Increasing Resilience and Well-Being
A virtual training for Health Care Professionals

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The speaker has no relevant financial relationship(s) to disclose.

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Why are you here?

On our agenda:

Compassion Fatigue

Mindfulness

Three components of self-compassion

Techniques to increase resilience, self-compassion, and well-being

Research related to Resilience & Self-Compassion
Healthcare Professionals:

40–60% are challenged by burnout sometime during their career

Jobs require considerable emotional and physical investment

Face excessive exposure to adverse events causing secondary traumatic stress

Limited resources

Important Considerations (...or information for the choir)

The phenomenon of burnout across HCPs is a national concern

Work-related stress is pervasive across all HC Professions

Research shows 50% of HCPs report deteriorating mental health since the beginning of Covid-19
Consequences of HCP burnout [that are not often addressed]

- Reductions in patient satisfaction and provider empathy
- Increases in medical errors and patient safety concerns
- Lower productivity and retention rates, more absences
- Higher turnover, rising employee healthcare costs due to stress-related conditions

Compassion Fatigue: A Lesser Known HCP Occupational Hazard

- The “cost of caring” for others in emotional pain
- State of reduced capacity for compassion
- Associated with burnout + Secondary traumatic stress
- Process is accelerated when helping others in order to heal self hurts.
It’s not just physical health… Beyond Personal Protective Equipment (PPE)

Physical Health AND Mental Health

We have a [probable] **mental health crisis** facing HCPs resulting from this pandemic

...when our calm surface appearance...is the only armor we have left

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Research on Mindfulness-Based Interventions (MBIs) for HCP:

Shows that learning and practicing self-compassion and selfcare skills reduces burnout and compassion fatigue

Can reduce mental health issues and enhance well-being
Mother Teresa believed it was MANDATORY for her nuns to take an entire year off from their duties every 4-5 years to allow them to heal from the effects of their care-giving work. She understoodcompassion fatigue.

Research also indicates that Self-Compassion:

- Increases: life satisfaction, optimism, social connectedness, and happiness
- Helps: build resilience
- Improves: emotional intelligence, wisdom, and well-being
Compassion Fatigue looks like:

- Increased cynicism at work
- Dread of working with certain clients/patients
- Loss of pleasure in life
- Feeling burdened by the suffering of others
- Anger and irritability
- Bloody up your emotions
- Difficulty concentrating
- Increased unhealthy behaviors
- Insomnia
- Exhaustion

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk on water without getting wet.”

~ Rachel Remen
Mindfulness

Being present
In every moment
Without judgment

Our Active Minds
Mindlessness
Distractible
Autopilot
Resilience

Bounceback

How well a person can adapt to life events.

Psychological strength to cope with stress and hardship.

“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good.”

~ Elizabeth Edwards
Building Mental Resilience Through Mindfulness

**STOP Technique**

- **S** - Stop what you are doing
- **T** - Take a breath (or two!)
- **O** - Observe your experience, just as it is: thoughts, emotions, body
- **P** - Proceed with something that will support you in the moment

The hard part is catching yourself after a stimulus AND before you respond.

Link to technique: [https://www.mindful.org/stressing-out-stop/](https://www.mindful.org/stressing-out-stop/)
Compassion is...

- Seeing
- Recognizing suffering
- Feeling
- Feeling moved and emotionally connecting
- Responding
- Acting/motivation to alleviate suffering

Physically distance without emotionally distancing

Connecting with others through Compassion
Just Like Me

Let’s try it!

What about Me??
Make sure your worst enemy is not living between your own two ears.

Our heart has to pump blood to itself first before it can circulate it around the body.

Be gentle with yourself, you are doing the best you can.

Self-Compassion
Mindfulness
Self-Kindness
Common Humanity

cup of self love
Extending kindness and understanding to yourself. Rather than harsh self-criticism and judgement.

*If you wouldn’t say it to a friend, Don’t say it to yourself.* ~ Jane Travis

Imagine if we obsessed about the things we loved about ourselves.
Common Humanity

Making mistakes is intrinsically human...a normal part of life

Understanding that we are not alone in our mistakes, weaknesses or failures

Mindfulness

Helps us disentangle from what is bothering us

Observe life as it is without judging or over-identifying
“Self-compassion is simply giving the same kindness to ourselves that we would give to others.” ~Christopher Germer

“Unlike self-criticism, which asks if you’re good enough, Self-Compassion asks, what’s good for you?” ~Kristin Neff
Wrap-up & Questions

Thank you,
Laura Holyoke

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