

Increasing Resilience and Well-Being

A virtual training for Health Care Professionals

Laura Holyoke, Ph.D. ~ holyoke@uidaho.edu

April 29, 2020

12:00 Pacific Time

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

The University of Idaho, WWAMI Medical Education Program is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Idaho, WWAMI Medical Education Program designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in an activity.

1

Sponsors



This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U77HP03022, for the WWAMI Area Health Education (WWAMI AHEC) Program Office and its five regional Centers in the total amount of \$679,700 for the 2019-2020 fiscal year (with a 1:1 total match of \$679,700 from non-federally funded governmental sources). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

2



Why are you here?

3

On our agenda:

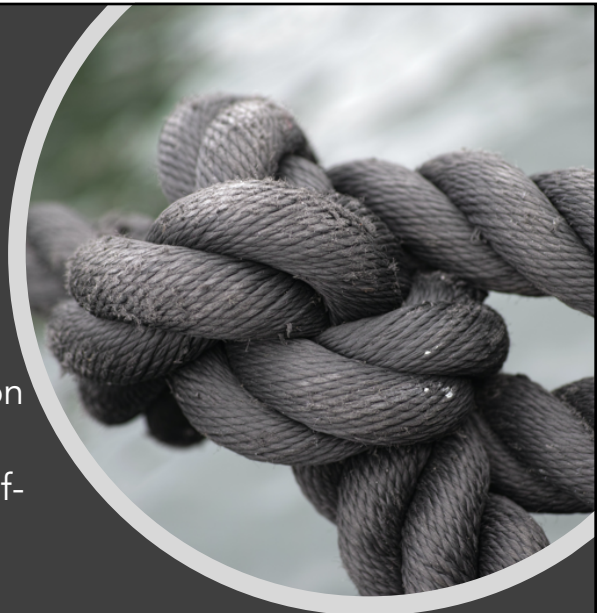
Compassion Fatigue

Mindfulness

Three components of self-compassion

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

Research related to Resilience & Self-Compassion



4



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

5

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



6

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



7

Compassion Fatigue: A Lesser Known HCP Occupational Hazard

The "cost of caring" for others in emotional pain

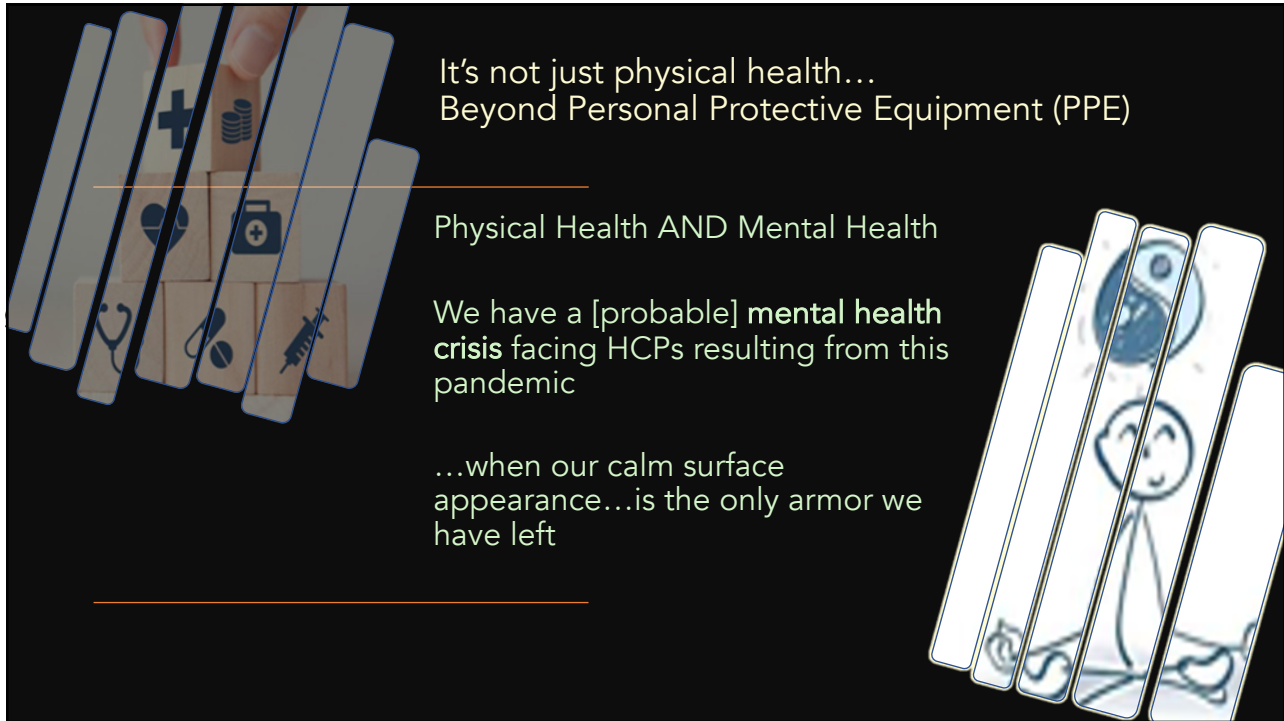
State of reduced capacity for compassion

Associated with burnout + Secondary traumatic stress

Process is accelerated when helping others in order to heal self hurts.



8



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

9

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

10

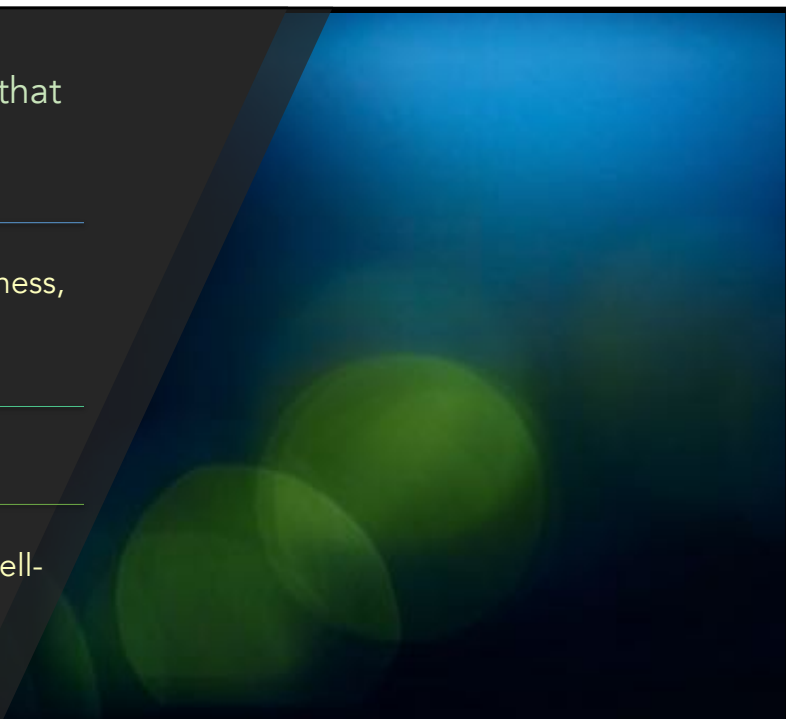


Mother Teresa

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 understood understood compassion fatigue

11



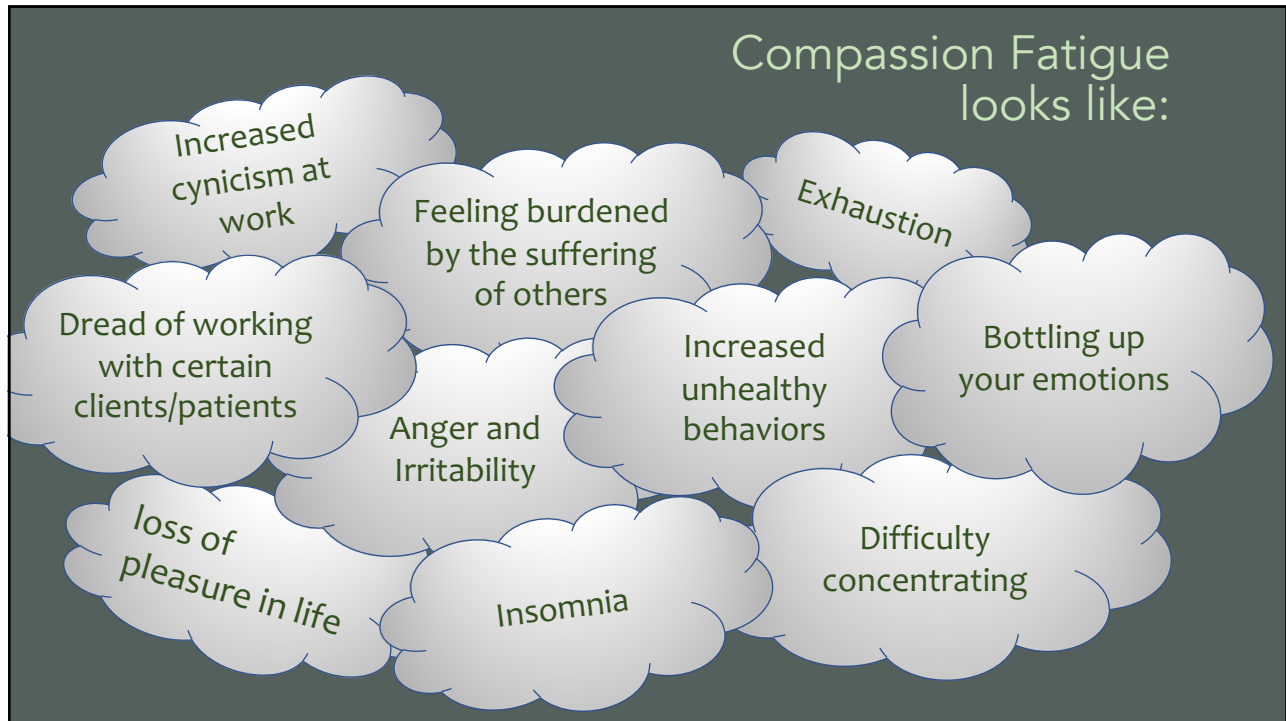
Research also indicates that Self-Compassion:

Increases: life satisfaction, optimism, social connectedness, and happiness

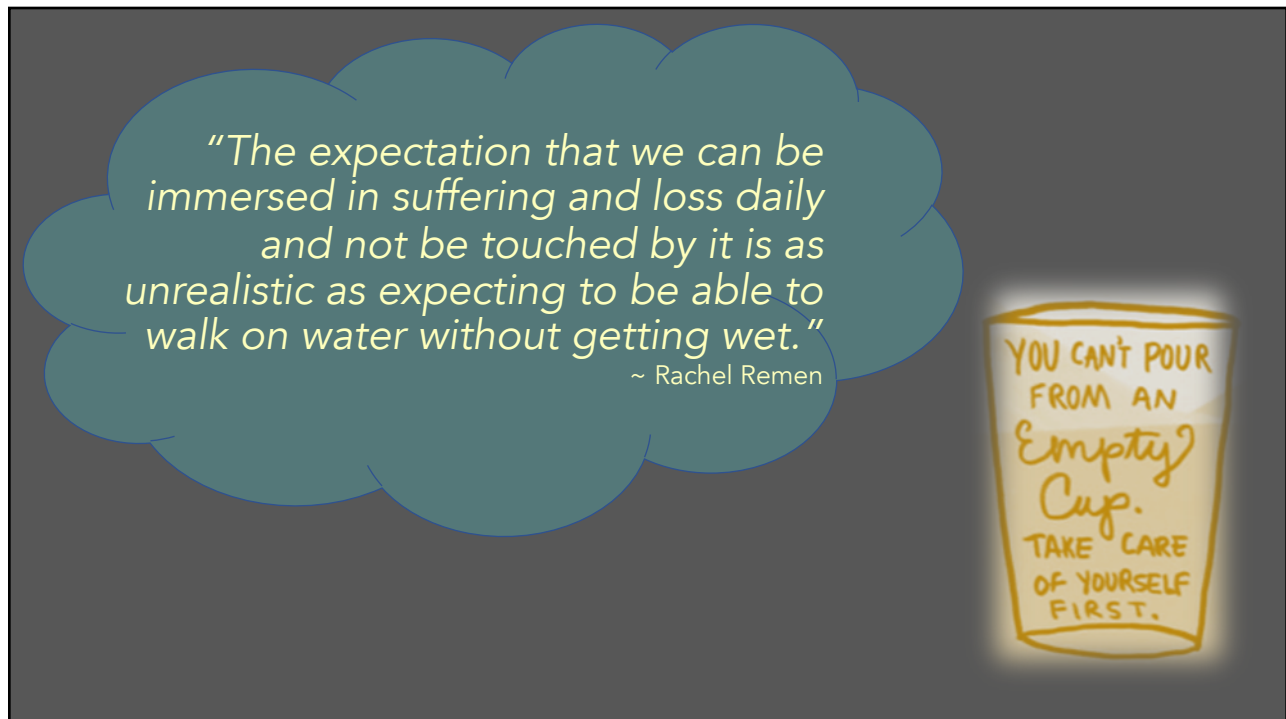
Helps: build resilience

Improves: emotional intelligence, wisdom, and well-being

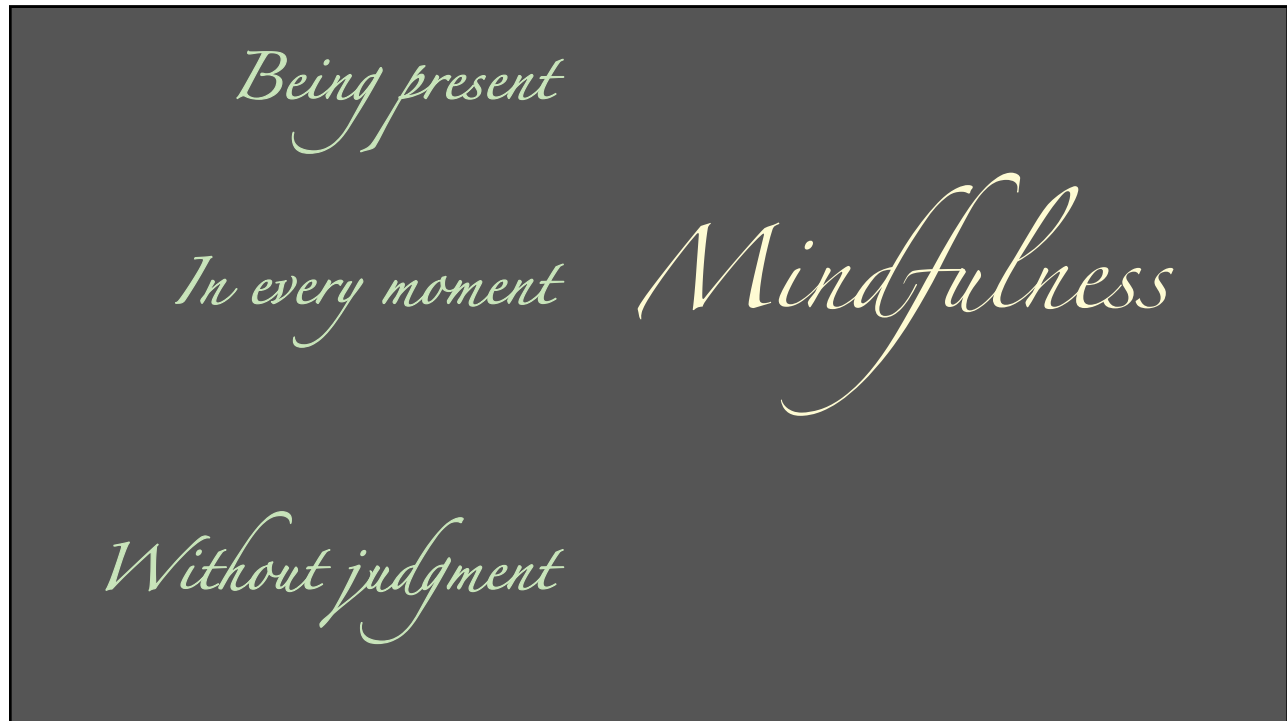
12



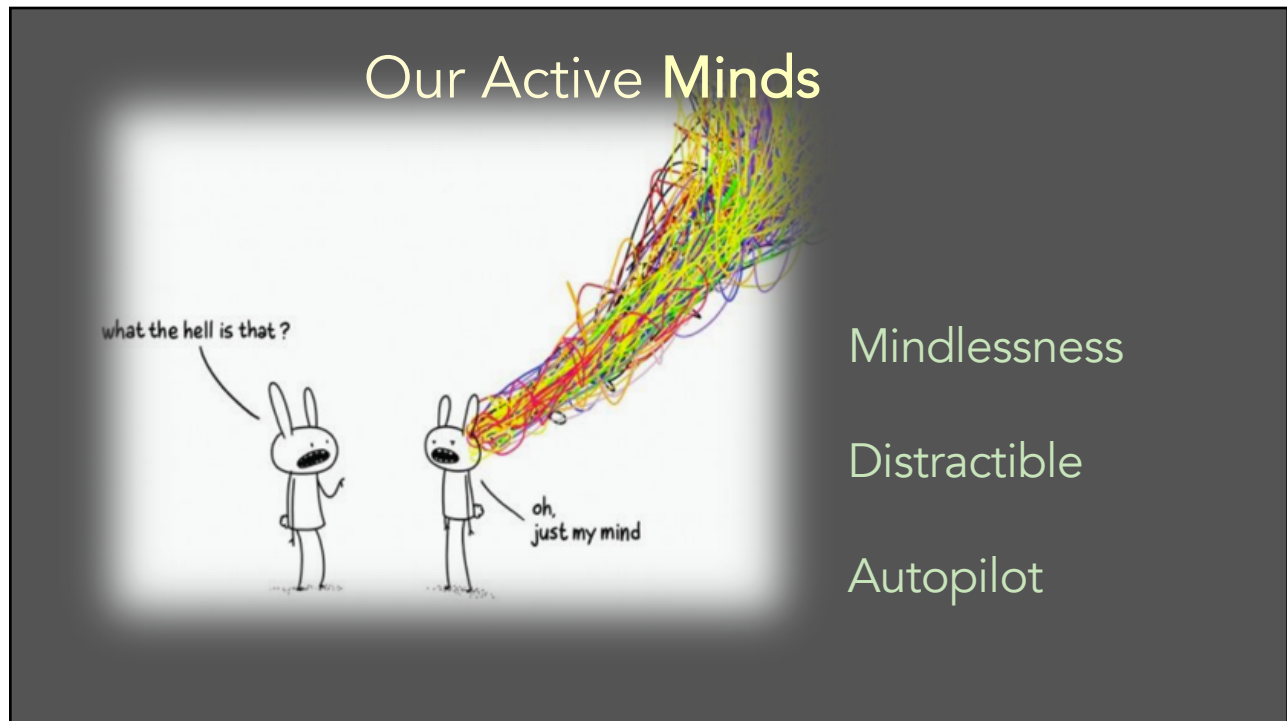
13



14



15



16



Resilience

Bounceback

How well a person can adapt to life events.

Psychological strength to cope with stress and hardship.

17



"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

18



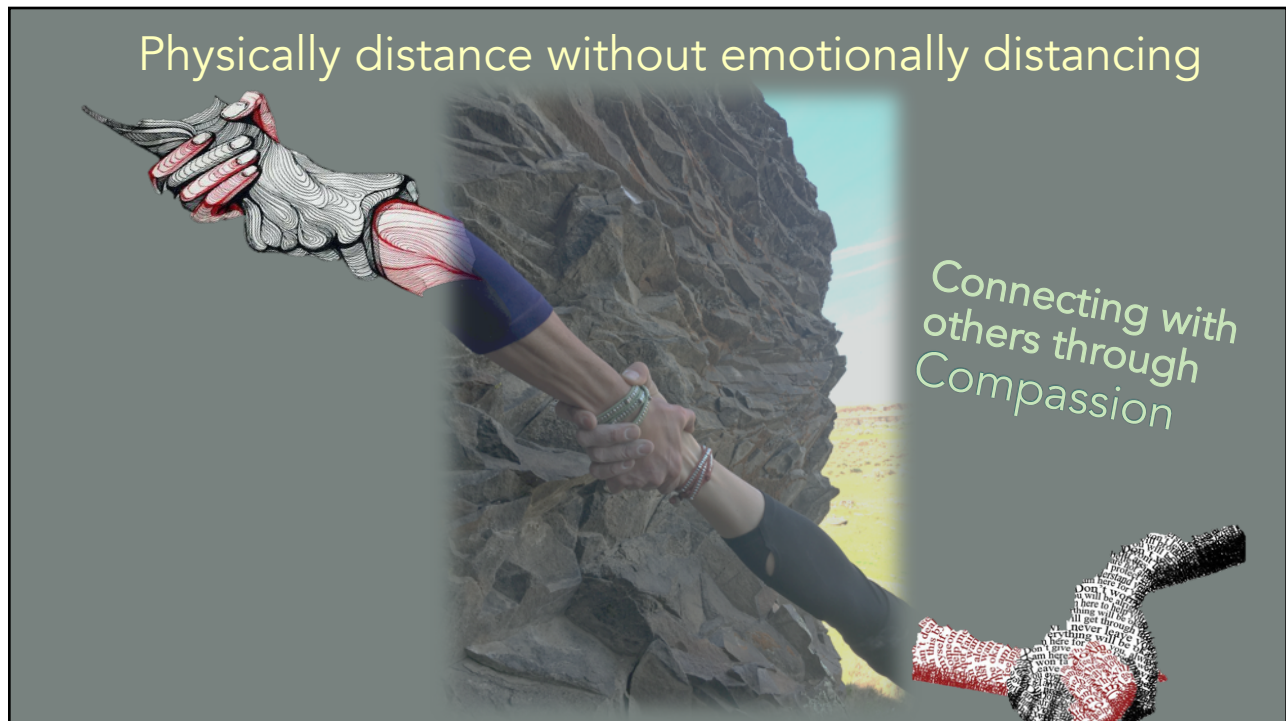
19



20



21



22



23



24

Make sure your worst enemy is not living between your own two ears.




Our ❤️ 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.

25

Self-Compassion

Mindfulness

Self-Kindness

Common Humanity





26



Self-Kindness

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

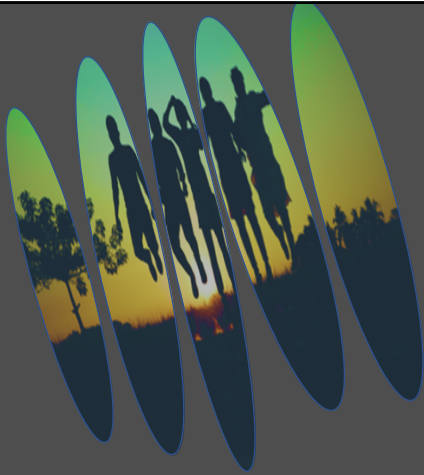
*If you wouldn't say it to a friend,
Don't say it to yourself. ~ Jane Travis*

27



Imagine if we
obsessed about
the things we
loved about
ourselves

28



Common Humanity

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

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

29

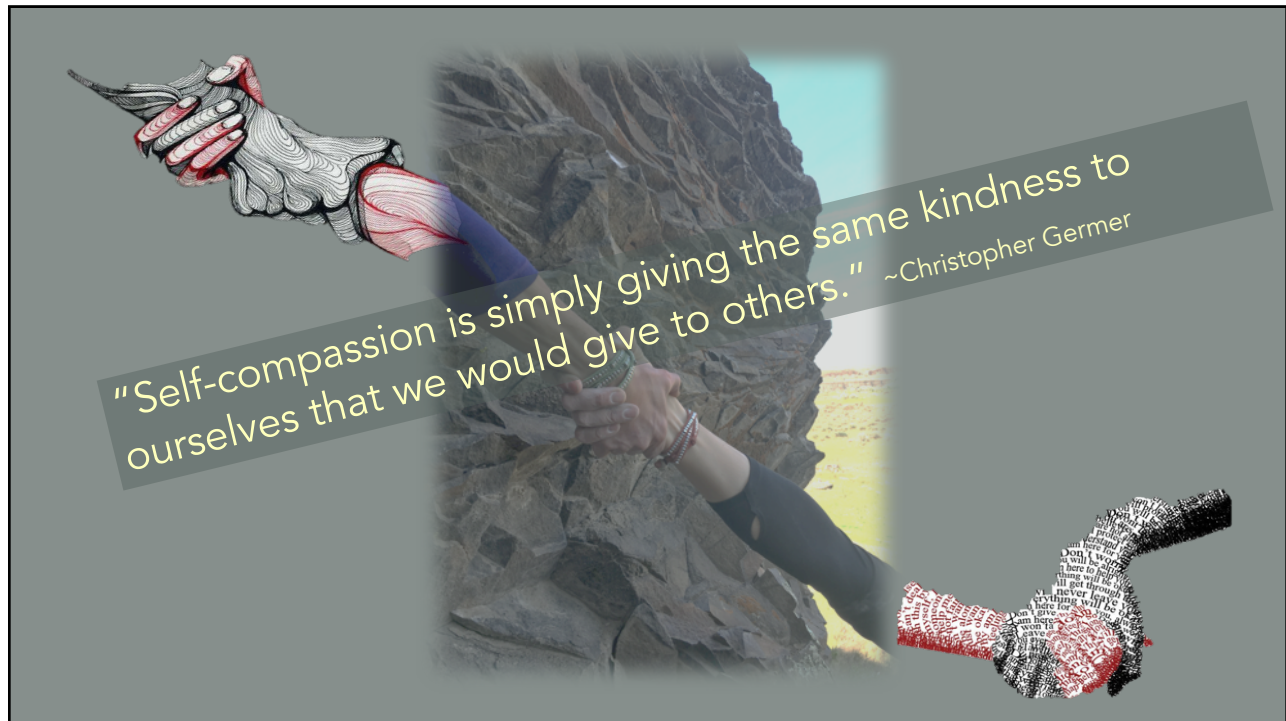
Mindfulness

Helps us disentangle
from what is bothering us



Observe life as it is without
judging or over-identifying

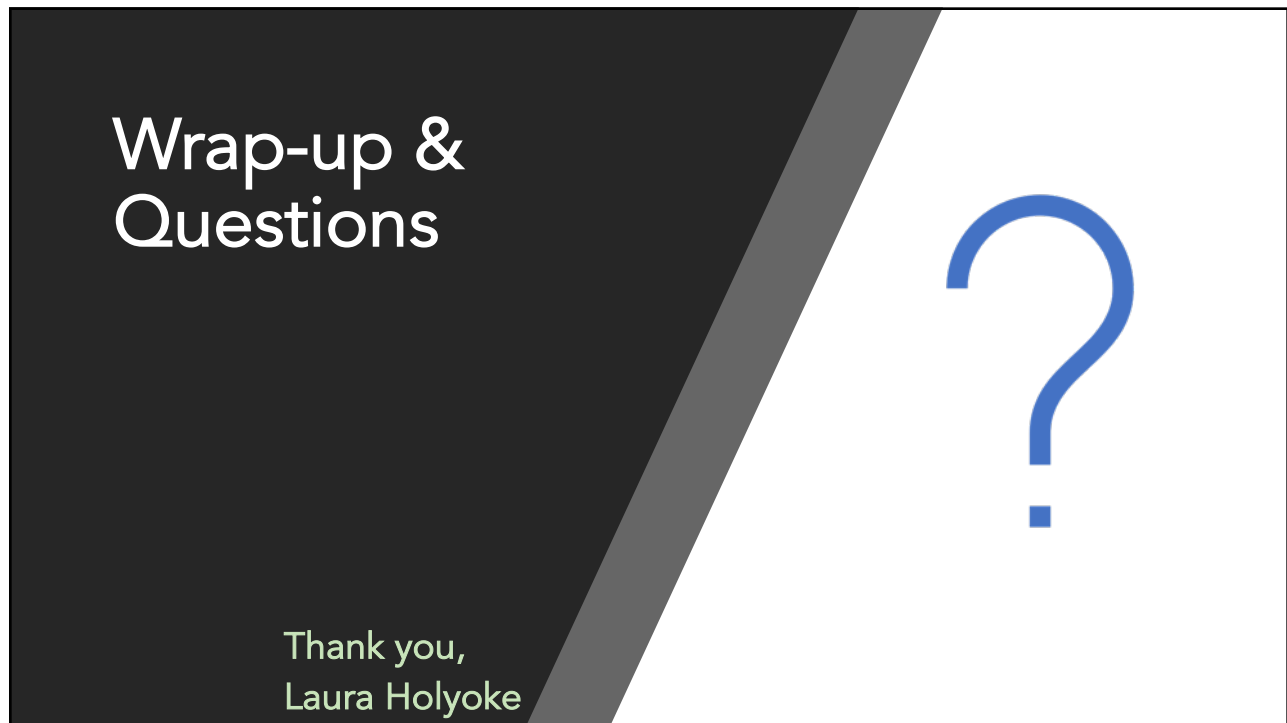
30



31



32



33



34