Moving from Surviving to Thriving

American College of Physicians
October 28, 2016
Objectives

• Discuss the prevalence of physician burnout
• Develop the concept that everyone is a leader.
• Discuss three tools that can be used to combat burnout and promote resiliency.
“If you change the way you look at things, the things you look at change.”
— Dr. Wayne Dyer

BOUNCE BACK
promoting health through happiness
Burnout is common among physicians in the United States, with an estimated 30% to 40% experiencing burnout.
Burnout increased significantly over the last 3 years with an estimated 54% experiencing burnout.
Am I burned out?

- You try to be everything to everyone.
- You get to the end of a hard day at work, and feel like you have not made a meaningful difference.
- You feel like the work you are doing is not recognized.
- You identify so strongly with work that you lack a reasonable balance between work and your personal life.
- Your job varies between monotony and chaos.
- You feel you have little or no control over your work.
- You work in healthcare.
“Be the change you want to see”
-Ghandi
You are a Leader…whether you want to be or not

Lollipop Moments
Marriane Williamson

• “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”
Lollipop Leader

• What resonated with you about what Drew Dudley and Marianne Williamson said? How can you see yourself putting these concepts into practice?

  – How many opportunities do we have everyday in healthcare to make lollipop moments?
  – How can we get better at expressing gratitude to others?
  – How can we talk about times when we are proud, so that we can let our light shine? How can we gracefully accept a compliment?
What Is Resilience?

• Resilience is a reflection of our ability to cope and the availability of resources we have related to our health / well being.

– Our response to the “disruptions” of life.
Resilience (and Happiness) Can Be Learned!

- “Resilience is like weight training ... we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”
  
  Dr. Helen Weng  
  Professor UW-Madison

- “Ninety percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world.”
  
  Dr. Shawn Achor  
  Founder GoodThinkInc
Random Acts of Kindness

• What are they?
Katie Hanacek Overbye > Buffalo Police Dept
December 18, 21015

• I was pulled over tonight in Buffalo. I had my two children in the vehicle. We had just left my new job (been there 3 weeks) at a group home. We spent my night off hanging out with disabled individuals. My kids wanted to meet everyone - we had dinner with them, visited and did some crafts. We got pulled over less than a mile from their house.

• The police officer asked if I had heard of the Bounce Back program and offered me an envelope with $50 in it.

• What she didn’t know is that I haven’t received my first paycheck yet. I recently separated from my husband and money is tight for us - I have $20 in my checking account right now. The only Christmas presents I have so far are a pack of Uno cards for my older son and some bath toys for my younger son.

• To receive $50 in a random act of kindness means the world to me right now! I am so thankful and I will find a way to pay it forward!

• Thank you to the Buffalo Police Department for this amazing program. I truly appreciate it!
Three Good Things
Three good things

Seligman, Steen, Park & Petersen, 2005
Pauly S. came to help out today in urgent care. It's finally above freezing = outside playtime! Yay!

Made supper before work so it is already done when I get home!!

is the only one at Zumba class but felt good to move etc. Lunch! We need more participants!

Mondays 12-12:30

Love My Daycare Center. Today when Jason was leaving, he mentioned they took extra time to comfort him then told me a message that he was doing better.

Only 2 more days till the Christmas Party. It's going to be a heartache.

I am alive. I am living. I am accomplished. I cleaned out one of my cupboards in the kitchen.

My Xmas party plan is moving along!!

@beachball_kids
Happiness vs Gratitude

Lottery Winners

Baseline Happiness

Car Crash Paraplegics
Being Grateful Makes Us Happy

"It is not happiness that makes us grateful, but gratefulness that makes us happy."

Brother David Steindl-Rast
Gratitude Letter Effectiveness

[Graph showing changes in happiness and depressive symptoms over time for placebo control and gratitude visit groups.]
Gratitude

“Sometimes our light goes out but is blown again into flame by an encounter with another human being.

Each of us owes the deepest thanks to those who have rekindled this inner light”

-Albert Schweitzer

• Soul pancake video
Gratitude

• You now have the opportunity to write that person you thought about a thank you note....right now!

• Commit to an in person meeting, phone call or mailing your thank you note within the next 48 hours
"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie
Gratitude Is A Gift You Give Yourself

- Decreased depressive symptoms and increased feelings of well being $^{5,1}$
- Improved psychological well-being $^6$
- Improved working memory $^2$
- Improved sleep $^3$
- Improved immune system function $^4$
- Improved relationships $^5$
- Improved coping with emotional upheavals $^6$

The Two Wolves Cherokee Legend

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One wolf is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good - he is joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love, and faith. The same fight is going on inside you grandson - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather:

"Which wolf will win?"

The old Cherokee simply replied:

"The one you feed."
Be BOLD with doing RAKS, 3 Good Things and Letters of Gratitude

*You never know what’s will be someone’s lollipop moment
Upcoming Bounce Back Events For Anyone

- December 7-8 Moving From Surviving to Thriving CME Conference
- January 20-22 Brené Brown’s Daring Way Weekend
- June 17-24 Resilience in Spain CME Conference

- [www.bouncebackproject.org](http://www.bouncebackproject.org)
- Check us out on facebook! Bounce Back Project Buffalo
Don't cry because it's over,
smile because it happened.

Dr. Seuss