

Cultivating Joy in the Practice of Medicine:

Building your resilient self

Sharon Hecker MD FACC

The background features a dark blue field on the left, transitioning into a series of overlapping, semi-transparent geometric shapes in various shades of blue and red on the right. These shapes create a dynamic, layered effect. The word "BURNOUT" is centered in the dark blue area.

BURNOUT

- ▶ Societal; aging population, desire for increasing technologies
- ▶ Changing financial landscape of medicine
- ▶ Loss of autonomy
- ▶ EHR
- ▶ Medical education
- ▶ Student loans and other debts
- ▶ Personal and family stress
- ▶ Discrimination

Stressors

It's Not Your Fault!!!!!!

Multiple external stressors, most of which were unexpected.

Burnout Vs. Moral Injury

Burnout suggests a disproportionate responsibility of the caregiver.

Moral Injury

“perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations.”

occurs when making decisions that go against one’s core beliefs

For example: cutting corners due to productivity requirements in ways that feel uncomfortable

OR

When impeded from doing what is best for patients (i.e. contrary to the Hippocratic Oath) in a variety of ways: insurer’s unwillingness to pay for a medication or procedure, limits on appointment times set by your employer, need to score highly on patient satisfaction scores.

STRESS:

EXPECTATION



REALITY

PRACTICE RESILIENCY

“WEEBLES WOBBLE BUT THEY DON’T FALL DOWN”

Resilience

- 1) the capacity of a strained body to recover its size and shape after deformation caused especially by compressive stress
- 2) an ability to recover from or adjust easily to misfortune or change

Resiliency

Most Important: Recognize that

- 1) It is not your fault.
- 2) You are not alone.
- 3) There is help.
- 4) The answer (for you) is inside you.

SELF-COMPASSION

- ▶ Kristen Neff
- ▶ self-compassion.org
- ▶ NOT self-kindness or self-indulgence
- ▶ Talk to yourself as you would talk to a friend.

Celebrate your accomplishments.



Acknowledge your strengths.

Do more of what you love.

20% JOY

- ▶ Take a notebook and draw a vertical line down three or four of the pages.
- ▶ On the left of the line “Love”, on the right write “Loathe”
- ▶ For one week, carry the notebook around and fill these columns through the day
- ▶ Review

Take pauses.

Savor the moments.



What is amazing?

Break bread.

Overcome the Imposter Syndrome.



Stop taking things personally.



*"Son, if you can't say something nice, say something
clever but devastating."*

Shed some guilt.



Understand that change is the only constant.

Fill your tank.



Grow your gratitude.

Be happy.

Which side are you on?



Perception matters.



Create margin.



Manage your attention, not your time.

nirandfar.com

Be you.

G.L.A.D.

2 minutes silent meditation at the end of each work day:

1. One thing you are Grateful for
2. One thing you Learned
3. One thing you Accomplished
3. One thing that brought you Delight

You have a right to labor but not to the
fruits of that labor.

Bhagavad Gita

The fruits do not belong to us.