BREAKING THE STIGMA:
A PHYSICIAN’S ROAD TO RECOVERY

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FINANCIAL DISCLOSURE

• I will be disclosing a lot of things today….
• None of those are financial in nature

TALK OVERVIEW

• Share my story
• Discuss the lesson learned
• Invite dialogue, conversation, questions

"Not until we are lost, do we begin to understand ourselves” — Henry David Thoreau

LESSONS LEARNED

• 1. Self Care
• 2. Stereotyping
• 3. Stigmatization of Mental Illness/Substance Abuse
• 4. Open/Honest Conversations (Vulnerability)
• 5. Professionalism/Patient Safety
• 6. Support Systems

SELF CARE

• Self awareness

SELF CARE

• SELF TALK

  Don't be a victim of negative self talk. Remember
  Bob Proctor

• SELF COMPASSION

  • Be Kind to Yourself
  • My Mantra:
    • “There is a lot of pain and suffering in the world, I didn’t cause it. All I can do is stand in the face of tragedy, suffering and try to make a small difference”

SELF CARE

• BEING PROACTIVE

  • “When the well is dry, we know the value of water” - Benjamin Franklin

BOUNDARIES

• What do you value?
  • Discover your own limits
  • Set healthy boundaries
    • To PRESERVE what you value
    • PREVENT pushing you beyond your limits

  https://www.theodysseyonline.com/tips-on-setting-boundaries

SELF CARE

• SEARCH FOR GRATITUDE

  • Take stock
  • Make a list


SELF CARE

• COLLECT SKILLS/TOOLS:

  • Fill up your toolbox
    • Yoga
    • Meditation
    • Massage
    • Deep Breathing
    • Hot Baths
    • Exercise
    • Debriefing with friends/spouse/family/colleagues

  http://www.finerminds.com/category/meditation/
SELF CARE

- Counseling/DBT
  - Positive reframing, Distress Tolerance, Radical Acceptance
- Mindfulness Activity
- Pet Therapy
- Hemi-sync
- Writing/Journaling
- Poetry
- Music
  - Find a self-care anthem/theme song

TRIAL and ERROR


STEREOTYPING


STIGMA

- http://www.earthwalkcommunity.com/combat-the-stigma

OPEN/HONEST COMMUNICATION

- Vulnerability DOES NOT mean weakness

- http://ayearofpositiveintention.blogspot.com/2011/01/how-vulnerability-leads-to-
  connection.html

PROFESSIONALISM (PATIENT SAFETY)

- http://trustworks.files.wordpress.com/2011/10/professionalism.png

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SUPPORT NETWORK

- Counselor
- Psychologist/Psychiatrist
- Support Groups
  - With similar life experiences
- Family
- Friends
- Mentors
- Faith community
- Professional Advocacy Organizations (ISMA)
- Colleagues

I cried tonight
- With intentions
- The bridge kind
- And a free fall
- Failing was perfect
- A moment of clarity
- Nothing left to choose
- Anymore
- My life on a bridge
- Always teetering
- It was only time
- Until the fall - ABH 2/2011

The Bridge

- Pedals of such beauty
- Once defeated by air
- Wrestling the sun
- To reappear
- Roots so strong
- A support so great
- Balances the effort
- The leaves can't take
- Shade is temporary
- You are flower
- A shelter from the storm
- Of trying to shine too bright
- And always
- Always - ABH 6/2013