



# Promoting Well-Being and Resilience

Health Career Students are often:

1. Hard working
2. Intelligent
3. Ambitious
4. Goal driven
5. Industrious
6. Competitive
7. Caring
8. **STRESSED**

# What causes them to be stressed?

- The pace of their work
- The seriousness of their work
- The aim to help patients get better

# Teachers as Role Models

- Helping students is part of our lives as teachers.
- Do you take care of yourself?
- Have you found a way to have balance in your life between work, family and other parts of your personal life?
- What do you do?

# What makes some people vulnerable to stress?

- Environmental stressors-crowding, pollution...
- Feelings of not having control over yourself
- Believing that you lack autonomy and control over your environment and that could be family, work, external surroundings

What are your stressors?



# Physical Stressors

Illness

Poor diet

Always on the go

Lack of sleep

Injury

Surgery

Pain

Caffeine

Pharmaceutical drugs

Too much/  
too little  
exercise

Alcohol

Lack of relaxation



# Emotional Stressors



# Environmental Stressors

Toxins

Disaster

Chemicals

Pesticides

Noise

Pollutants

Workplace

Lighting

Privacy

Electromagnetic waves

Temperature

Clutter


Traffic

Waiting



# What is resilience?

- Process of adapting well in the face of adversity, trauma, tragedy, threats of or significant stress.
- Ability to adapt and bounce back when things do not go as planned.
- Not dwelling on failures but learning from mistakes.
- It is ordinary not extraordinary
- It is not a trait that we either have or do not have.

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- Resilience involves behaviors, thoughts, or actions that can be learned and developed in anyone.
  - Psychologist Susan Kobasa says there are 3 elements essential to resilience:
    1. Commitment
    2. Personal control
    3. challenge

# How to Develop Resilience

- Get adequate sleep
- Exercise
- Practice thought awareness
- Practice cognitive restructuring
- Learn from your mistakes
- Choose your response
- Maintain perspective

# Developing resilience

- Build your self confidence
- Focus on being flexible
- Set specific and achievable personal goals
- Humor
- Asking for help
- Building positive relationships
- Mindfulness is growing in popularity

# Developing Resilience

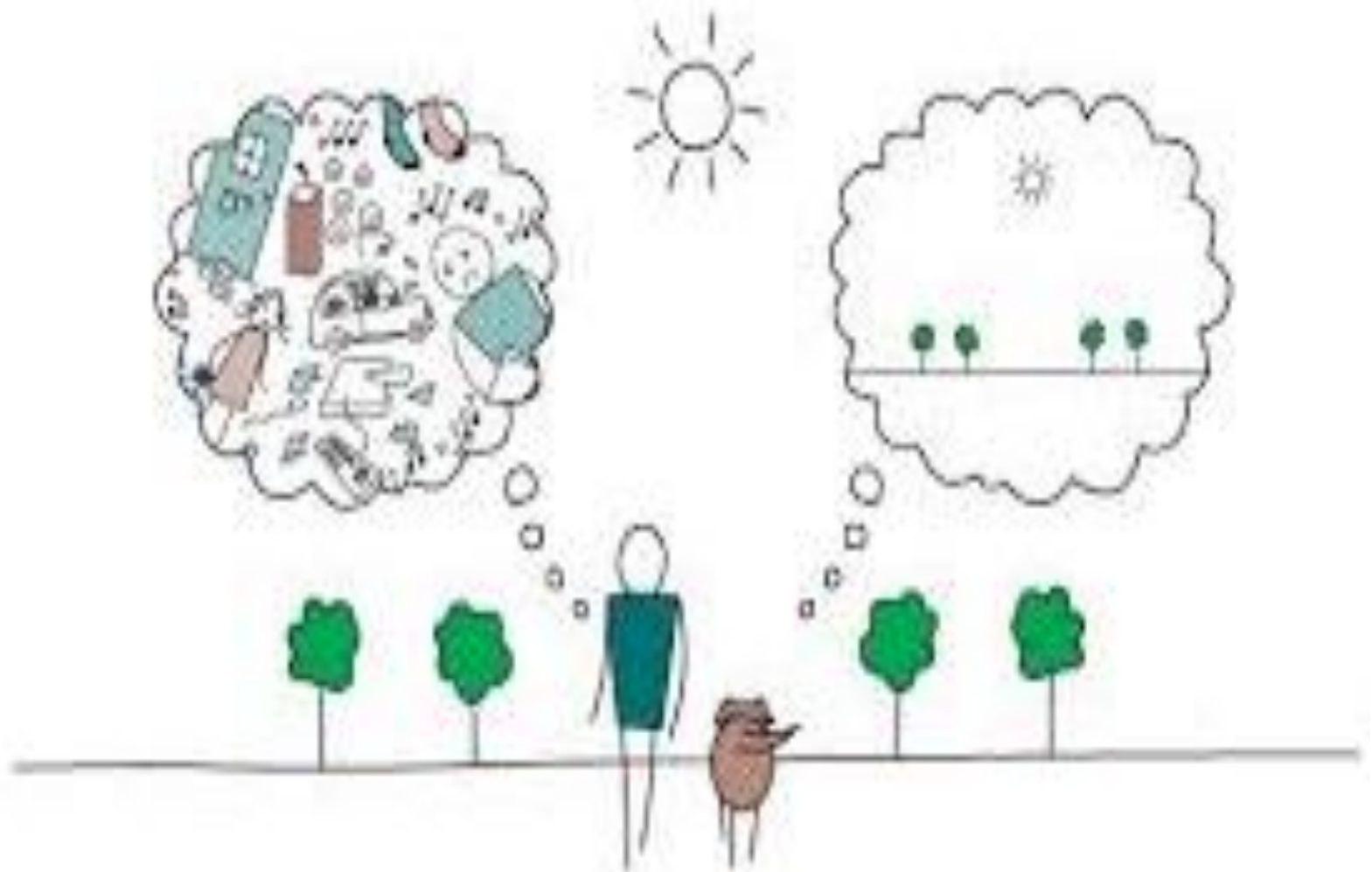
- It is important as a health care professional to ask yourself: “How much do I really care about my patients”?
- Take time for your family.
- When you take a time out from your stressful work, what can you do to build strength and balance?

# What is Mindfulness?

- An increasingly popular intervention for both health care professionals to help themselves and to help their patients.
- Paying attention, on purpose, to the present moment.
- Think of a child eating ice cream-totally focused
- The workshop tomorrow will discuss mindfulness in more detail.

## Psychological Benefits

- . Enhancing self-creativity and self-actualization.
- . Heightening the perceptual clarity and sensitivity.
- . Reducing both acute and chronic anxiety.
- . Experiencing a lot of happiness and peace of mind.
- . Decreasing of emotional reactivity and turmoil; fewer intense negative emotions and dramatic mood swings.
- . Increases empathy.
- . Develops Intuition.
- . Increased Productivity.



Mind Full, or Mindful?




# Mindfulness

- Means paying attention in a particular way. On purpose.
- In the present moment.
- Non-judgmentally
- Getting your mind and body off “automatic pilot”- that is, our body in one place and our mind thinking about something in the past or future.

# Mindfulness

- Can improve your ability to pay attention and notice what is happening around- especially in stressful times.
- You can then respond more thoughtfully rather than just reacting.

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- Jon Kabat-Zinn developed mindfulness-based stress reduction to help patients who had chronic pain.
  - Core practices are:
    1. Body scan-tuning in to body sensations
    2. Yoga-moving the body with attention and kindness
    3. Breath awareness-focusing on the sensations and experience of breathing.

# What some US schools are doing

- Georgetown University in Washington DC: examined a Mind-Body Medicine program for improving self-care and well-being among first year medical students and physicians.
- An 11 week program that includes teaching of self-awareness, relaxation, meditation, guided imagery, biofeedback, physical exercise, art, music and movement.

# Citation for Georgetown

- Dutton et al. *BMC Complementary and Alternative Medicine*, 2012, 12(Suppl):049.  
<http://www.biomedcentral.com/1472-6882/12/S1/049>



# Duke University School of Nursing: North Carolina

- DUSON Strong is a community of faculty, staff, and students who wish to become fit. Team based approach where participants register their activity daily online. All activity counts and they have a formula for converting a specific exercise in miles.

<http://nursing.duke.edu/faculty-and-staff/duson-strong>

# Vanderbilt University :Tennessee

- They have a grant proposal pending to examine and compare the life stressors, perceived stress levels, mindfulness and overall quality of life of two groups of nursing students in their accelerated program for college graduates.

# Vanderbilt continued

- They wish to look at the effect of participating in a Mindfulness Centered Stress Reduction program on students self-reported levels of perceived stress, mindfulness, and overall quality of life.
- Developed 3 significant training modules based on mindfulness of body, emotions and mind.



# University of Virginia Schools of Nursing and Medicine

- Weave resilience and well-being into the curriculum with faculty serving as role models in how they deal with stress.
- Include yoga, mindfulness, tai chi, meditation
- Courses that teach students medical yoga, mindfulness and compassion
- Student retreats
- Drop in sessions for mindfulness.
- <http://compassion.nursing.virginia.edu>25

# University of Virginia

- For the week of October 12, 2015:
  1. Monday: meditation
  2. Tuesday: Yoga and mindfulness meditation
  3. Wednesday: meditation and yoga in the evening
  4. Thursday: Tai Chi
  5. Friday: Chair yoga



# So what can you do?

