



Caring for Ourselves So We Can Care for Our Patients

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Disclosures

- No financial relationships to disclose.
- Views expressed are my own and do not represent Kaiser Permanente or any affiliated organization

Today's Focus

1. Notice what you are carrying — and name it without judgment
2. Practice at least one reset you can use on any clinical day
3. Leave with one small, specific intention to carry into next week



Taking the Pulse

What most strains your capacity to show up fully at work right now?

- Cognitive overload
- Emotional fatigue
- Time pressure
- Moral distress
- Something else?



A hiker with a large backpack is walking through a lush green field. In the background, there are rolling hills covered in dense green forest under a bright blue sky with scattered white clouds. A winding path leads through the valley. The overall scene is peaceful and scenic.

**We are
carrying a
collective
weight**

Welcome & Intentions

This session offers a pause to:

- Reflect
- Reset
- Reconnect with purpose
- Gain clarity
- Renew energy
- Leave with one practice

Where We Are Now

- Healthcare under unprecedented and sustained strain
- Moral fatigue and emotional exhaustion accumulating daily
- Information overload narrowing our presence and judgment

These conditions increase cognitive load, emotional reactivity, and decision fatigue



**Why this pause
matters now**



Why This Pause Matters Now

Layered stressors increase cognitive and emotional load



Moral injury erodes purpose and agency



Overload narrows judgement and presence



Small resets help us come back online



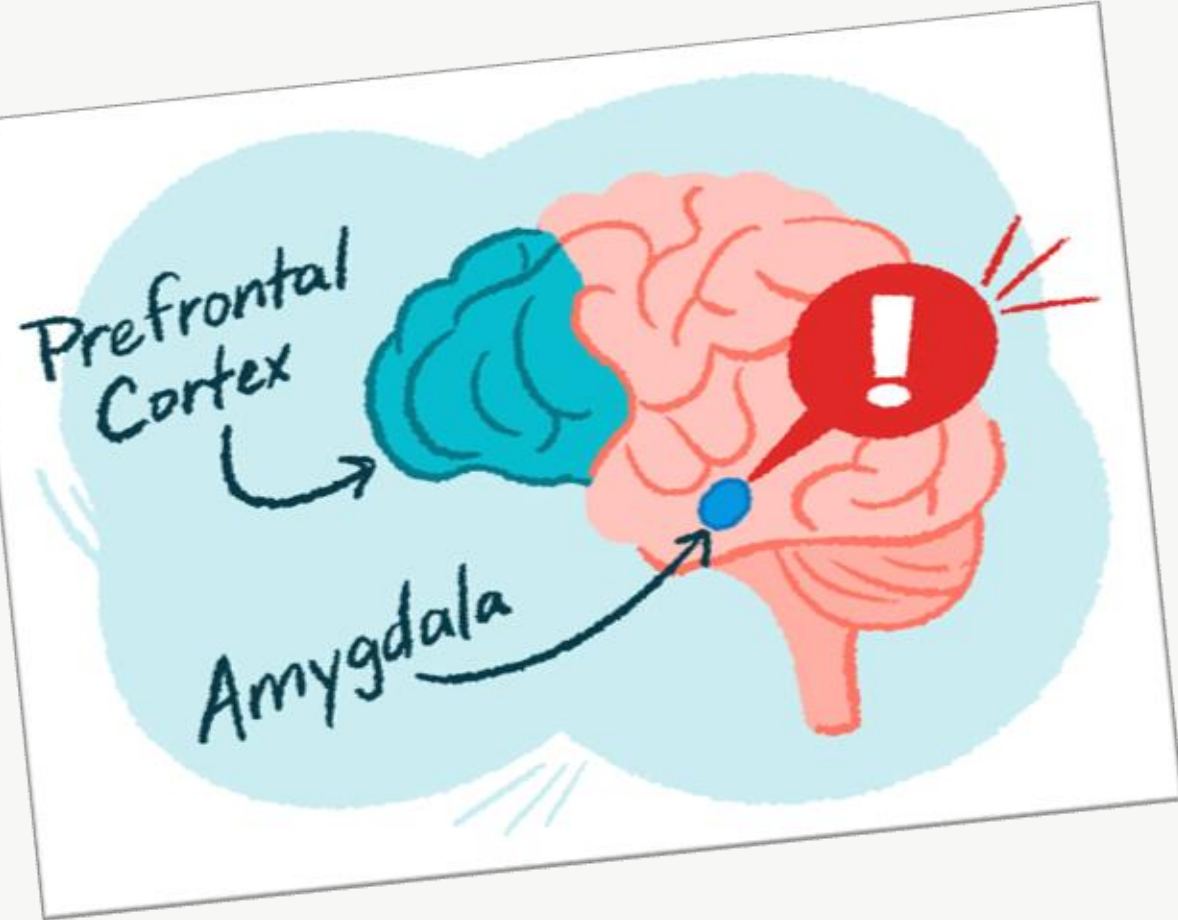
Pause and Breathe





Stories We Carry

- **Recall** a moment of resilience
- **Reflect** on what or who helped you through
- **Notice** what mattered most
- **Share** with a partner



Why Presence Gets Hard

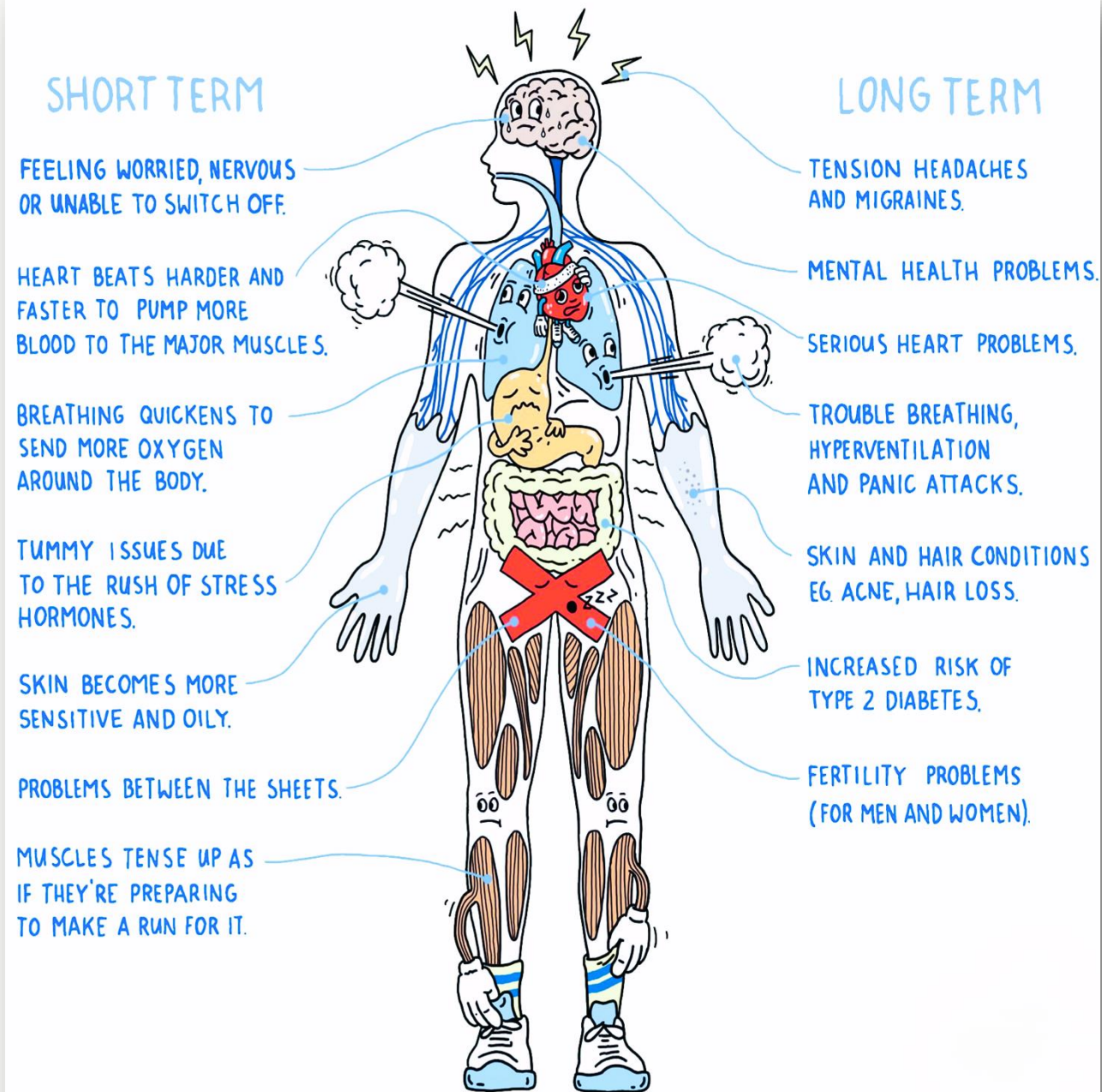
- Focus narrows — judgment tightens, options disappear
- Threat detection rises — we see problems, not possibilities
- Reactivity increases — we respond before we choose
- Under sustained load, presence is the first thing we lose

The Cost Is Real

Mental Health: Anxiety, depression, poor concentration, mental strain

Physical Health: Headaches, muscle tension, disrupted sleep

Long-term Health Risks: Heart disease, weakened immunity, digestive and fertility issues



“Almost everything will
work again if you unplug
it for a few minutes,
including you.”

—Anne Lamott,
ALMOST EVERYTHING





**Your Toolkit
to Carry
Forward**

Your Toolkit to Carry Forward



Digital Diet: Notice and manage how you consume external stressors



Name It to Tame It: *Identify and name your emotions to reduce intensity*



Micro-Pause: Ask *“What matters most right now?”*



Boundary Ritual: Say *“And with this breath...”* to mark transitions



Ground & Breathe: *Inhale 4 • Hold 4 • Exhale 6*



Mindful Moment: *Plant feet, notice contact sensations, anchor yourself*

Your Reset in Action

- Which tool resonates most?
- When and how might you use it?
- What difference might it make on a hard day?



Reconnect with Purpose

Purpose Pause:

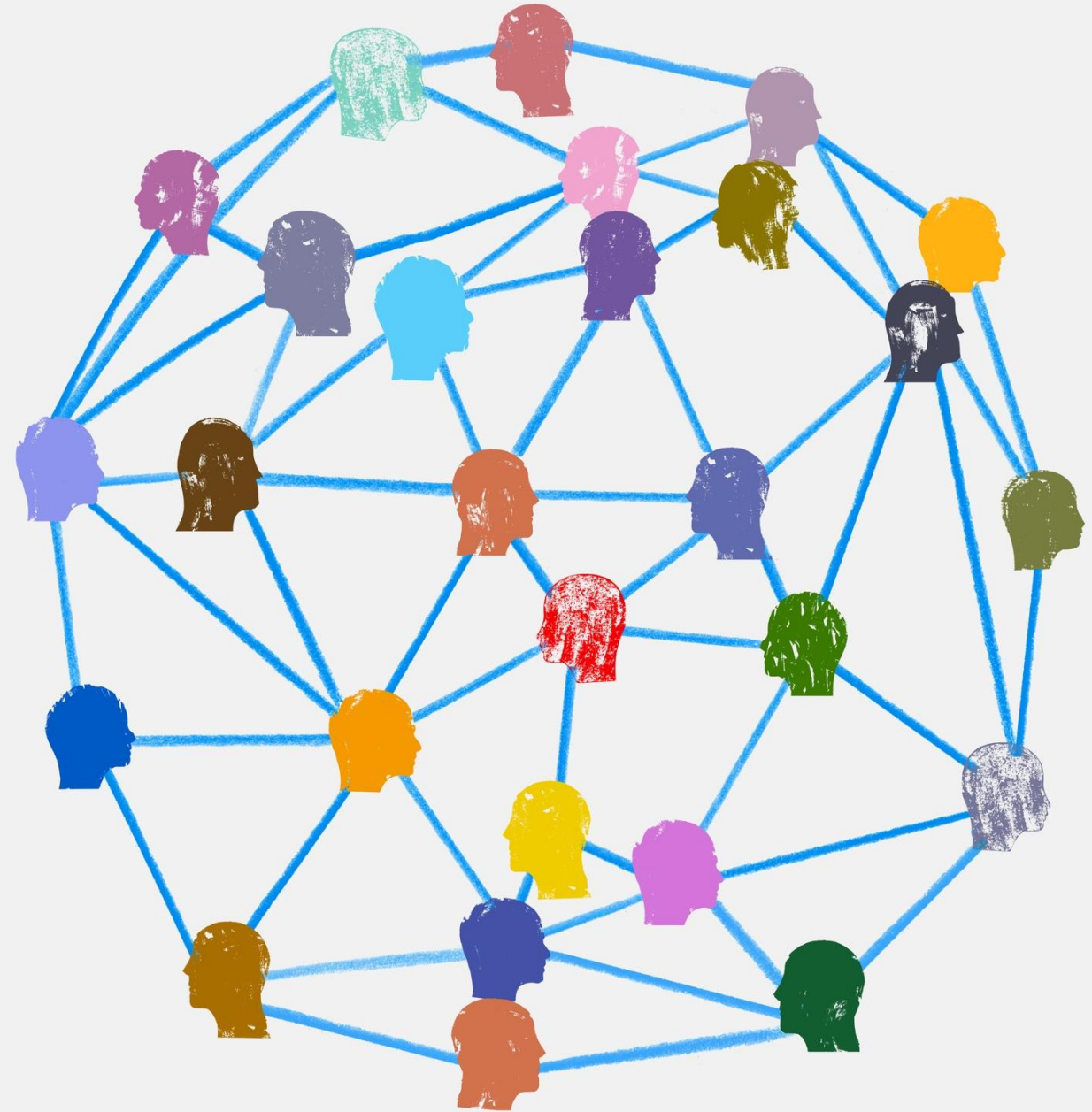
What keeps you
doing this work,
even on hard
days?

Meaning Mapping:

What brings you
joy and meaning?

From Me to We

- *What's one way to bring these practices into your daily rhythm?*
 - One personal action
 - One relational practice
 - One professional or system level practice
- Quiet reflection
- Share



Pause, Presence, Purpose

- Pause: name what weighs on you
- Presence: use one reset
- Purpose: reconnect with meaning
- Practice: carry one thing forward



As You Leave

- What will you carry forward?
- What will you let go of?
- Who will you reconnect with?
- What will you make space for?

