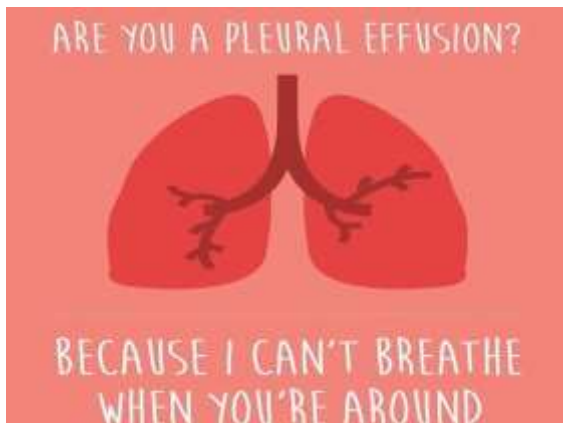


SPIRITUAL

- A reflection of your belief to a higher power than yourself that connects you with the universe and your "calling"
- Shapes your perceptions of your world, therefore serves to nurture your soul or deplete your spirit
- Spiritual believers are physically healthier, lead healthier lifestyles, and require fewer health services adding 7 to 14 years to life. (Hammer R, Rogers R, Nam C, Ellison CG. Religious involvement and U. S. adult mortality. *Demography*. 1999;36:273-285.

Resiliency...





RELATIONSHIPS

- Direct reflection of how you see yourself
- Either add to or subtract from your life
- Must be a two way street to be fulfilling
- Your relationship with yourself is the foundation from which all others flow



Resiliency...







CHOICES

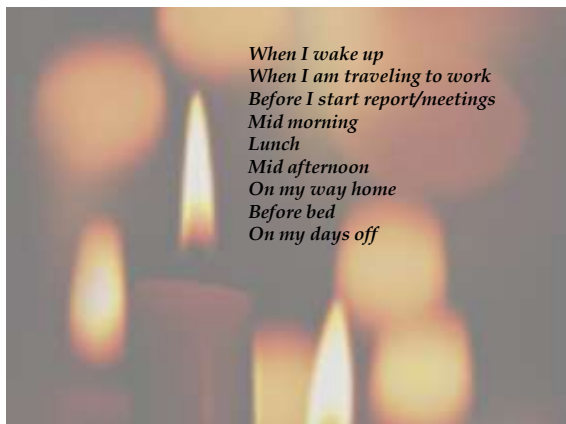




Please be responsible
for the energy
you bring into this

BUILD YOUR OWN SELF-CARE TOOL BOX





Self care "Care Plan"

- Ask for help BEFORE I feel overwhelmed.
"How you can support" list.
- Drinks lots of water and take vitamins
- Stop watching mindless TV
- Write down goals and post in conspicuous place
- Create a support team
- Go to bed an hour early
- Practice stress reduction breathing techniques
- Start a "jar of gratitude"
- Turn off FB and email notifications

- Journal daily about how you feel, triggers
- Sign up to receive and start day with positive affirmation. Share favorites.
- Listen to favorite music routinely
- Exercise at least 4 times per week
- Laugh daily
- Take a break before walking in home
- Spend time with pets
- Collect items/pictures that reignite/reflect your spirit
- Invest in learning something new, hobbies
- Plan a trip with loved ones

- Create a wall/collage of mementos that trigger appreciation, gratitude and joy
- Plan ahead for quick, healthy meals
- Take a healthy cooking class
- Join a group fitness class
- Take a walk
- Physically touch 5 people a day
- Meditate, be alone, be still for 10 minutes a day
- Avoid negative "friends" and family
- Create a success team to reach your goals
- Schedule all preventative health appointments

- Declutter closet and bedroom
- Kind self talk, mirror work
- Say "no" without feeling guilty
- Have a "safe" friend/colleague to talk with or vent to
- Forgive yourself/others. Release emotional baggage
- Get a pedometer
- Take a break from news media
- Recycle. Use reusable water bottles
- Electronically pay bills
- Volunteer
- Make a contribution to a worthy cause
- Mentor someone

- Eliminate soda drinks
- Replace poor quality fats with Omega 3's
- Increase consumption of antioxidants
- Increase fish oil consumption
- Educate yourself on probiotics, supplements
- Eliminate GMO, boxed, processed products

The Healing Presence

- Tending to ourselves is healing to others
- The “Inner Experience” we create allows a safe place for others and changes the physiology, bringing out the best in ourselves and others
- **Be** the guide and catalyst



Resources for Meditation/ Mindfulness

- Eckhart Tolle's "Music to Quiet the Mind"
- Getsomeheadspace.com
- Franticworld.com
- Buddhify.com
- Msia.org
- Chopra center for well-being
- Calm.com
- www.donothingfor2minutes.com
- MeditateApp for Android
