

# MINDFULNESS PRACTICE FOR RESILIENCE & EMOTIONAL INTELLIGENCE

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## OBJECTIVES

- Incorporate brief techniques of mindfulness to develop resilience, prevent burnout, and build emotional intelligence throughout your busy clinical day



# BURNOUT

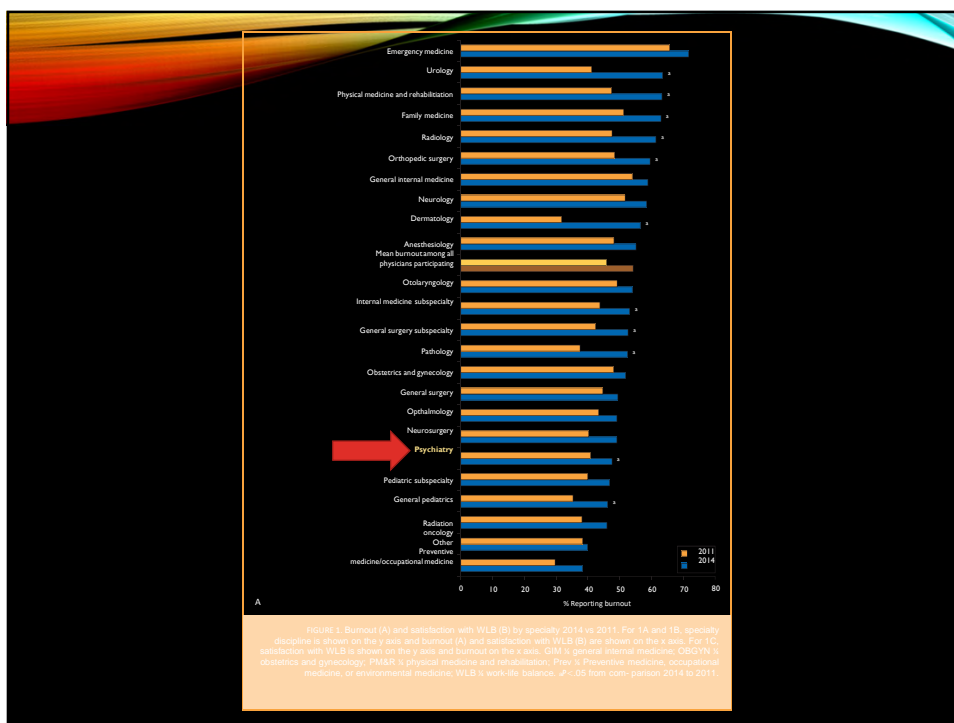


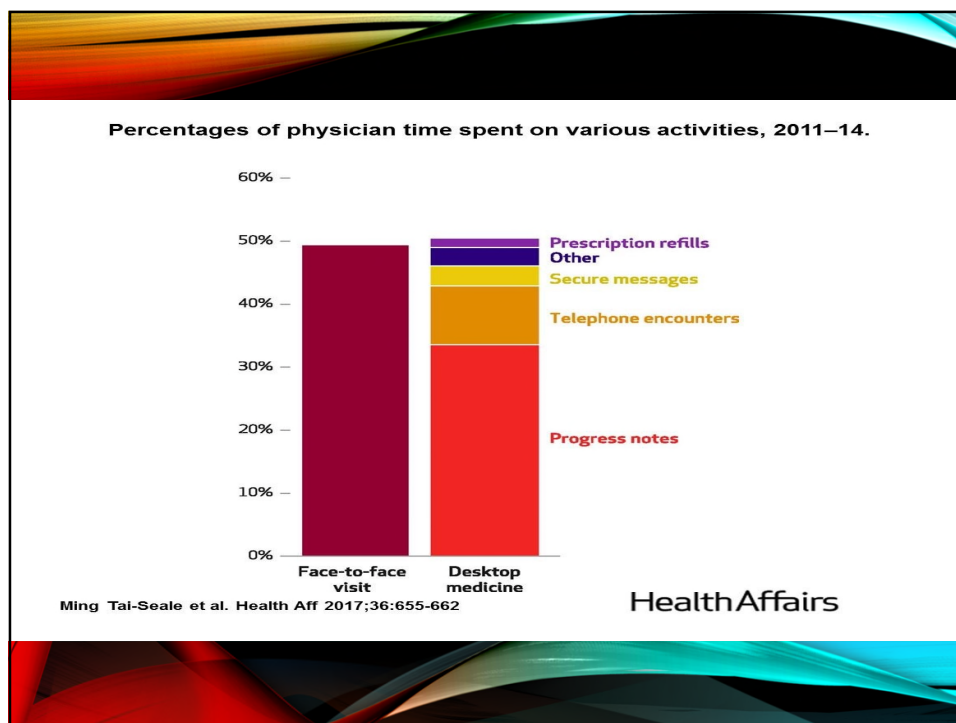
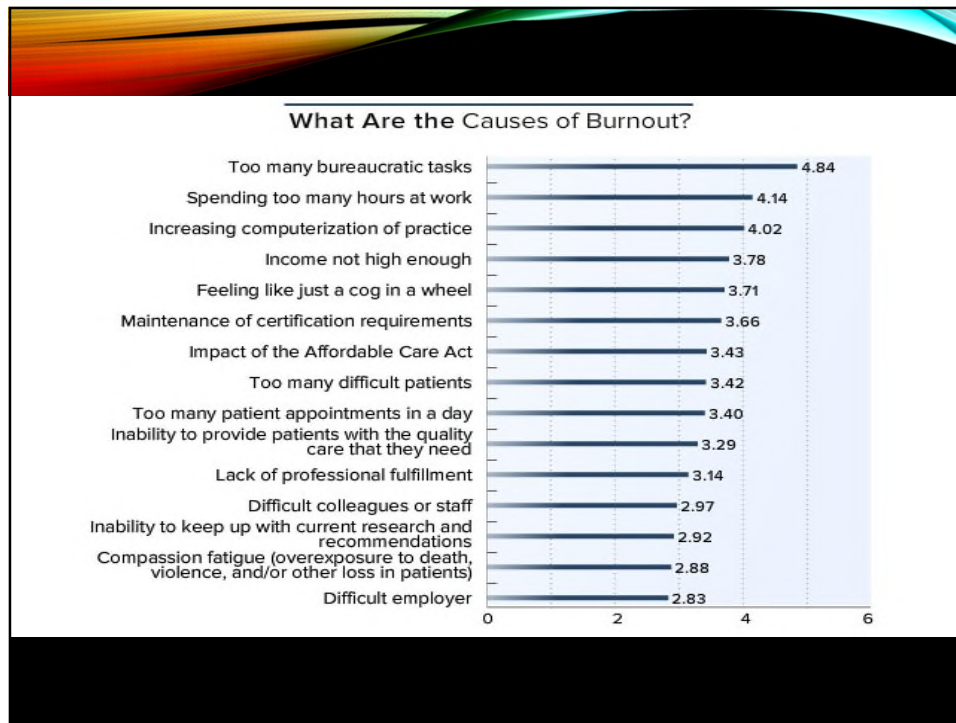
## BURNOUT IN PHYSICIANS

- Silent crisis
- Psychiatrists – Highest risk – mid career physicians
- Depression, substance abuse
- Suicide rate – one doctor a day
- not good at taking care of ourselves

## BURNOUT

- Emotional exhaustion
- Chronic fatigue
- Cynicism
- Decline in empathy
- Irritability & Anger
- Body pains
- Forgetfulness
- Lack of concentration
- Depersonalization
- A sense of low personal accomplishment
- Depression
- Substance abuse
- Suicidality



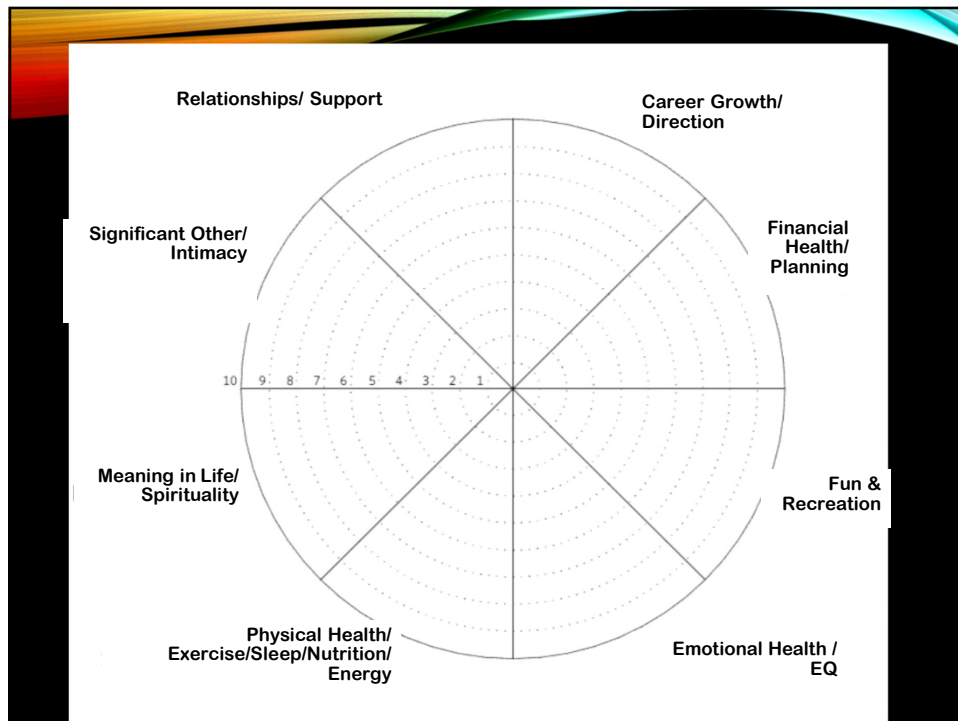


## WELLNESS

- feeling of well-being & a sense of fulfillment
- coming from emotional, physical, intellectual, spiritual & professional well-being
- that leads the professional to perform at an optimal level

## DOCTORS WHO TAKE CARE OF THEMSELVES

- Are better role models for their patients.
- Are better role models for their children.
- Have higher patient satisfaction and safety scores.
- Experience less stress and burnout.
- Live longer.
- Live happier lives



## MANAGING BURNOUT

- The ways we can manage burnout and create wellness do not necessarily correspond to the causes of burnout
- Sense of fulfillment
  - Use of our expertise
  - Relationship with our patients
  - Preserving a sense of meaning /purpose in our work
- More than about 20% of our time devoted to aspects of our work that we find most meaningful
- Pace of work & control over our schedules

“Physicians are in a double bind of expectation: to be human, just like their patients, and to be superhuman, not like them at all, in never making a mistake and knowing everything.”

~Charles 2005

## THE VALUES THAT BIND US

- SERVICE / HUMANITY
- EXCELLENCE / ZERO TOLERANCE
- CURATIVE COMPETENCE
- COMPASSION / EMPATHY

## THE SAME VALUES ALSO HURT US

Service	Deprivation / martyrdom
Excellence	Emotional exhaustion
Curative competence	Ineffective cynicism
Compassion	Isolation Depersonalization

## THE CULTURE OF ENDURANCE

- Compassion-based Trauma
- “Second Victim”
- Cumulative trauma
- “The Second Arrow”



“The unspoken imperative of medicine is that, regardless of what happens, physicians should be able to ‘handle it’”.

-- Charles 2005

### SOME TOOLS TO DEAL WITH THE DARK SIDE

VALUES	THE DARK SIDE	TOOLS
Service	Deprivation / martyrdom	Reframing as choice Gratitude
Excellence	Emotional exhaustion	Self compassion
Curative competence	Ineffective cynicism	Self awareness Generous listening
Compassion	Isolation Depersonalization	Connection Limit setting

Adapted from "Coping With Adverse Patient Outcomes", a grand rounds presentation by Harise Stein, MD at SUMC

## RESILIENCE

- ❖ AWARENESS
- ❖ ACCEPTANCE
- ❖ PERSPECTIVE
- ❖ CONNECTIONS
- ❖ MEANING
- ❖ SELF CARE

## RESILIENCE

- Put yourself in your own schedule
- Take stock of your desires, feelings and actions that may be contributing to stress or burnout
- Identify and prioritize your values and compare them to how you spend your time
- Write your individual mission statement
- Start a gratitude journal
- Take a mindfulness class
- Consider a support group
- Enlist your peers to provide support

## RESILIENCE

- Consider the legacy you want to leave behind
- Connect with your body
- Learn to manage your time and finances
- Volunteer
- Learn something new
- Write down inspiring patient stories
- Develop your spiritual practice
- Connect with local resources
- Don't forget to have fun
- Seek professional help

## STRESS VS EU-TRESS

- SEE IT AS A CHALLENGE
- EXPERIENCE IT AS FINITE
- LEARNING EXPERIENCE

## WHAT IS EMOTIONAL INTELLIGENCE?

The ability to monitor, discriminate and appropriate between the different emotions of self and the others

and to use it as a guide to one's behavior, thinking and actions

## WE LIKE ACRONYMS...

**R**ECOGNIZING  
**U**NDERSTANDING  
**L**ABELING  
**E**XPRESSING  
**R**EGULATING

## INTRAPERSONAL EMOTIONAL INTELLIGENCE

- SELF-AWARENESS
- SELF REGULATION / SELF MASTERY
- MOTIVATION / RESILIENCE

## INTERPERSONAL EMOTIONAL INTELLIGENCE

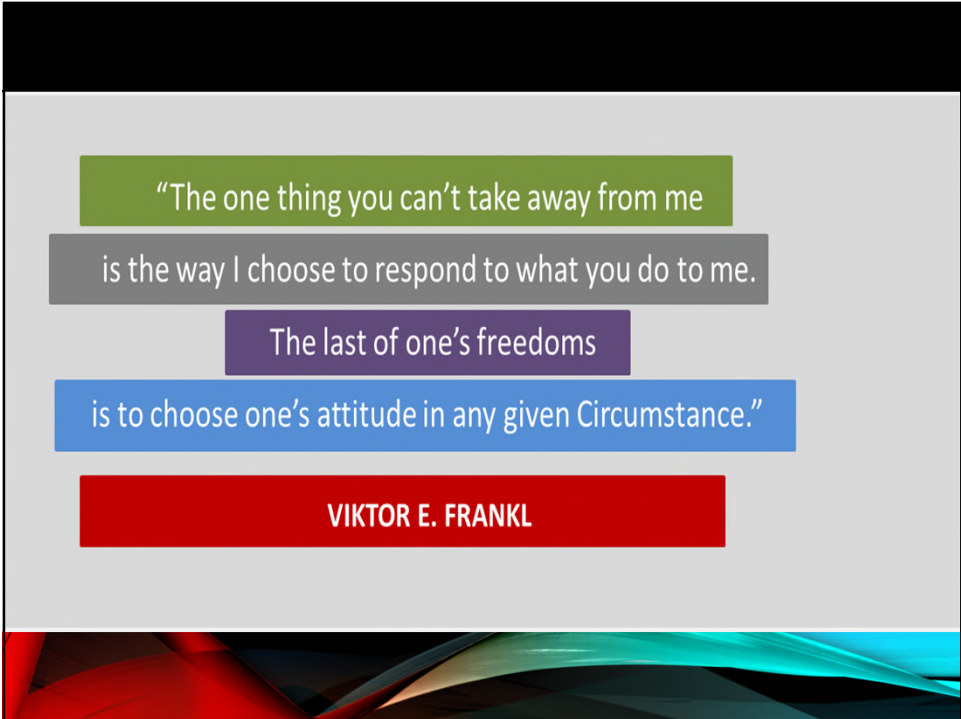
EMPATHY

SOCIAL SKILLS



LIFE IS A COMEDY FOR THOSE WHO THINK  
AND A TRAGEDY FOR THOSE WHO FEEL

~Horace Walpole



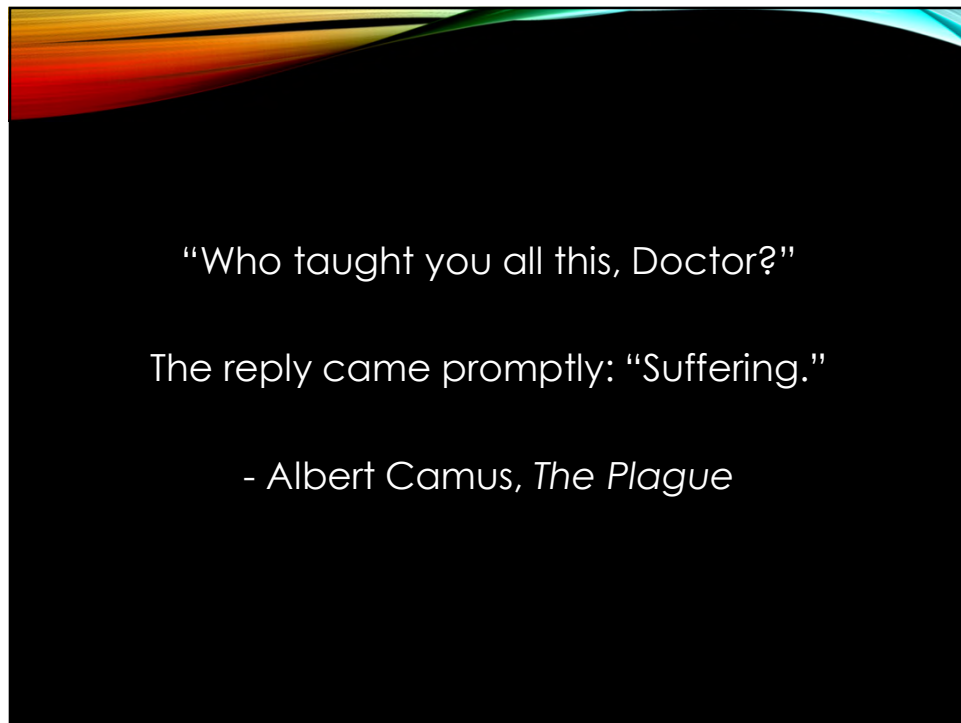
“The one thing you can’t take away from me

is the way I choose to respond to what you do to me.

The last of one’s freedoms

is to choose one’s attitude in any given Circumstance.”

**VIKTOR E. FRANKL**



## MINDFULNESS

- Mindfulness is the art of living in the present moment.
- A skill set, when regularly practiced, allows us to hold our attention in the present moment
- Acknowledgement & Acceptance of the realities of the present moment
- Without getting inextricably tangled in unhelpful thoughts, reactions, judgments, criticisms, or evaluations
- Allows us to accept and experience what is going on within us and around us AS it is happening

## MINDFUL PRACTITIONERS...

- RESILIENCE
- SELF COMPASSION & EMPATHY
- WORK-LIFE BALANCE
- SENSE OF GRATITUDE



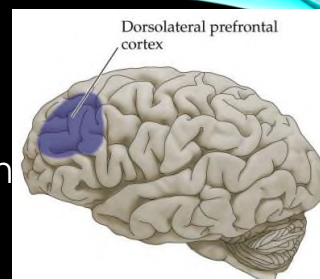
## MINDFUL MEDITATION

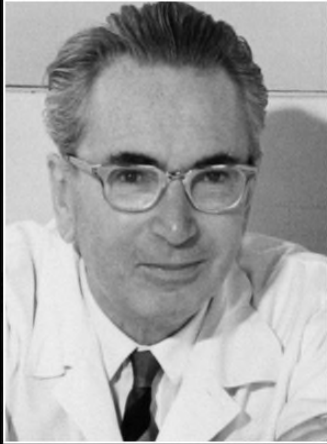
- The primary way to train our brain to live mindfully
- To develop & deepen our capacity for sustained attention, mental clarity & insight
- Allows us to respond, rather than react, to the immediate environment
- Increases awareness of our thoughts, emotions, physical sensations, body, environment, people around us, and the society we live in

## THIS IS YOUR BRAIN ON MINDFULNESS...

Studies suggest that participation in MBSR is associated with

- changes in gray matter concentration in brain regions involved in learning and memory processes,
- A decrease in the size of the amygdala, reducing emotional reactivity
- Increase of activity in the ACC (empathy)
- increase in activity in the PFC, associated with decision-making, planning, abstract thinking, and regulation of emotions.





Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

— Viktor E. Frankl —

AZ QUOTES

## BENEFITS OF MINDFUL MEDITATION

- **Anxiety, stress, depression**, exhaustion and irritability all decrease
- **Reduces pain** and the emotional reaction to it
- **improves mood and quality of life** in chronic pain, IBS, cancer
- Improves **working memory, creativity, attention span and reaction speeds.**
- Enhances mental and physical **stamina and resilience.**
- Improves **emotional intelligence.**

## BENEFITS OF MINDFUL MEDITATION

- Reduces **addictive and self-destructive** behavior
- Enhances **brain function**. It increases grey matter in areas associated with self-awareness, empathy, self-control and attention
- Improves **the immune system**.
- **May reduce ageing** at the cellular level by promoting chromosomal health and resilience, increase in telomere length
- **Improves control of blood sugar** in type II diabetes
- **Reduces blood pressure**
- Reduces the risks of developing and dying from cardiovascular disease and lowers its severity should it arise

## BENEFITS OF MINDFULNESS TRAINING

Maslach Burnout Inventory	23% vs 11%
The Brief Symptom Inventory	23% vs 11%
The Perceived Stress Scale	27% vs 7%, 88% reporting improvement
The Satisfaction with Life Scale	19% vs 0%
The Self Compassion Scale	22% vs 3%, 90% reporting improvement

## BENEFITS OF MINDFULNESS TRAINING

- A review of 10 such studies, reported in 2010 by Irving et al, found that MBSR training consistently reduces stress, anxiety, & emotional exhaustion, while improving positive affect
- Fortney et al, 2013: reported similar benefits with an abbreviated MT (10-20 minutes of mindfulness meditation daily)

ASSOCIATION OF AN EDUCATIONAL PROGRAM IN MINDFUL COMMUNICATION WITH BURNOUT, EMPATHY, AND ATTITUDES AMONG PRIMARY CARE PHYSICIANS  
KRASNER MS, EPSTEIN RM, ET AL. JAMA, SEPTEMBER 23/30, 2009, VOL 302

Participants demonstrated improvements in:

- Mindfulness
- Burnout
- Total mood disturbance
- Emotional stability
- Empathy



## INTERVENTION TO PROMOTE PHYSICIAN WELL-BEING, JOB SATISFACTION, AND PROFESSIONALISM: A RANDOMIZED CLINICAL TRIAL

- West CP, et al / Mayo Clinic; JAMA Intern Med. 2014 Apr
- An intervention for physicians based on a facilitated small-group curriculum improved meaning and engagement in work and reduced depersonalization, with sustained results at 12 months after the study.

## BENEFITS OF MINDFULNESS IN PATIENT CARE

- listen more attentively, with more empathy
- Have more patient centered communications
- Make fewer mistakes in medical decision making
- Their patients feel empowered to make their voices heard
- Their patients report higher overall satisfaction with their care

## BENEFITS OF MINDFULNESS IN SELF CARE

- Self & other awareness
- Emotional regulation
- Empathy
- Compassion
- Self-compassion
- Forgiveness
- Gratitude
- Equanimity

If your compassion  
does not include  
**YOURSELF**  
it's incomplete

~ ~ ~

Jack Kornfield

## GETTING STARTED IS EASY...

### What you will need to start a formal practice

- 15 minutes of your time with minimal distractions
- A chair or a pillow to sit on
- \* A quiet place to sit,
- \* A timer

### The practice

- close your eyes.
- Breathe in & out naturally & smoothly. Focus on the sensation of your breath
- you may notice that your monkey-mind will start jumping around. The more you try & stop these thoughts, the more they will rush in. Instead, whenever you become aware your attention has drifted, gently, and without any value judgment, bring your attention back to your breath.

## BE MINDFUL AT WORK

- Practice "strategic acceptance"
- Try a 3-minute mindful break
- Take regular breaks
- Find a time to unplug
- Slow it down

## MINDFULNESS HACKS

16 Seconds	Gratitude Journal
STOP	Put yourself in your own schedule
SODA	Be good to your SELF
Laughter	Absorb the positive
Buzzing Bee Breath	RPM
Stretch breaks	Walk at lunch

### WEBSITES

[www.marc.ucla.edu](http://www.marc.ucla.edu)  
[www.insightLA.org](http://www.insightLA.org)  
[www.oxfordmindfulness.org/science](http://www.oxfordmindfulness.org/science)  
[www.dartmouth.edu/~healtheid/relax/downloads.html](http://www.dartmouth.edu/~healtheid/relax/downloads.html)  
[www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)  
 Dr. Shah's "The 5 Minute Mindful Stretch"  
<https://youtu.be/NT-LY2sgh14>

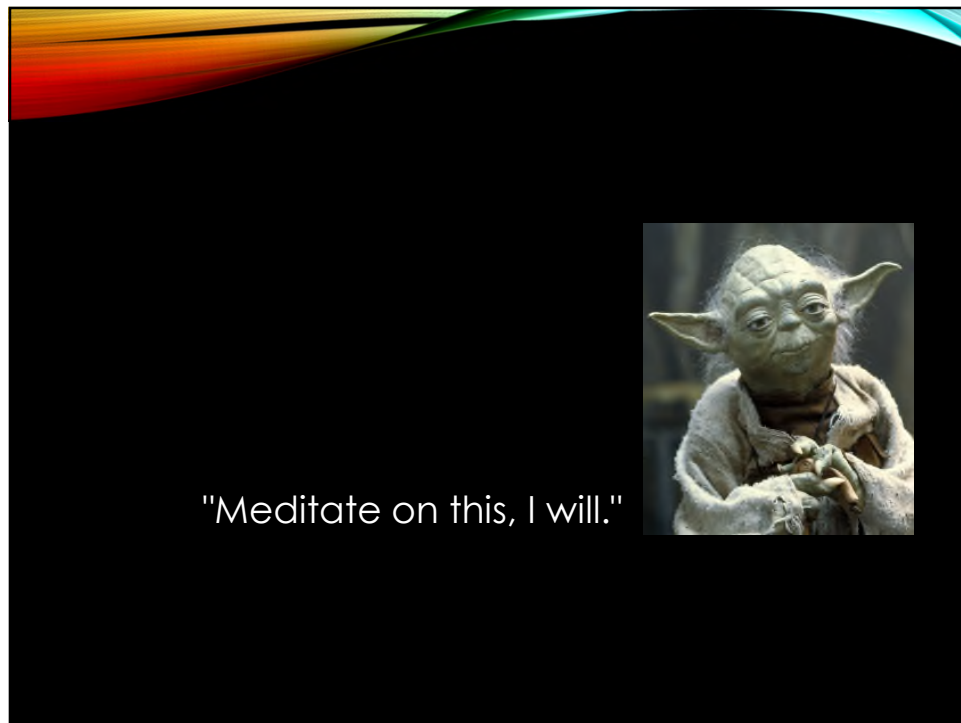
### BOOKS

- Wherever You Go, There You Are: by Jon Kabat-Zinn
- Mindfulness: An Eight Week Plan For Finding Peace In A Frantic World: by Mark Williams, Danny Penman and Jon Kabat-Zinn
- Buddha's Brain: by Rick Hanson and Richard Mendius

### MOBILE APPS

- CALM
- Insight Timer
- Sounds True
- Headspace





## SELF-ASSESSMENT QUESTIONS

**SA-Q#1. Which of the following is a symptom of burnout?** *(Select one)*

- A. Cynicism
- B. Body pains
- C. Forgetfulness
- D. Substance abuse
- E. All of the above

**SA-Q#2. According to Annie Nedrow, MD et al, in *Physician Resilience & Burnout*, which of the following physician values can lead to the burnout symptom (“dark side”) of emotional exhaustion? (Select one)**

- A. Service
- B. Excellence
- C. Curative competence
- D. Compassion
- E. All of the above

**SA-Q#3. Which of the following strategies is suggested by the AMA to improve physician resilience? (Select one)**

- A. Put yourself in your own schedule
- B. Write your individual mission statement
- C. Connect with your body
- D. Consider a support group
- E. All of the above

**SA-Q#4. Studies suggest that mindfulness based stress reduction (MBSR) is associated with which of the following? (Select one)**

- A. Changes in gray matter concentration in brain regions involved in learning and memory processes
- B. A decrease in the size of the amygdala, reducing emotional reactivity
- C. Increase of activity in the ACC (empathy)
- D. increase in activity in the PFC, associated with decision-making, planning, abstract thinking, and regulation of emotions
- E. All of the above

**SA-Q#5. Which of the following inventories/scales have been shown to improve with mindfulness training? (Select one)**

- A. Maslach burnout inventory
- B. Brief symptom inventory
- C. Satisfaction with life scale
- D. Self compassion scale
- E. All of the above