

MAHEC PROJECT ECHO: Developing Resilience for The Healthcare Workforce

SHIFTING YOUR THOUGHTS Mindfulness, Meditation & Resiliency

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FIGHT/FLIGHT/FREEZE

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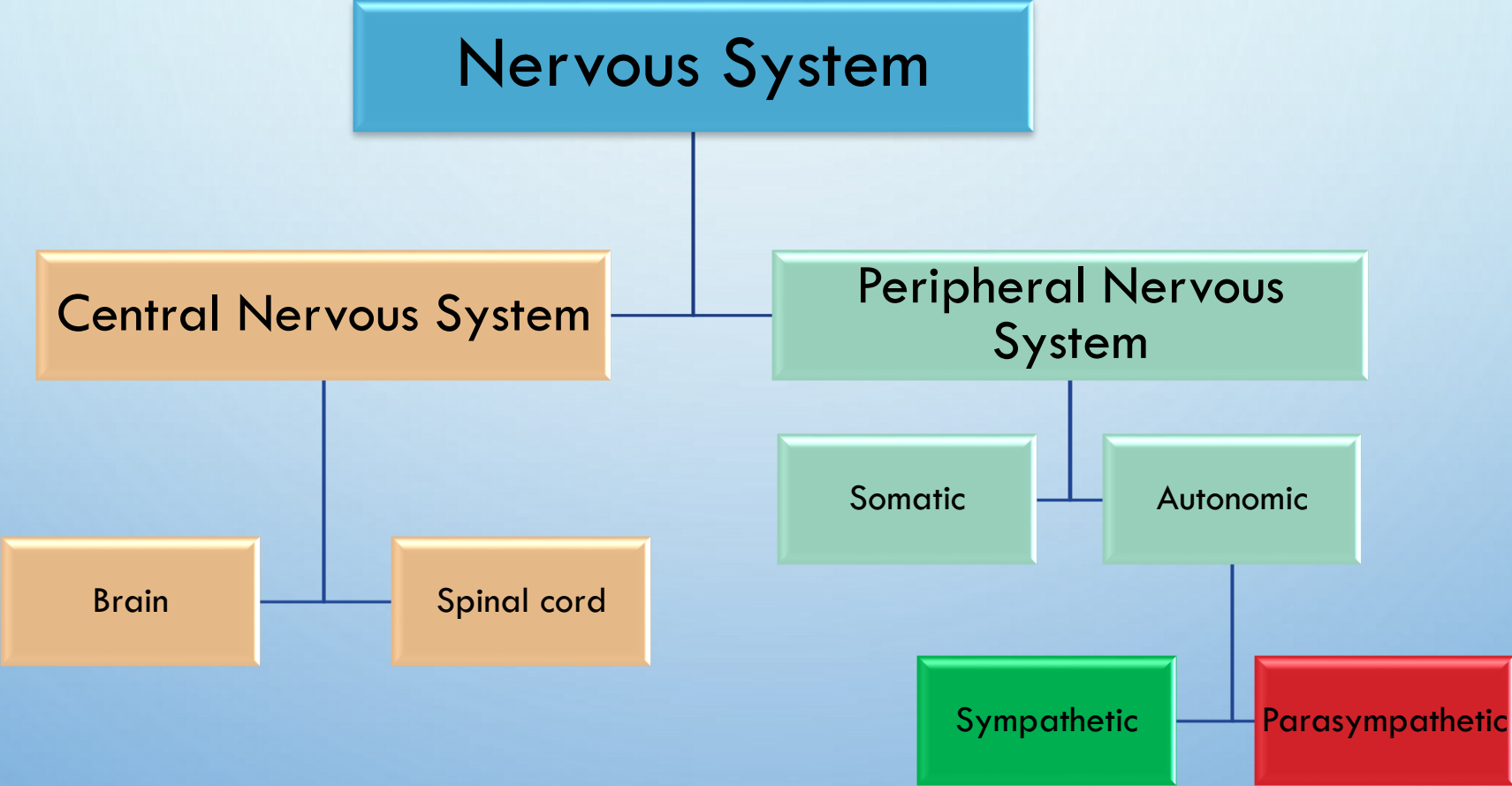
- The body's stress response, as we prepare to cope with stimuli that has been assessed as dangerous.
- Helpful when the danger is a "tiger."
- May be less helpful when the stimuli either is not actually dangerous and/or is more of a "paper tiger."
- Can become problematic when the "alarm" system turns on frequently and/or remains "on" for extended periods of time.
- "Toxic" stress
- Prolonged stress response can lead to exhaustion and contribute to health challenges including high blood pressure; immune system suppression; and anxiety and depression.



NERVOUS SYSTEM AND FIGHT/FLIGHT/FREEZE

- CENTRAL NERVOUS SYSTEM (BRAIN, SPINAL CORD)
- PERIPHERAL NERVOUS SYSTEM
 - SOMATIC (Sensory organs, muscles, voluntary movement)
 - AUTONOMIC (Involuntary regulation of arousal and emotions)
 - SYMPATHETIC (INCREASE AROUSAL)
 - PARASYMPATHETIC (SLOW AROUSAL, MAINTAIN FUNCTIONING)
- HYPOTHALAMUS RECEIVES FEAR SIGNALS
 - HPA pathway

NERVOUS SYSTEM



THE HPA PATHWAY

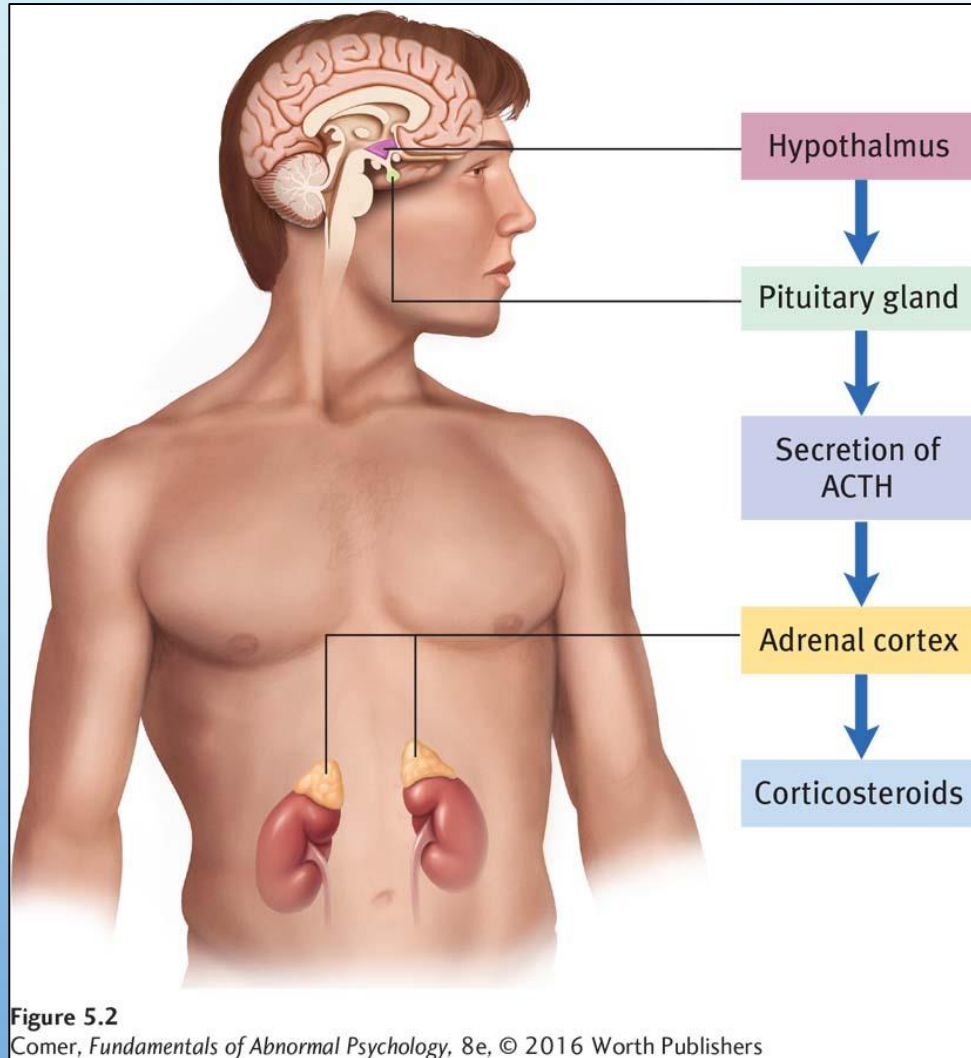


Figure 5.2

Comer, *Fundamentals of Abnormal Psychology*, 8e, © 2016 Worth Publishers

HYPOTHALAMIC-PITUITARY-ADRENAL (HPA) PATHWAY

- WHEN A PERSON PERCEIVES A STRESSOR, THE HYPOTHALAMUS ACTIVATES THE PITUITARY GLAND TO SECRETE THE ADRENOCORTICOTROPIC HORMONE, OR ACTH, WHICH STIMULATES THE ADRENAL CORTEX.
- THE ADRENAL CORTEX RELEASES STRESS HORMONES CALLED CORTICOSTEROIDS THAT ACT ON OTHER BODY ORGANS TO TRIGGER AROUSAL AND FEAR REACTIONS.

ENGAGING THE BODY'S BRAKE: PARASYMPATHETIC SYSTEM

- ENGAGE THE PARASYMPATHETIC SYSTEM
 - MINDFULNESS
 - MEDITATION
 - DEEP BREATHING
 - GROUNDING
 - PROGRESSIVE MUSCLE RELAXATION
 - MIND-BODY MOVEMENT
 - "SENSING IN"

THE RESILIENCY TOOLS

Sense In

Tune into positive physical sensations (use this tool with each of the other resiliency tools)

Rapid Reset

Calm down quickly, pull it together when way out of balance, or help others when needed

Connect

Feel more trust and safety in your relationships with others; notice that you aren't alone

Resource

Sense In to a positive memory or strength that helps you feel better

Restore

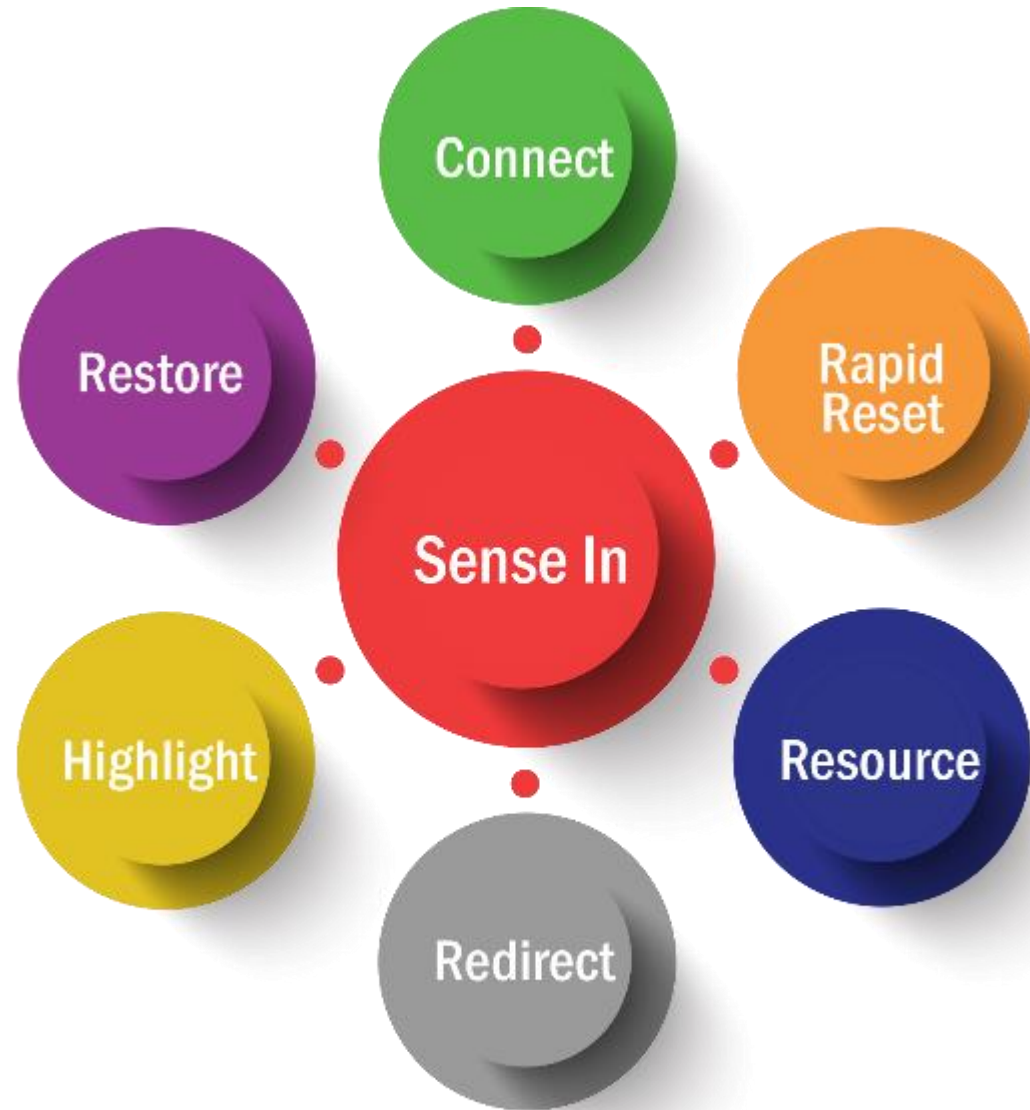
Move from feeling shame to feeling understood

Highlight

Notice and name how you are making it through and who or what is helping you

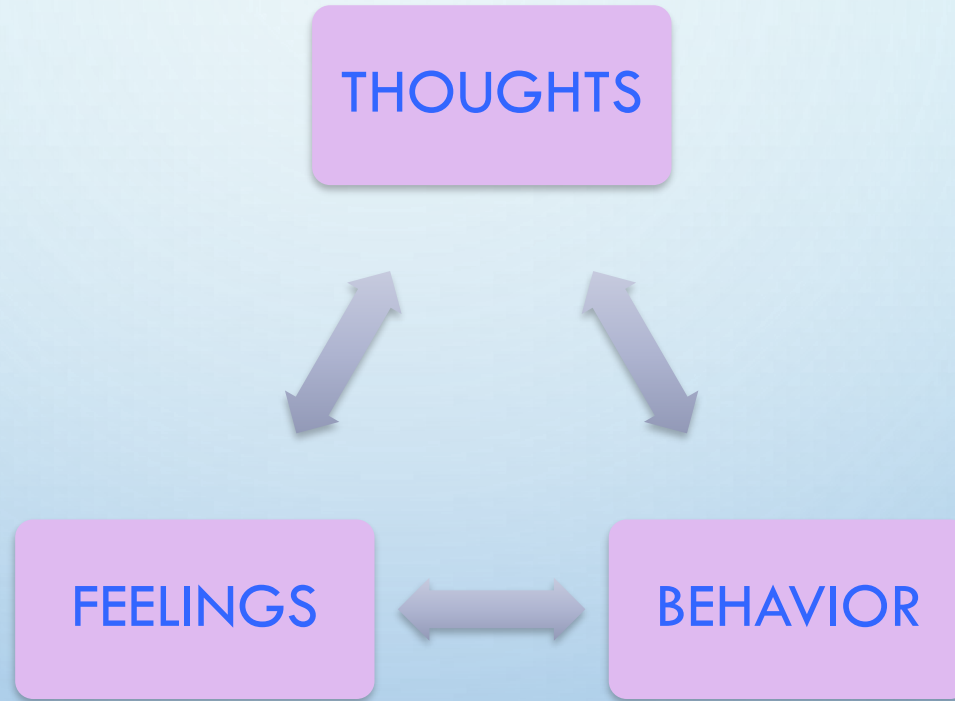
Redirect

Notice neutral or positive body sensations when you feel physical pain or emotional upset



CBT TRIANGLE

EVENT/STRESSOR



OUR THOUGHTS

What is a "THOUGHT" and how is it measured?

Thousands of thoughts

Conscious Awareness

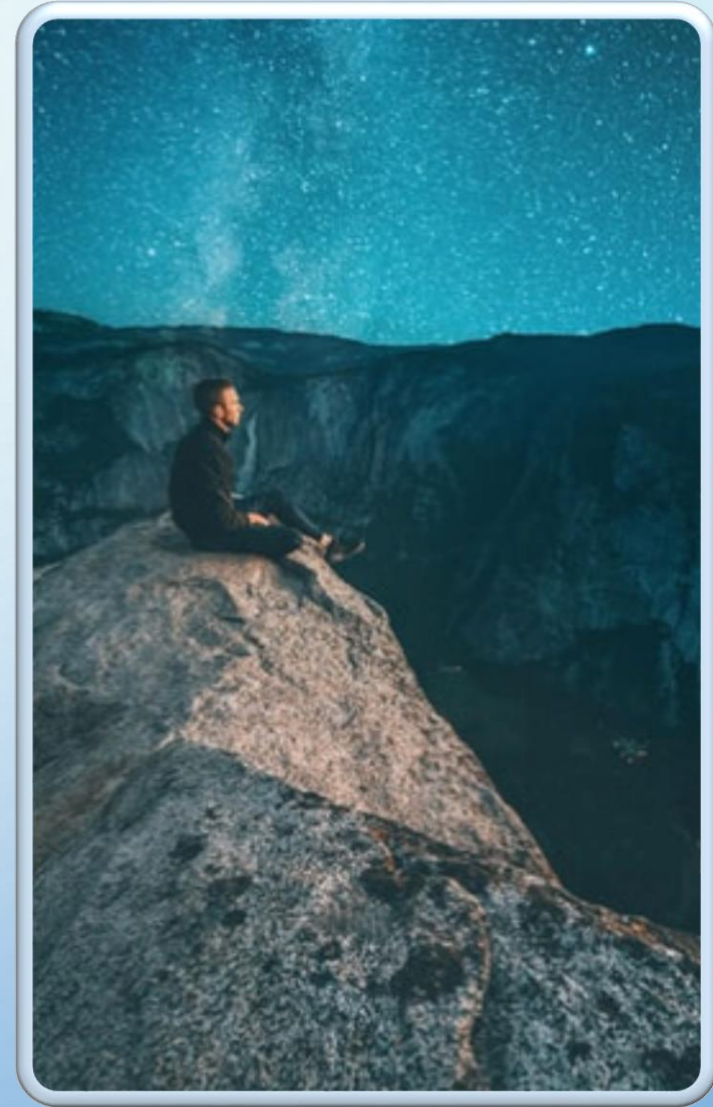
The "Ps" of Negative Thinking

(Pessimistic Thinking)

PERMANENT

PERSONAL

PERVASIVE



THREE STINGS

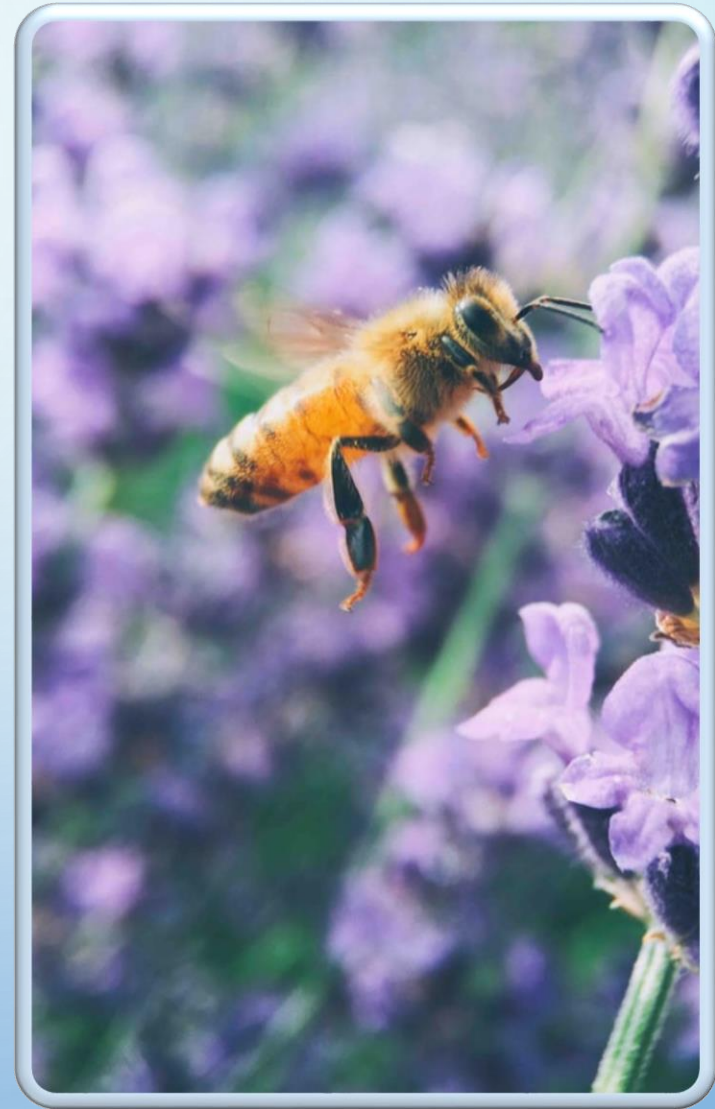
GEORGE GOT STUNG BY A BEE AND SAID,
I WOULDN'T HAVE GOT STUNG IF I'D STAYED IN BED."

FRED GOT STUNG AND WE HEARD HIM ROAR,
"WHAT AM I BEING PUNISHED FOR?"

LEW GOT STUNG AND WE HEARD HIM SAY,
"I LEARNED SOMETHIN' ABOUT BEES TODAY."

SHEL SILVERSTEIN, FALLING UP

"This little Shel Silverstein rhyme speaks volumes about human nature — how different people can interpret the same experience in different ways, and how we can choose which "answer" to believe." Comments from Silver Birch Press



MEDITATION

MIND-BODY

SUPPORT MIND'S CAPACITY TO AFFECT
BODILY FUNCTIONS AND SYMPTOMS

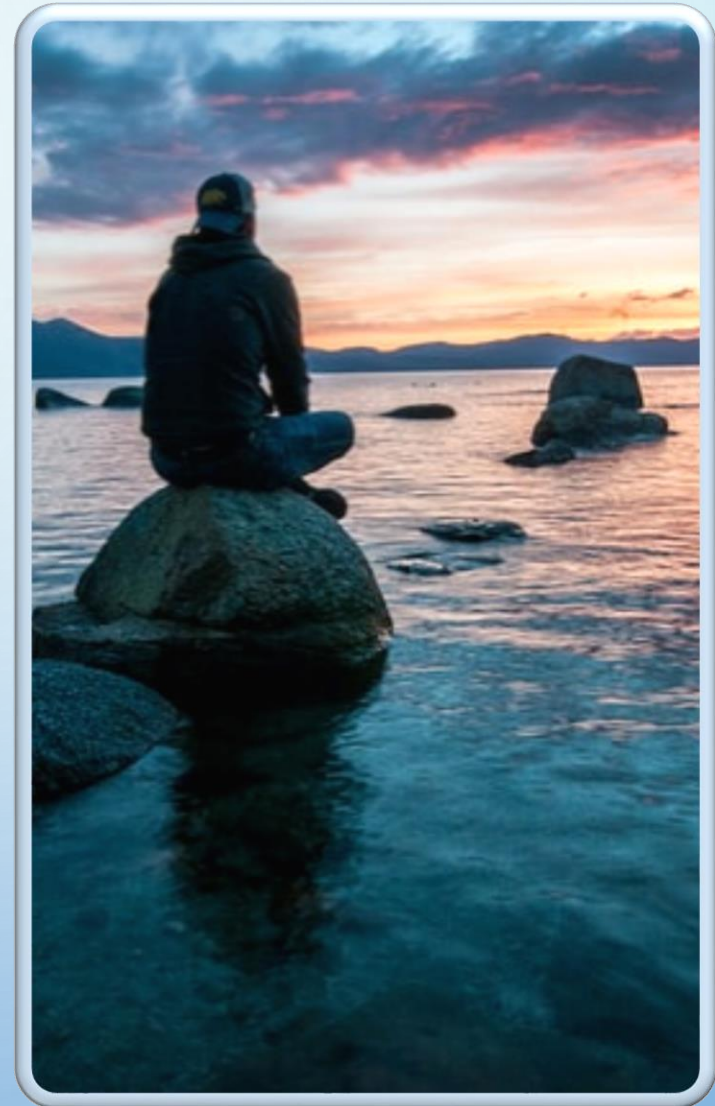
Variety of practices that train attention and
awareness and can assist in control of emotions

Stress reduction (more western cultures)

To achieve insight and spiritual growth (non-
western)

Numerous benefits

Continued studies about underlying reasons



BENEFITS OF MEDITATION

- REDUCING THE NEGATIVES
 - Reduce “multiple negative dimensions” of psychological stress
 - Decreases in anxiety, depression, and interpersonal problems
- INCREASING THE POSITIVES
 - Increases in creativity, empathy, alertness, and self-esteem
 - “Recruits” cognitive and attentional control resources in processing negative emotional stimuli
 - Increased body awareness
- PHYSIOLOGICAL BENEFITS

MEDITATION

GET COMFORTABLE.

TAKE A FEW DEEP BREATHS.

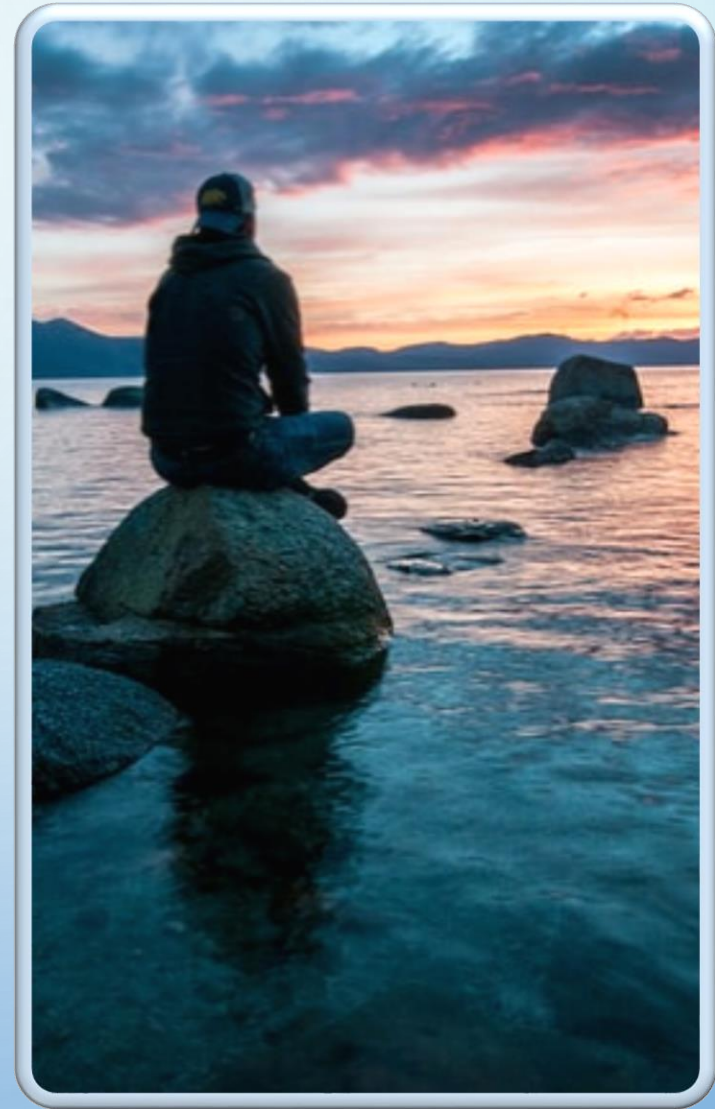
FOCUS ON THE PRESENT MOMENT.

SENSORY FOCUS.

BE AN OBSERVER. LET THOUGHTS FLOW BY.

“Catch and release”

THERE'S NO “RIGHT” WAY.



MEDITATION

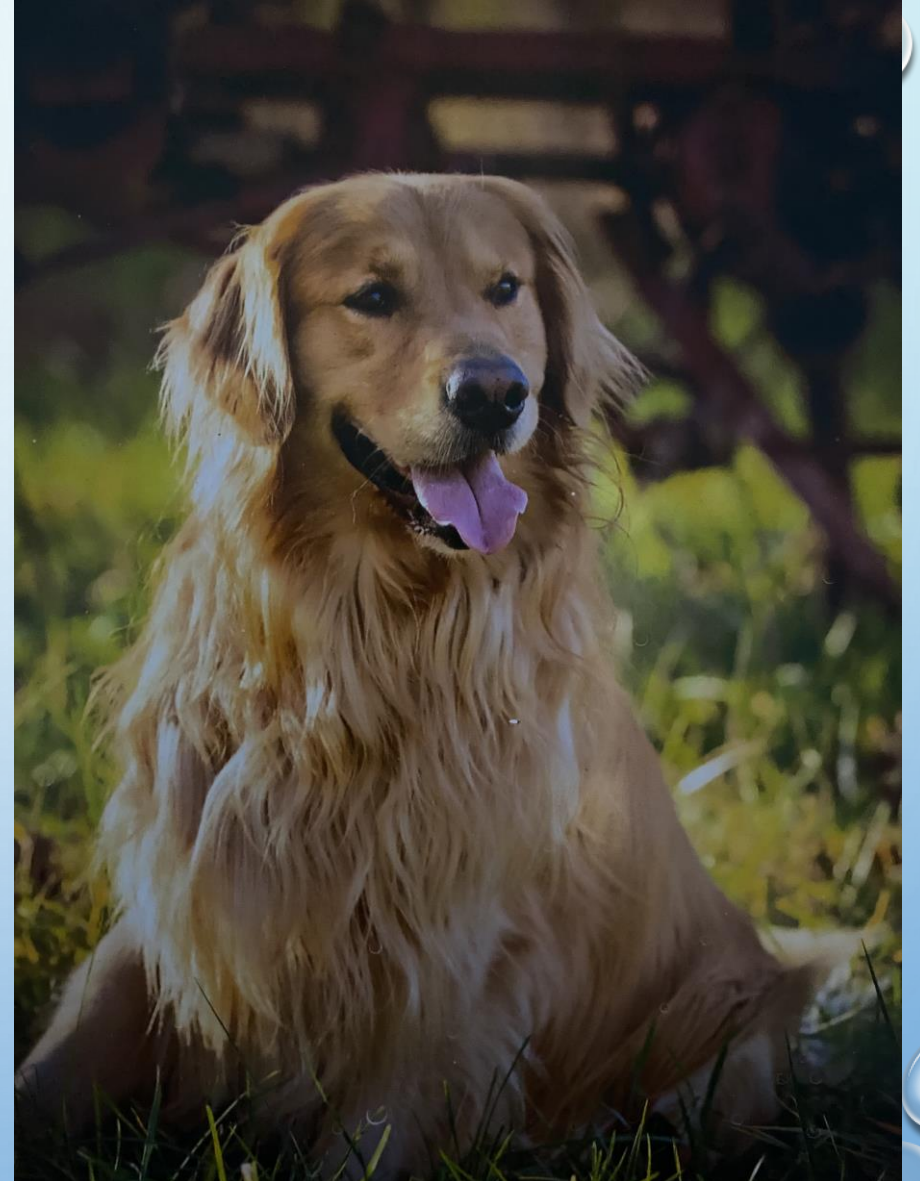



"5 Minute Meditation" (Beautiful Planet Music)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FTRSZ5-EJWU](https://www.youtube.com/watch?v=FTRSZ5-EJWU)

HANDLE STRESSFUL
SITUATIONS JUST LIKE A
DOG DOES.

IF YOU CAN'T EAT IT OR
PLAY WITH IT, JUST PEE ON
IT AND WALK AWAY.



A woman with long dark hair, wearing a pink dress, is seen from behind, holding a surfboard under her arm. She is standing in a field of tall grass or flowers. The background is a soft, hazy landscape with rolling hills under a bright, warm sky, suggesting a sunset or sunrise. The overall mood is peaceful and inspirational.

**YOU ARE A
HUMAN BEING,
NOT A
HUMAN DOING.**

PictureQuotes.com

Creating Resiliency Habits

- Habits take 4-6 weeks to form
- Start small
- Set reminders
- Accountability partner
- Be kind to yourself



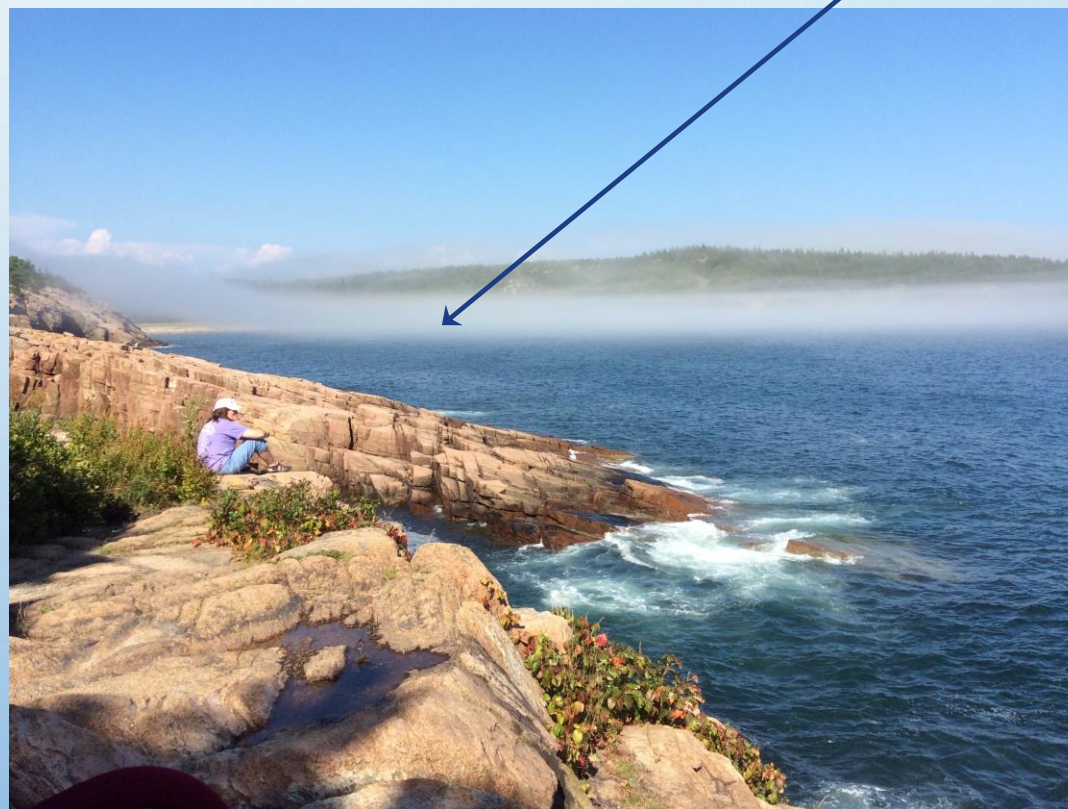
Using Environmental Cues

- Gratitude
- Breathing
- Presence
- Mindfulness
- Meditation



PAUSE FOR YOURSELF

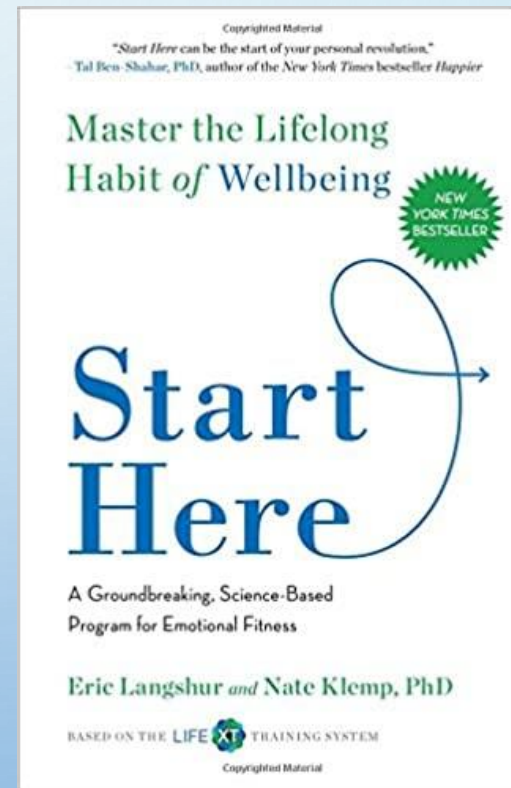
THAT'S ME!



RESOURCES

<https://mahec.libguides.com/covid19resiliency>

Book **“*Start Here*”** by Eric Langshur & Nate Klemp



REFERENCES & RESOURCES

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