

Stress Management

Resident Wellness Program
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Personal/Professional Financial Relationships with Industry

External Industry Relationships *	Company Name	Role
Equity, stock, or options in biomedical industry companies or publishers	None	
Board of Directors or officer	None	
Royalties from Emory or from external entity	None	
Industry funds to Emory for my research	None	
Other	None	

Residents' Wellness Program

Curriculum Modules include:

- Overview of the Wellness Program
- Managing Change & Transition
- Stress Management
- Time Management
- Sleep Hygiene
- Conflict Resolution
- Panel Discussion



Objectives

- Identify stressors in residency
- Recognize stress reduction techniques
- Identify a personal goal to improve your personal health
- Discuss techniques for implementing stress management
- Discuss techniques for improving mindfulness and resiliency

Definitions

- **Stress:** a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
- **Burnout:** physical or mental collapse caused by overwork and stress
 - 3 domains: emotional exhaustion, depersonalization and lack of personal accomplishment
- **Mindfulness:** the quality or state of being conscious or aware of something
- **Resilience:** the capacity to recover quickly from difficulties
- **Reflection:** serious thought or consideration

Stress, Performance & Burnout

Figure 1: The Yerkes-Dodson Human Performance and Stress Curve



Stress vs Burnout

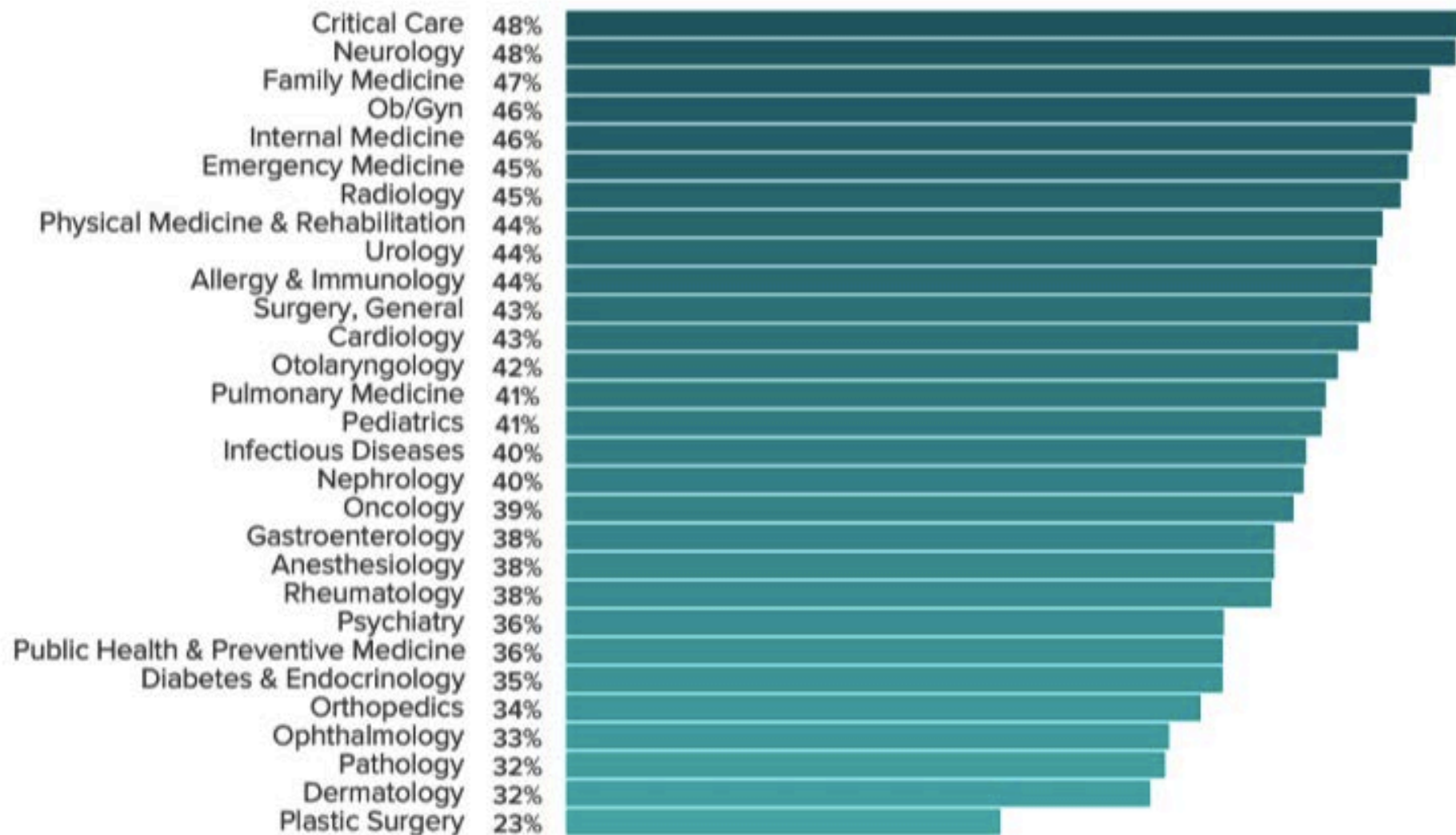
Stress → sense of urgency that impels individuals to actively engage to meet a challenge

Burnout → arises when stress becomes so severe relative to one's own emotional, cognitive, and/or physical resources that one loses motivation to perform and has a sense of hopelessness that leads to disengagement

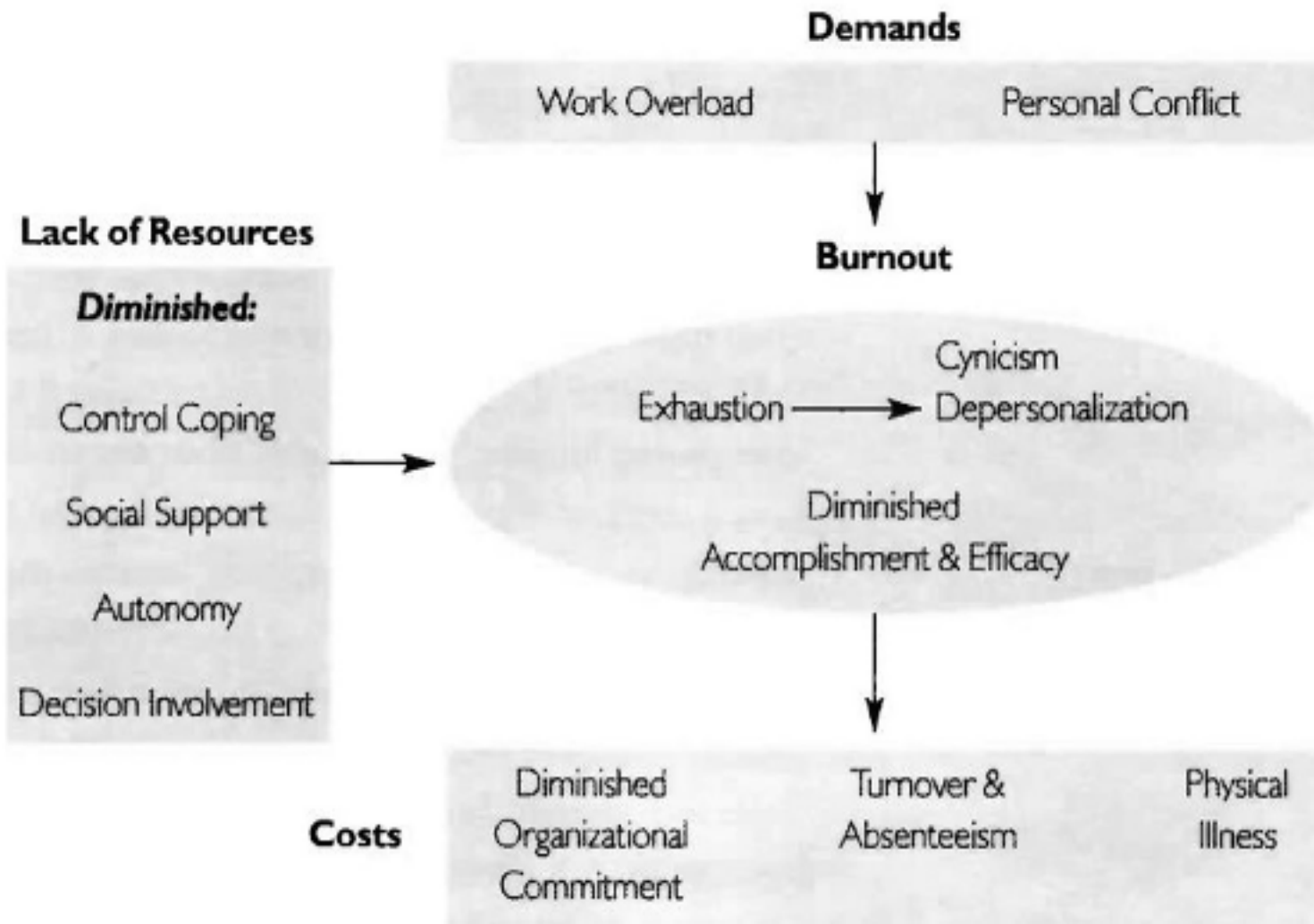
2 Item MBI

- I feel burned out from my work
 - Emotional exhaustion
- I have become more callous toward people since I took this job
 - Depersonalization

Which Physicians Are Most Burned Out?



Development of Burnout in Work Environment



What do you do to cope with stress??



"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !

Stress Reduction Techniques

- Combat tactical breathing
- Laughing out loud
- Listening to music

Getting Personal...

JANUARY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Mindfulness Coping Techniques

- Deep Breathing
- Meditation
- Reflective Writing
- Self-Compassion
- Gratitude Practice



Examples of Apps for Stress Reduction and Mindfulness

- TalkSpace
- Stigma Mood Tracker & Journal
- HeadSpace
- Breath2Relax
- Happify
- Pacifica



Resilience Research Centre

The capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that

- Sustain their well-being
- Capacity individually and collectively to negotiate for these resources



Developing Physician Resilience

Positive value	Negative potential
Service	Deprivation
Excellence	Invincibility
Curative competence	Omnipotence
Compassion	Isolation

Developing Physician Resilience

FRAMEWORK FOR LINKING CULTURAL NORMS IN MEDICINE WITH BURNOUT FACTORS AND POTENTIAL INTERVENTIONS

Positive value	Negative potential	Burnout factor(s)	Potential mental training interventions
Service	Deprivation	Compassion fatigue Entitlement	Reframing Appreciation and gratitude
Excellence	Invincibility	Emotional exhaustion	Mindful self-compassion Inner critic awareness
Curative competence	Omnipotence	Ineffectiveness Cynicism	Self-awareness Generous listening
Compassion	Isolation	Depersonalization	Connection and community Silence as energizing



Reflect to Increase Resilience

DIAGNOSTIC QUESTIONS FOR SELF-REFLECTION, SELF-CARE, AND ALIGNMENT TO VALUES

How can I take care of myself so that I can be of service to others?

How can I strive for excellence and at the same time have compassion for myself when I don't have all the answers or I make a mistake?

How can I offer my expertise in order to cure illness and at the same time stay open to what my patients have to teach me about their own healing?

How can I maintain an empathetic connection with my patients and at the same time protect myself?

Summary

- Recognize common wellness issues related to stress
- Implement techniques for diminishing stress and improving resiliency and mindfulness
- Develop a personal goal to improve your personal health

FSAP

APPOINTMENTS IN CRISIS

SCHOOLS LIBRARIES RESOURCES

EMORY | Faculty Staff Assistance Program

Search

HOME EMOTIONAL HEALTH WORKPLACE RESOURCES EVENTS & WORKSHOPS ABOUT

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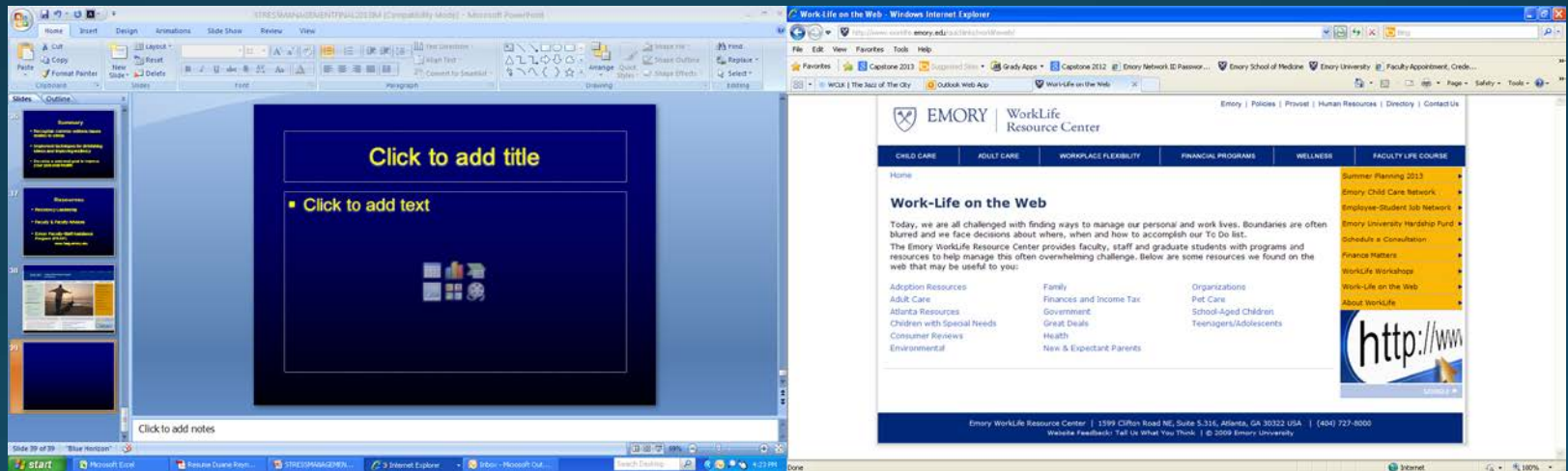
Serving Emory for over 30 Years

Feeling Stressed? Find a solution.

Meet Me @ the Tunnel
Wed, Jan 24, 2018, 12pm

www.fsap.emory.edu

WorkLife Resource Center



Questions?

