Physicians Need Wellness, Too: How To Avoid Burnout Through Mindfulness And Brain-based Strategies

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Selected Slides Courtesy Of Mark Waldman, Executive MBA Faculty
Loyola Marymount University
1) Eliminate Stress
2) Burnout
3) Problem Solving
4) Positivity
5) You and Your Next Patient
Stress Kills the Heart

Stress Kills the Brain
The Degrees of Stress Levels among US Physicians.

Your Brain on Stress
Stress Kills Neurons
Mindfulness Prevents Burnout in Physicians

Baby Yawning in Womb
Mindfully Stretch

Slow ritualized movement reduces blood pressure, cholesterol, anxiety, stress, and pain.

The Link Between Values and Stress
A Mindfulness Approach to Solving Any Problem
“Higher positivity ratios are predictive of flourishing mental health and other beneficial outcomes”

- Barbara L. Fredrickson, University of North Carolina

4 Steps to Reduce Stress Before You See Your Next Patient

1) Yawn and stretch
2) Access a pleasant memory
3) Reflect on your deepest innermost value
4) Think 5 positive thoughts
Go forth and be mindful!

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Creating the conditions for your success through mindfulness techniques and brain-based strategies

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