

Notes -- Stanford Burnout Webinar 2020

November 22, 2020:

We are experiencing difficult times:

- ❑ health - of self, family, relative
- ❑ finance - recent job loss, etc.
- ❑ loss - death of loved one, loss of interaction with others

Depression Status and Forecast:

depression in teens has increased in last two decades

COVID-19 rates of anxiety, depression and panic and likely suicide are anticipated

General advice:

1. Avoid “all-or-nothing” thinking
2. Reframe your thoughts:
 - what you are doing
 - doing what you can has value
 - accept the limits of the annoying limitations we are in with COVID-19 nowadays

Exercise regularly:

- ❖ whatever gives you joy
- ❖ go into nature
- ❖ listen to birds
- ❖ identify plants or trees
- ❖ look at the sky
- ❖ experience the stillness of a sunrise or sunset (both in one day)
- ❖ appreciate the noises of nature
- ❖ many advantages to your soul
- ❖ Carry what you experience with you
- ❖ reflect upon the pleasures you enjoyed

Issues:

- lack of associations within community
- COVID-19 has created is a void in your life
- lack of a sense of belonging

Solutions to preventing burnout:

- 1) interact
- 2) collaborate with others
- 3) reach-out
- 4) informal discussions
- 5) have a circle of friends - everyone should contribute
- 6) share music
- 7) mindfulness
- 8) self compassion
- 9) gratitude
- 10) stress-reduction practice
- 11) let people know you care about them as people

Executive functioning:

- planning
- time management
- self-monitoring
- self-regulation
- all these improve the overall psychological well-being

Tips:

1. breakdown large projects into manageable steps with timeline
2. when to begin
3. how much time to budget time for process
4. identify resources and evaluate what your accomplishments have had
- share those with your colleagues you worked with
5. Boundaries - Take breaks between ZOOM sessions, face-to-face meetings, etc.
6. establishing + maintaining a Self Care and Well-being status

Tips Cont'd

7. we are not supposed to work 24/7
8. establish work hours - when you are available for meetings + events
9. walk to your meetings - exercise
10. meetings should be 45-50 minutes so there is a break give balance to your thoughts
11. safeguard your time blocks
12. Care for yourself - shows you are caring for your staff and patients
13. we want them to take care of themselves - we should be a resource
14. social needs
15. ck in with colleagues
16. call friends
17. use mindfulness
18. to stay in-balance
19. makes you easier to respond to requests
20. use resources
21. you can share self-compassion + gratitude