

PRIMARY CARE HAWAI'I CONFERENCE

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Thriving with Stress The New Science of Stress Resilience

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From Fragility to Resilience

Lessons from Birth

- ✓ Birth isn't easy, but babies are built for it
- ✓ If humans wanted a stress-free life, there would be zero population growth



Objectives



- ✓ Describe the prevalence and impact of stress-related clinician burnout in primary care
- ✓ Rapidly shift mindset from “Stress is Harmful” to “Stress is Enhancing”
- ✓ Apply at least 2 simple mind/body techniques that can be suggested to patients in a brief clinical encounter to reduce symptoms, stress, and improve subjective well-being.

Physician Burnout

- ✓ Emotional exhaustion
- ✓ Depersonalization and compassion fatigue (i.e. lack of empathy or negative attitudes toward patients)
- ✓ Feeling of decreased personal achievement



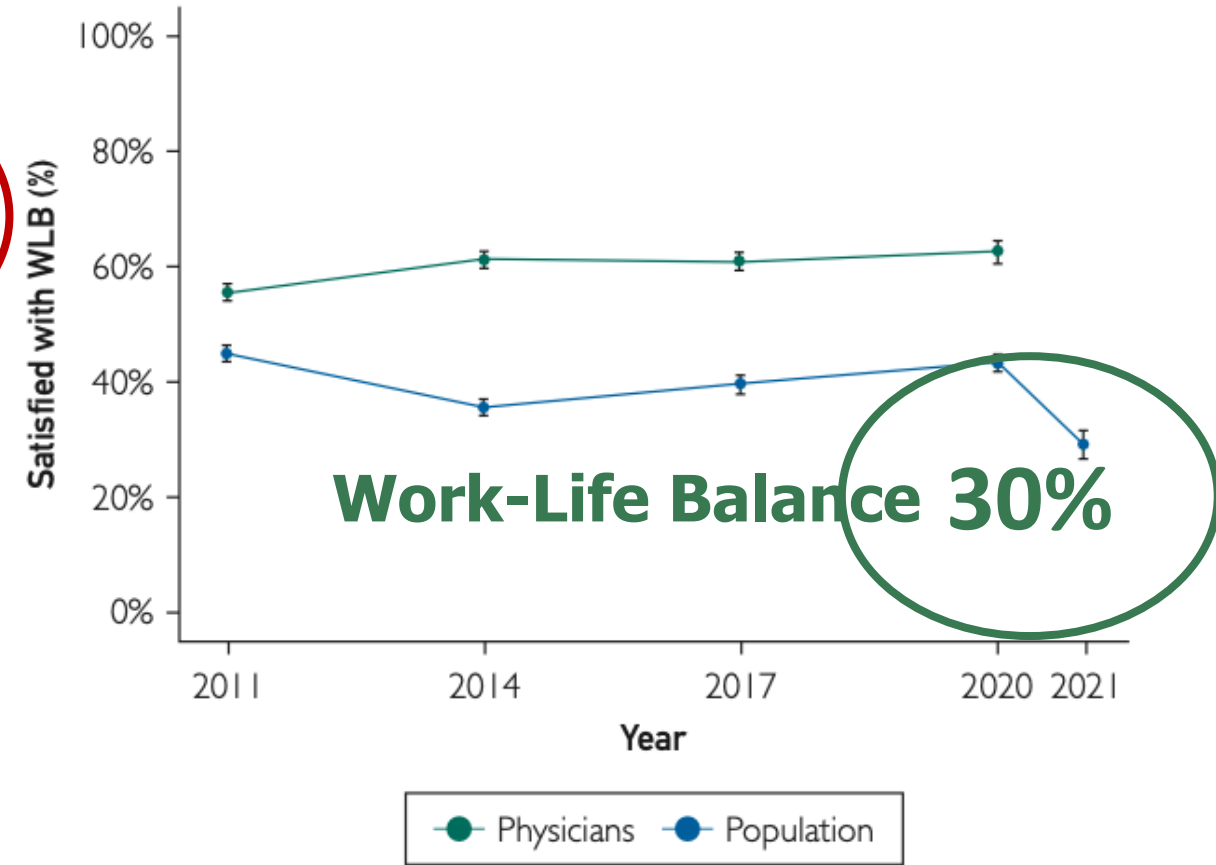
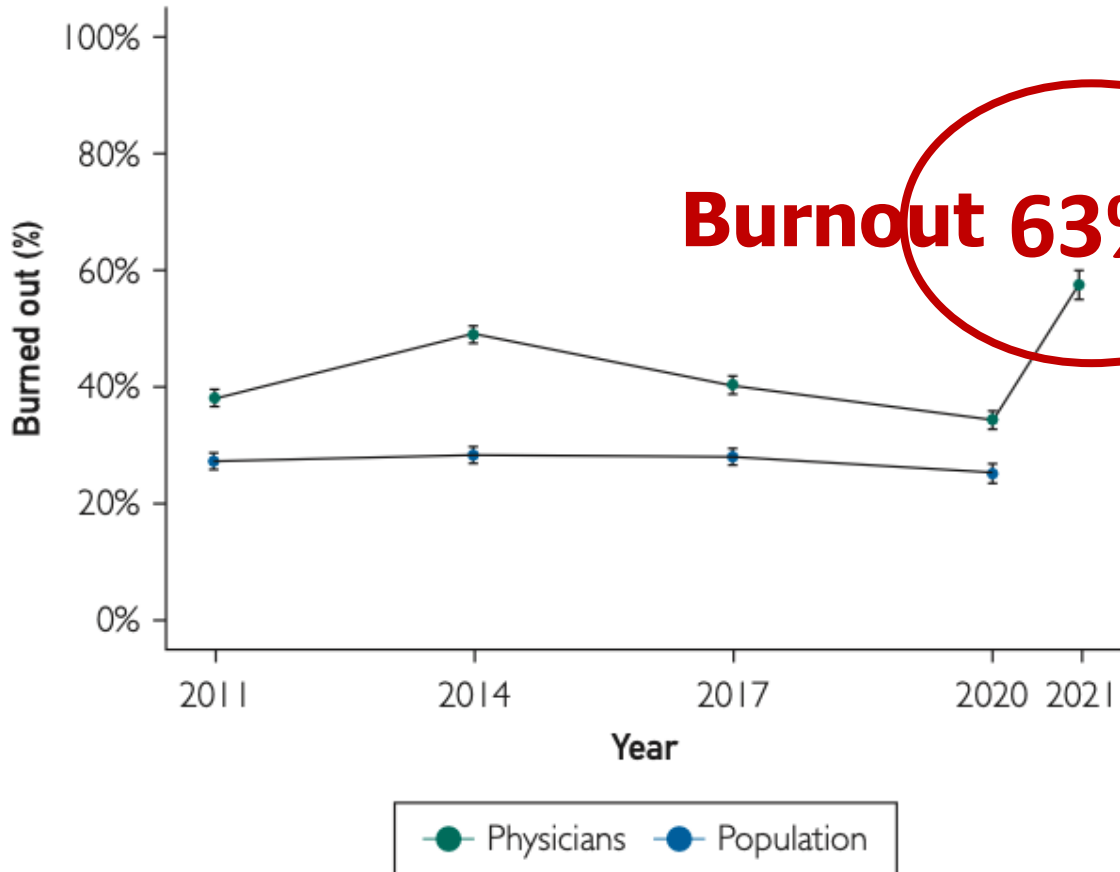
Physician Failure to Thrive Syndrome

- ✓ Inability to experience pleasure (anhedonia)
- ✓ Lack of physical activity (“Couch Potatoism”) and increased BMI (“Waisting Syndrome”)
- ✓ Pessimistic thought patterns (“Yes, Butism” and “Nitpickers’ Syndrome”)
- ✓ Atrophic sense of humor with sarcasm and cynicism
- ✓ Lack of social connection
- ✓ Lack of present-centeredness and focus
- ✓ Lack of refreshing, restorative sleep
- ✓ Chronic deficiency of life purpose and meaning
- ✓ Self-centeredness and chronic altruism deficiency disorder

Note: All “diagnostic criteria” do not have to be met



Burnout and Work-Life Balance (2011-2021)



Shanafelt TD, et al Changes in Burnout and Satisfaction With Work-Life Integration in Physicians During the First 2 Years of the COVID-19 Pandemic. Mayo Clin Proc. 2022 Dec;97(12):2248-2258. doi: 10.1016/j.mayocp.2022.09.002. Epub 2022 Sep 14. PMID: 36229269; PMCID: PMC9472795.



Leaving Practice

25% of physicians reported intent to leave practice within two years (2020)

40% of medical practices had physicians retire early or leave practice due to burnout (2022)

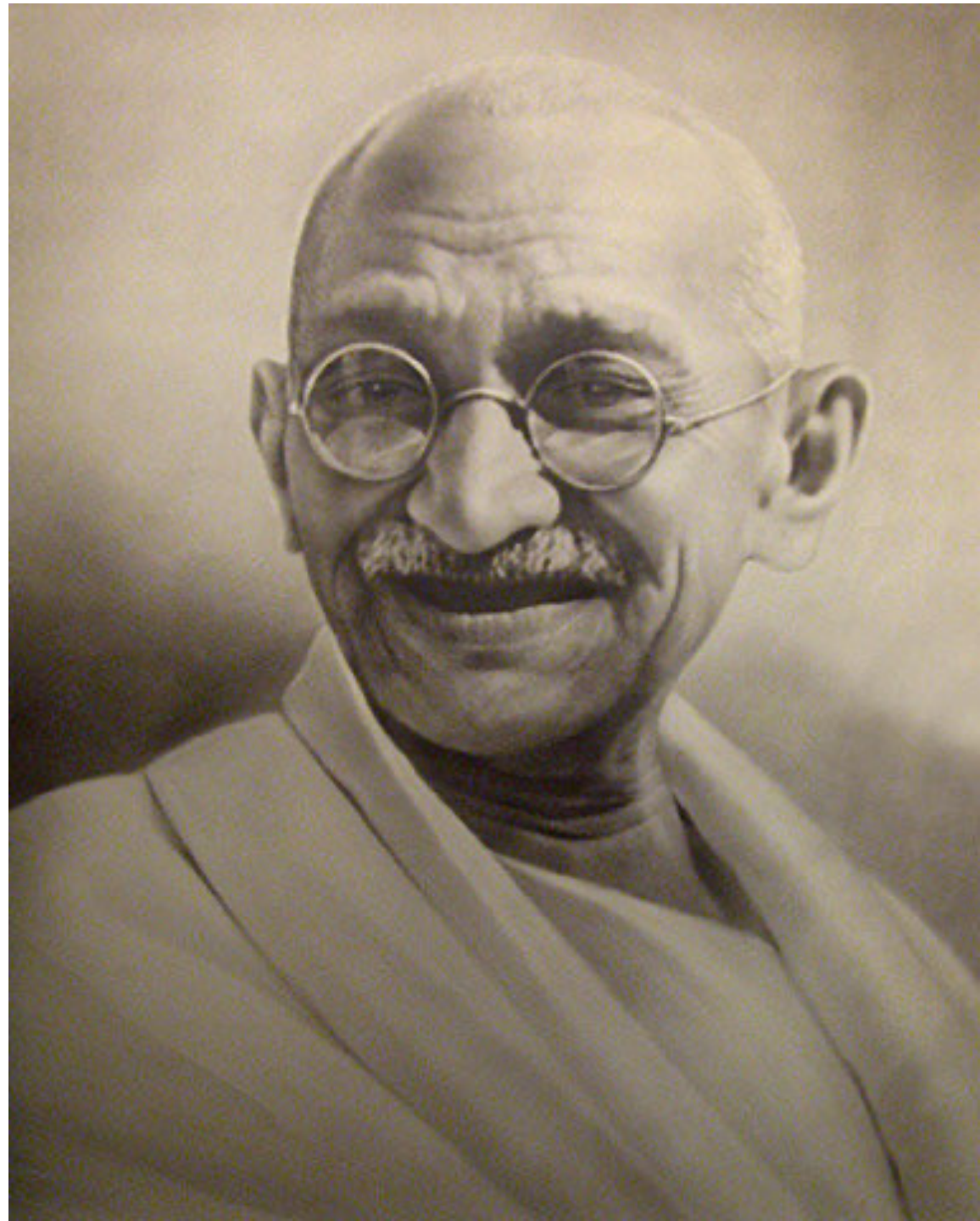
Rotenstein LS, Brown R, Sinsky C, Linzer M. The Association of Work Overload with Burnout and Intent to Leave the Job Across the Healthcare Workforce During COVID-19. *J Gen Intern Med.* 2023 Jun;38(8):1920-1927. doi: 10.1007/s11606-023-08153-z. Epub 2023 Mar 23. PMID: 36959522; PMCID: PMC10035977.

MGMA Stat Poll (Aug. 23, 2022), 602 responses

Work/Life Balance

Mahatma Gandhi worked 15 hours a day for 50 years. When he was asked, "Don't you want a vacation, Mr. Gandhi?" he said quietly:

"I'm always on vacation."



Work/Life Balance?



**What can be
done to
promote
physician
well-being?**



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The Stanford Model of Professional Fulfillment™
<https://wellmd.stanford.edu/about/model-external.html>

Stress: Avoid, Rethink, Restore?

1. Avoid Stressors



2. Rethink Stress

- Stress-is-Enhancing Mindset
- Stress Reappraisal

3. Restore with Healthy Pleasures

How are you going to avoid this?



Stress: Avoid, Rethink, Restore?

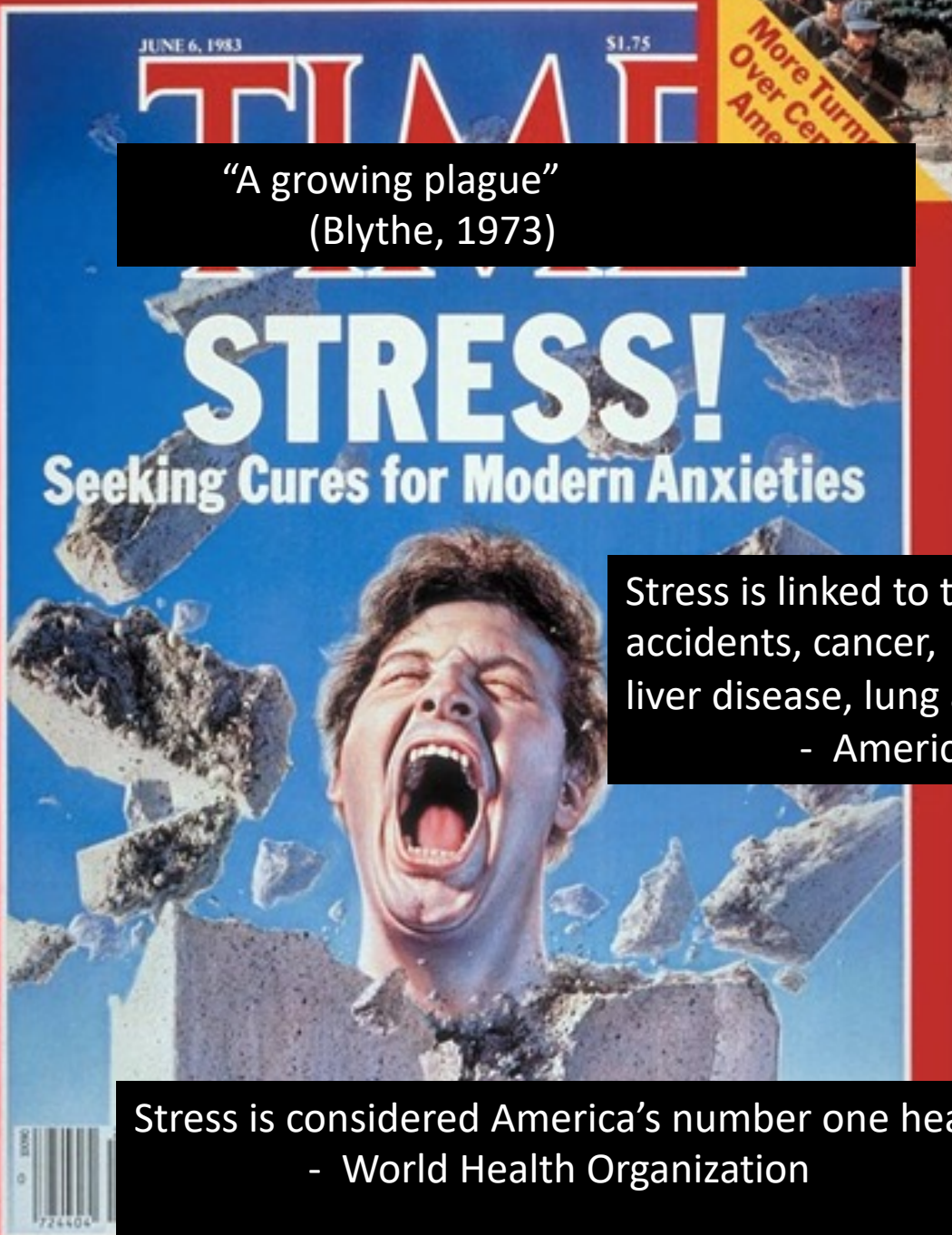


1. Avoid Stressors

2. Rethink Stress

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- Stress Reappraisal

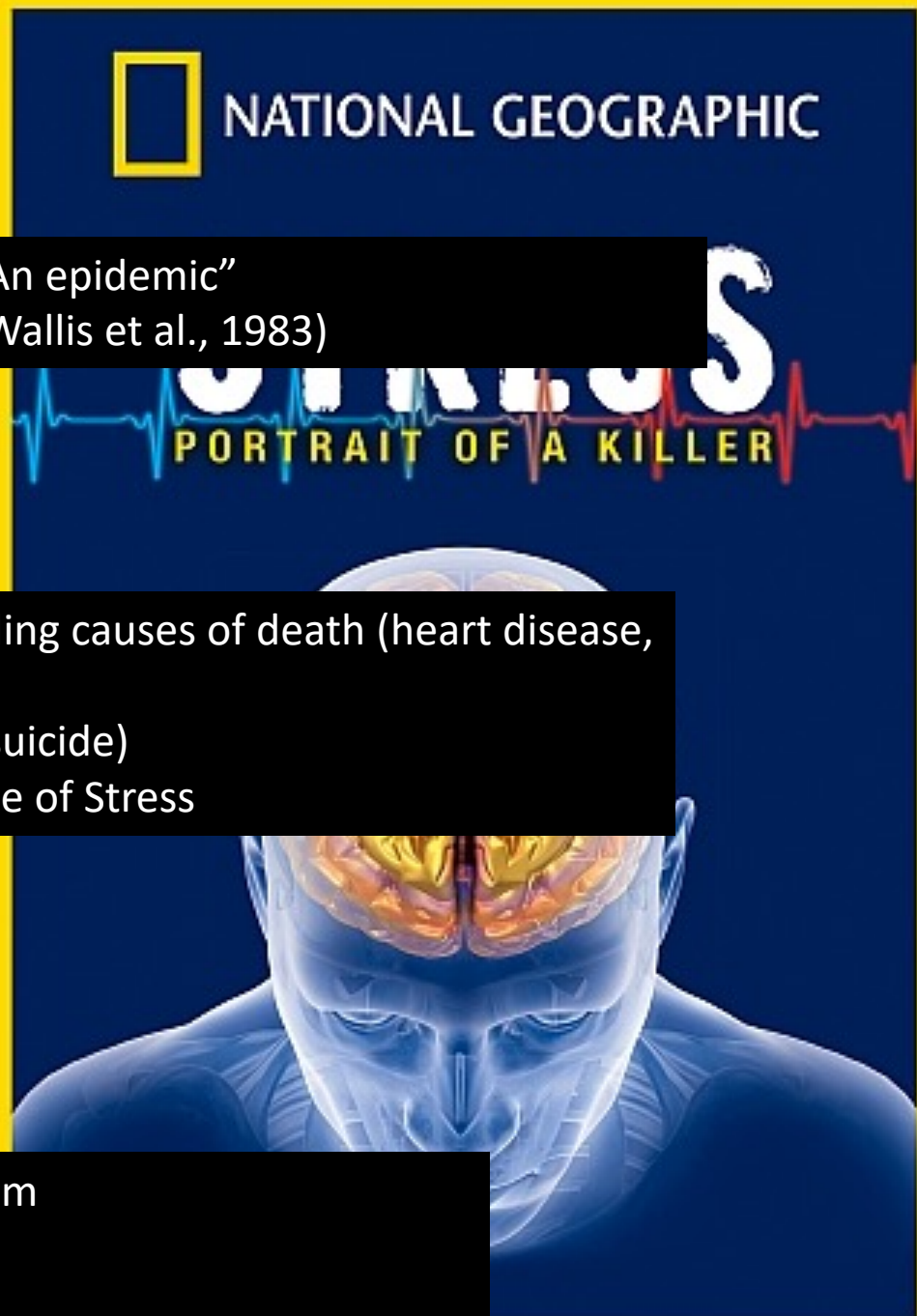
3. Restore with Healthy Pleasures



“A growing plague”
(Blythe, 1973)

Stress is linked to the six leading causes of death (heart disease, accidents, cancer, liver disease, lung ailments, suicide)
- American Institute of Stress

Stress is considered America’s number one health problem
- World Health Organization



“An epidemic”
(Wallis et al., 1983)



Rethinking Stress

Do you think that stress is helpful or harmful?

**Do our mindsets about stress influence
the effects of stress?**

Mindset

A lens or frame of mind that orients to a particular set of associations and expectations



Stress Mindsets

STRESS IS HARMFUL

- ❑ depletes my health and vitality.
- ❑ debilitates my performance and productivity.
- ❑ inhibits my learning and growth.
- ❑ stress is negative and should be avoided.

STRESS IS ENHANCING

- ❑ improves my health and vitality.
- ❑ enhances my performance and productivity.
- ❑ facilitates my learning and growth.
- ❑ stress is positive and should be utilized.



Two Faces of Stress

Stress diminishes

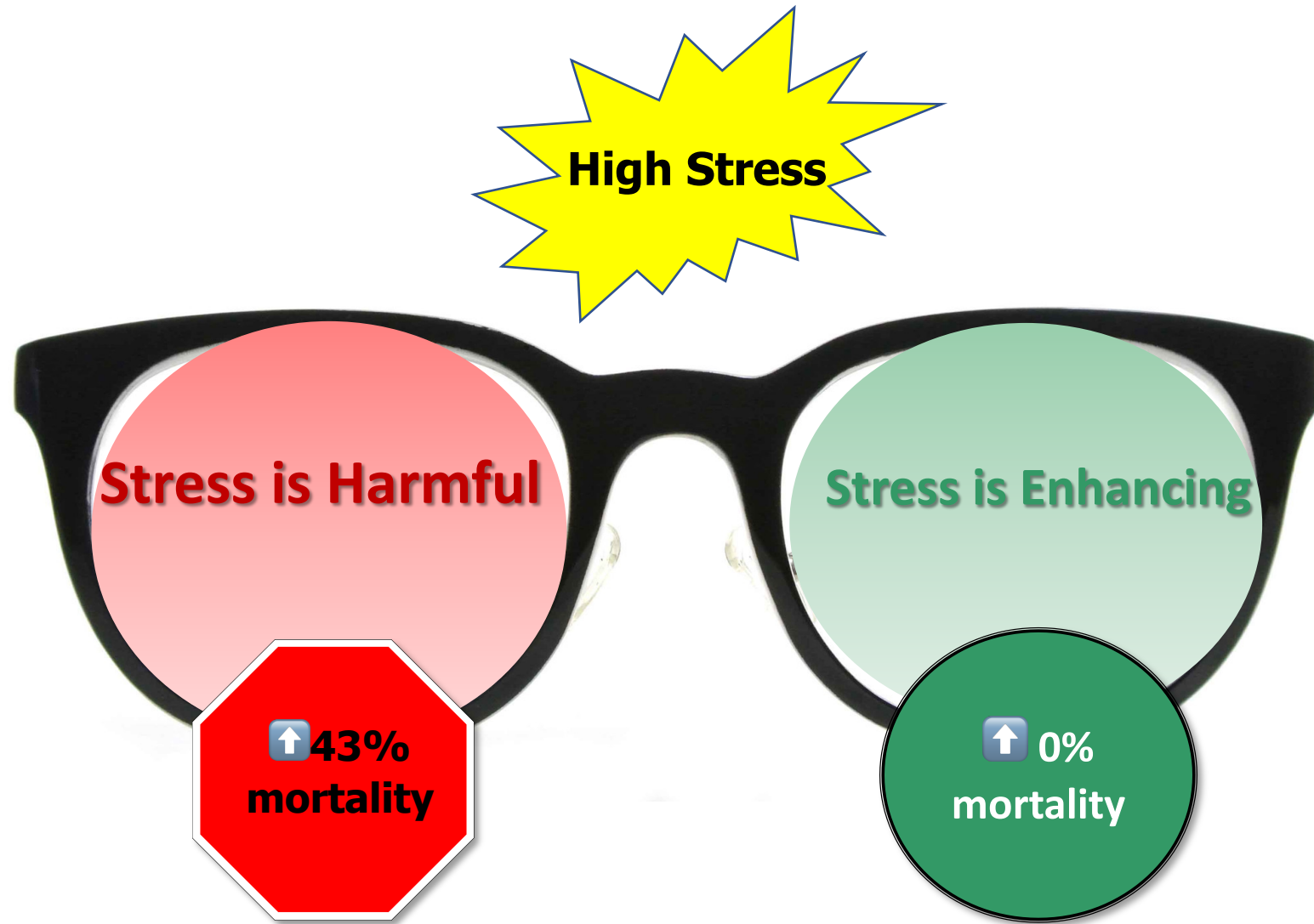
- Performance
- Health
- Well-Being



Stress enhances

- Performance
- Health
- Well-Being

Do Stress Mindsets Affect Outcomes?



N=29,000 Keller, A. *Health Psychology*, 31(5):677, 2012. Crum, A. *JPSP* 104:716, 2013.
McGonigal, K. *The Upside of Stress*. 2015.

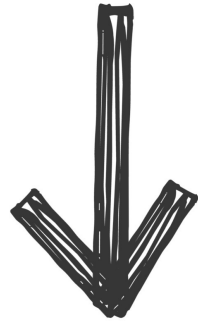
“Stress is Harmful” mindset can be harmful itself

- May decrease performance and health
- Increases stress about stress
- Stress management can add to “to do” list
- Real growth and learning often involves stress
- Glorifies “culture of stress”





NEW MINDSET



NEW RESULTS

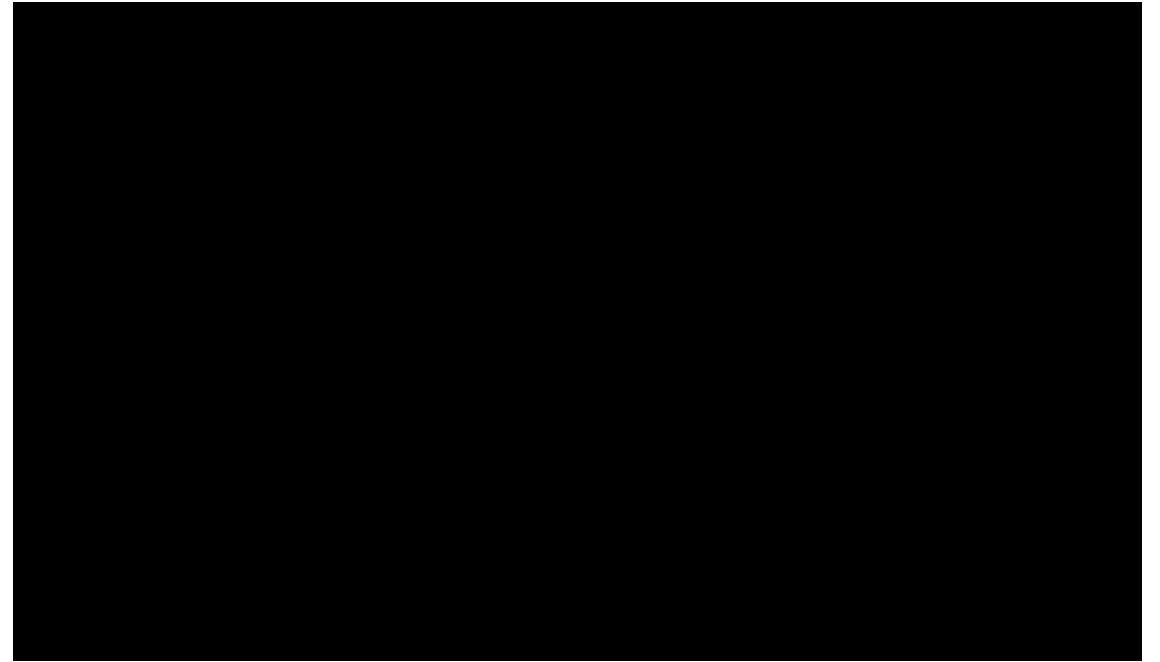
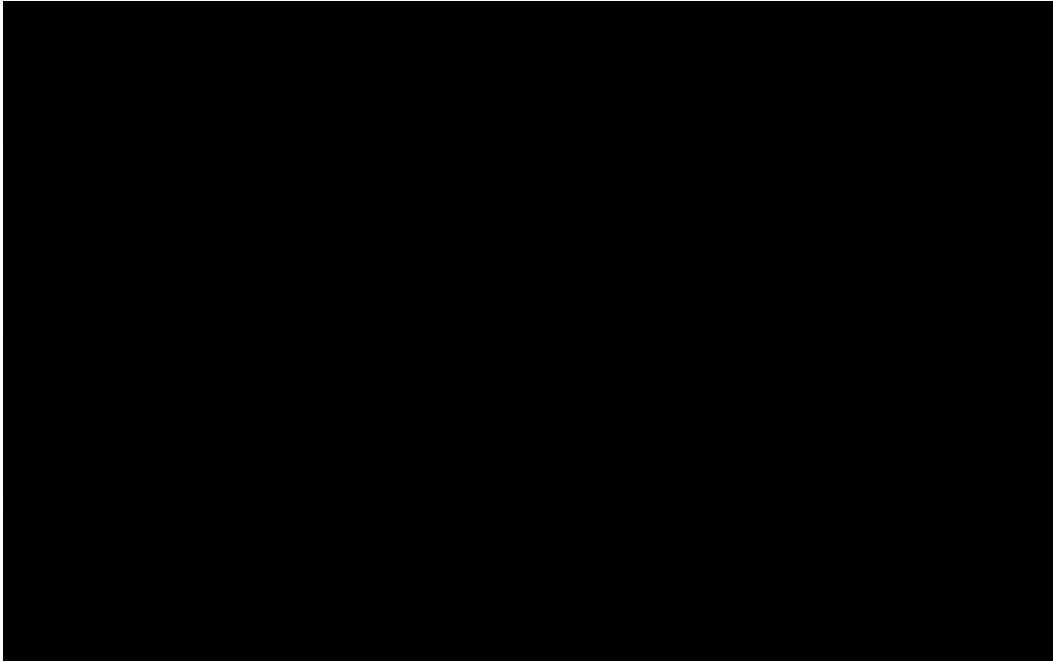
Stress Mindset Videos



**Stress is
Harmful**

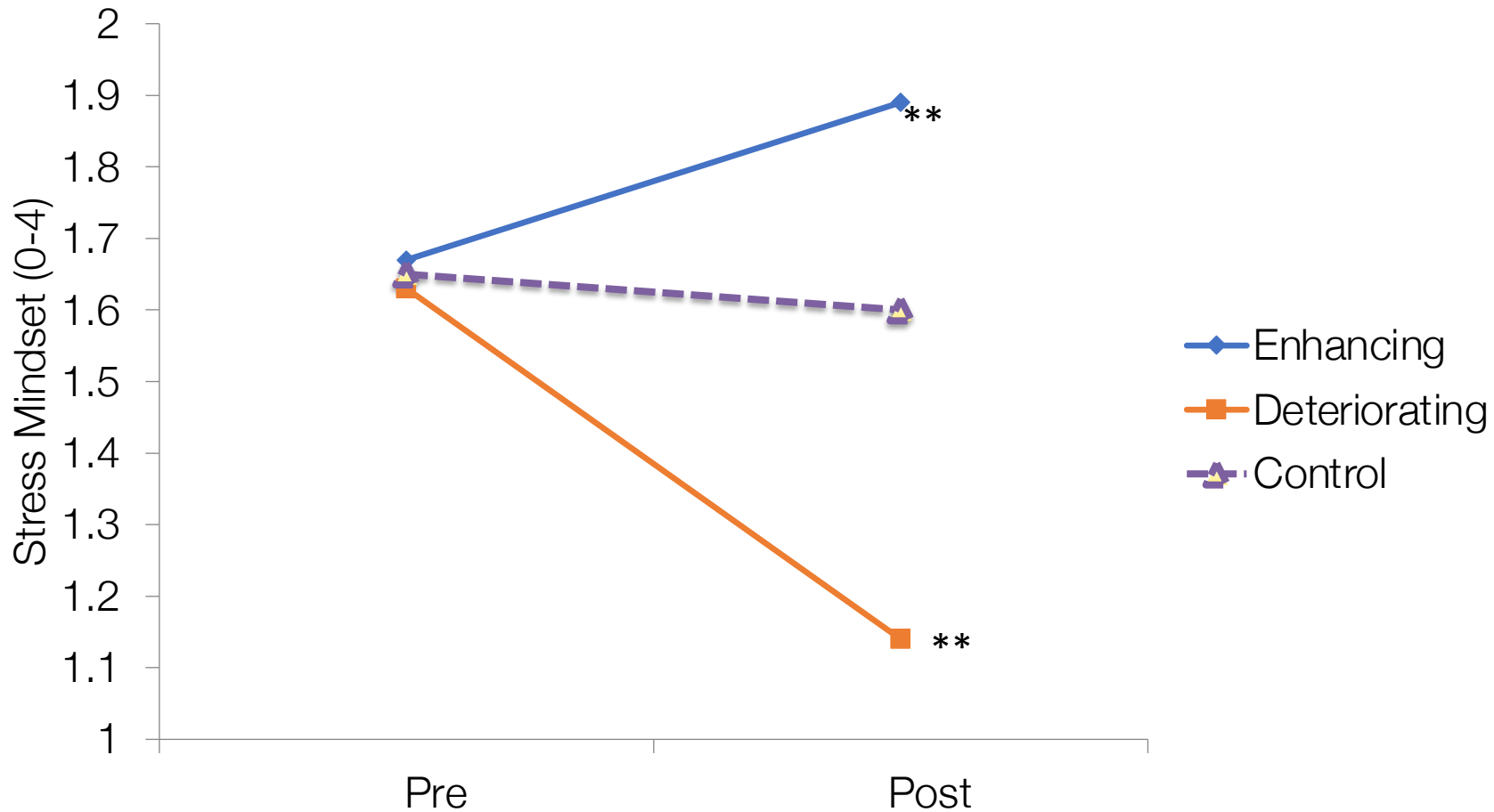


**Stress is
Enhancing**

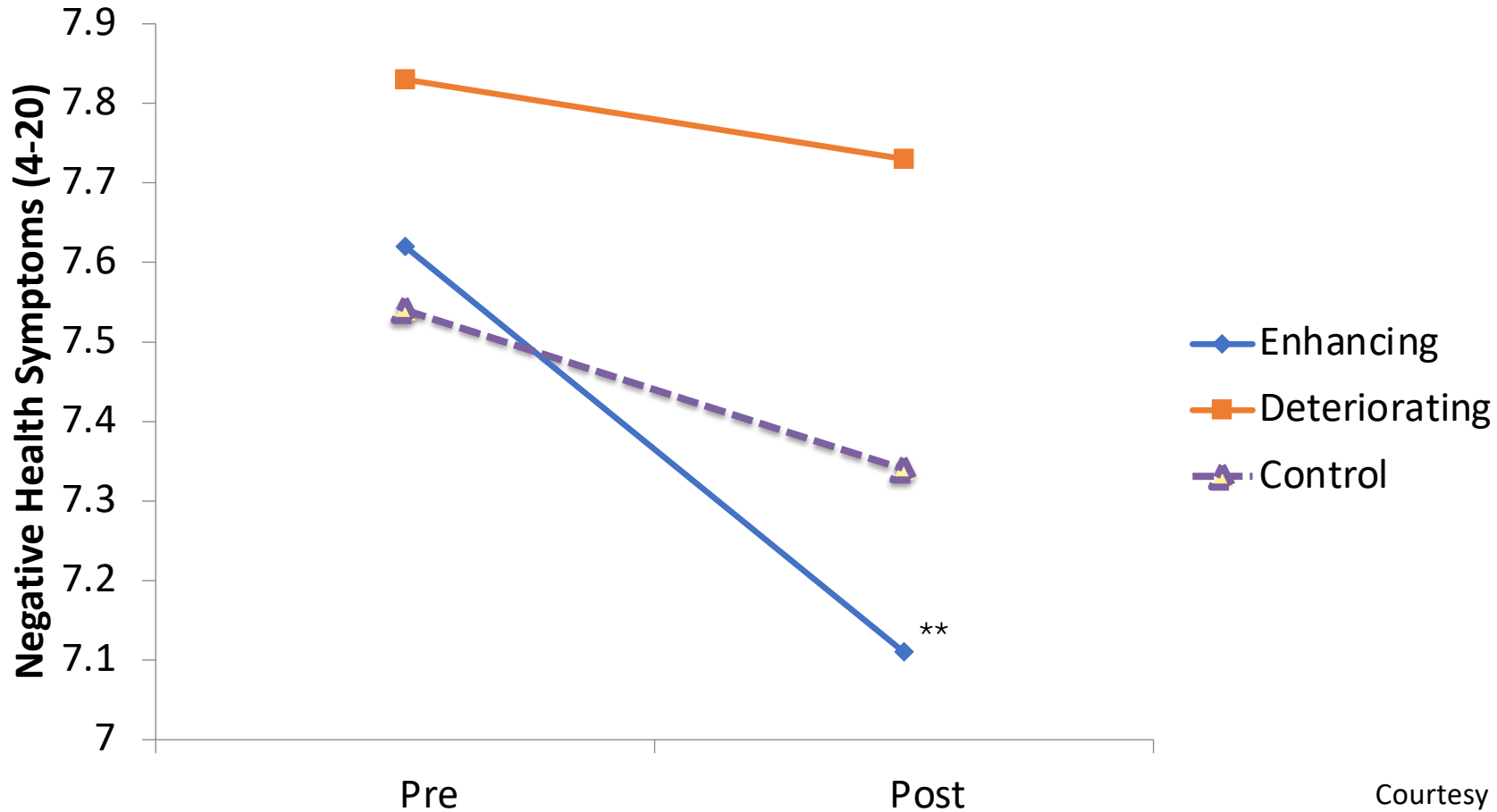


Courtesy of Alia Crum, <https://mbl.stanford.edu/interventions>,
<https://mbl.stanford.edu/interventions/rethink-stress>

Can Stress Mindset be Changed?



Change in Stress Mindset and Symptoms



Courtesy of Alia Crum

Crum, Alia J.; Salovey, Peter; Achor, Shawn: Rethinking stress: The role of mindsets in determining the stress response. Journal of Personality and Social Psychology, Vol 104(4), Apr 2013, 716-733. <http://dx.doi.org.laneproxy.stanford.edu/10.1037/a0031201>

Rethinking Stress Toolkit

- 1. Acknowledge your stress.** It is what it is.
- 2. Welcome your stress.** You are stressed because you care.
- 3. Utilize your stress.** It is designed to facilitate change.

Crum AJ, Santoro E, Handley-Miner I, Smith EN, Evans K, Moraveji N, Achor S, Salovey P. Evaluation of the "rethink stress" mindset intervention: A metacognitive approach to changing mindsets. *J Exp Psychol Gen.* 2023 Sep;152(9):2603-2622. doi: 10.1037/xge0001396. Epub 2023 May 18. PMID: 37199967.

Stanford | SPARQ Toolkits
<http://sparqtools.org/rethinkingstress/>



Stress: Avoid, Rethink, Restore?

**1. Avoid
Stressors**



2. Rethink Stress

- Stress is Enhancing Mindset
- ➔ Stress Reappraisal

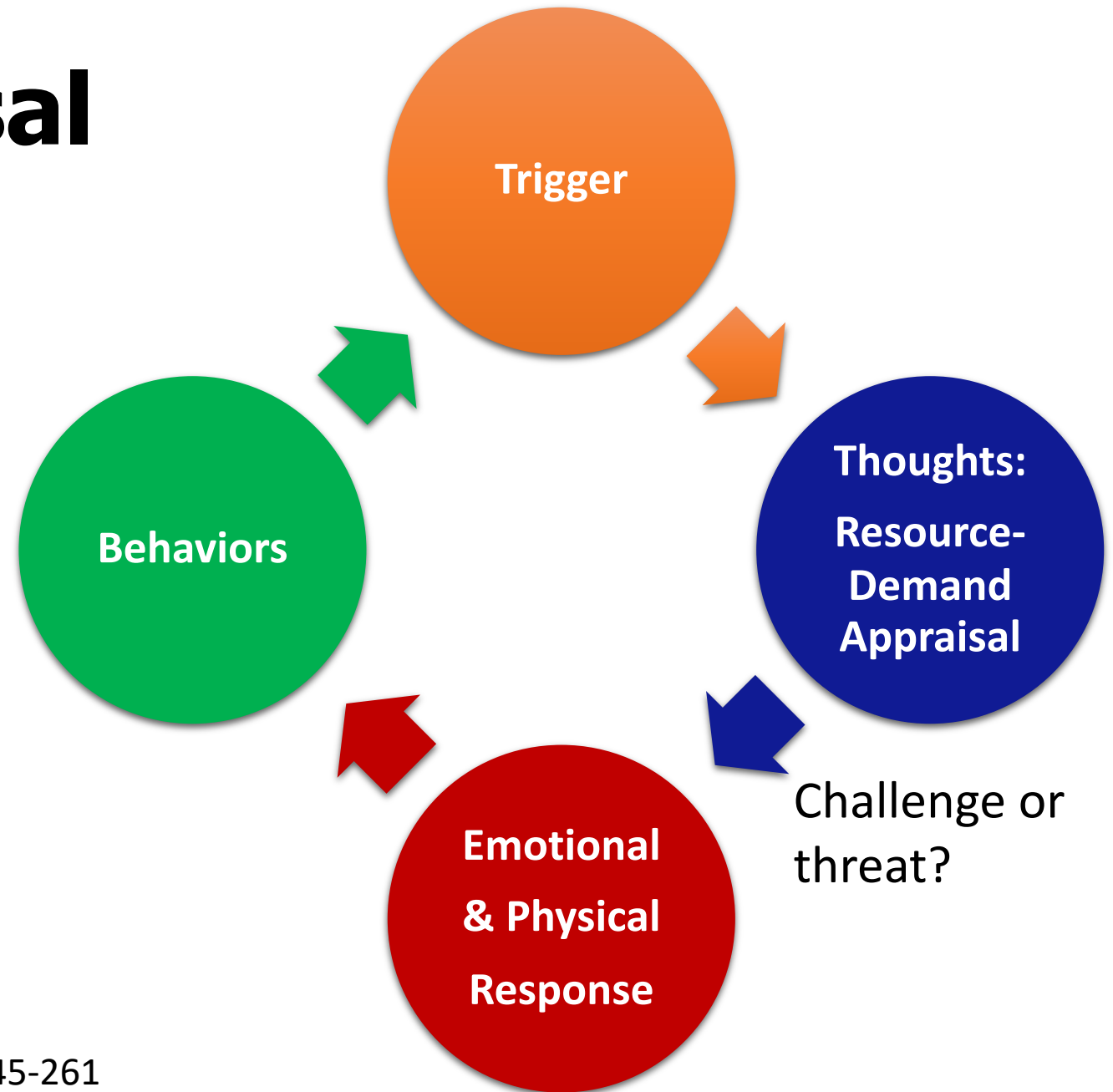
**3. Restore with
Healthy Pleasures**

**Is this
Stressful?**



Stress Reappraisal

- 🧠 Assess resources and demands
- 🧠 View stress as adaptive, functional resource and opportunity

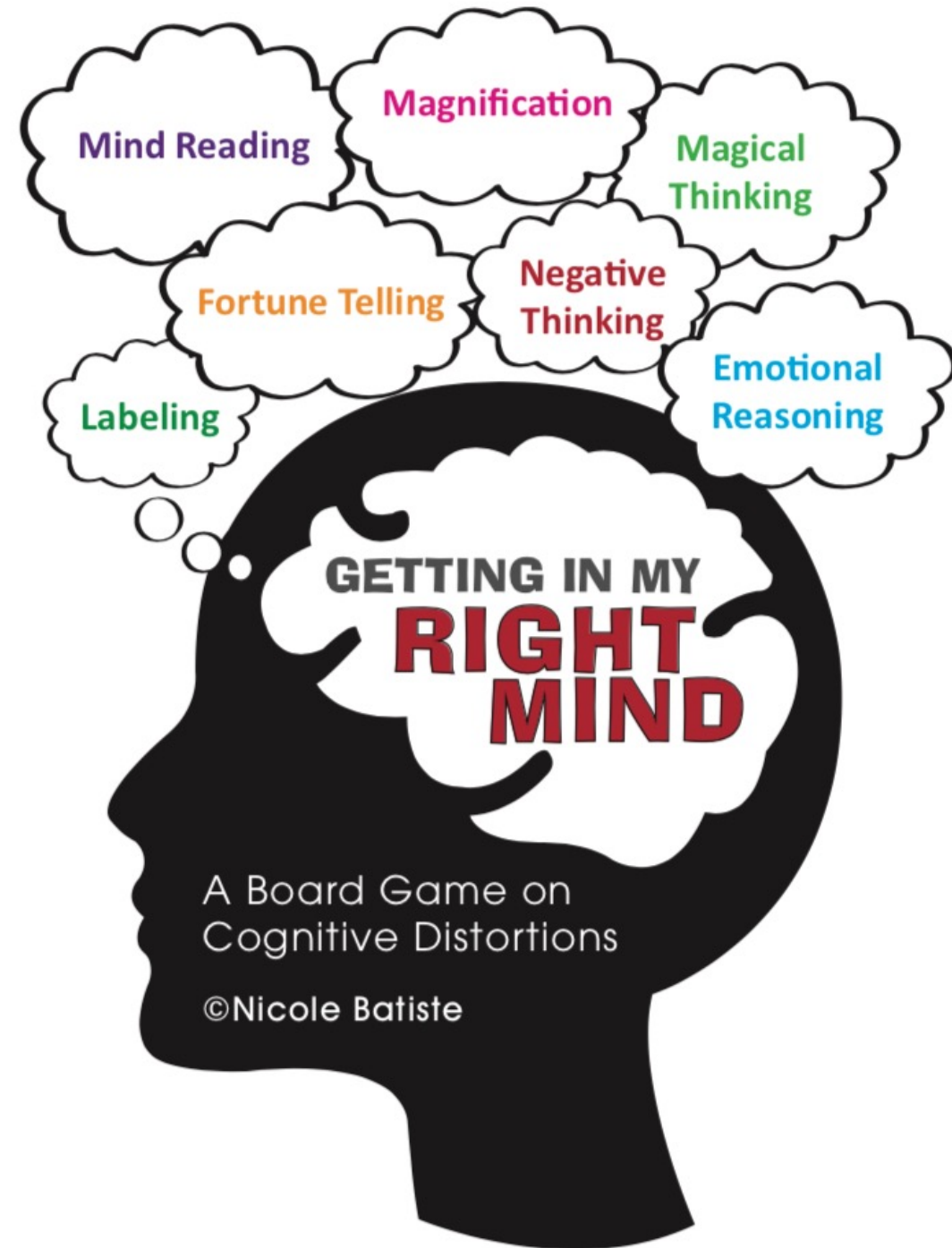


The Stories We Tell Ourselves



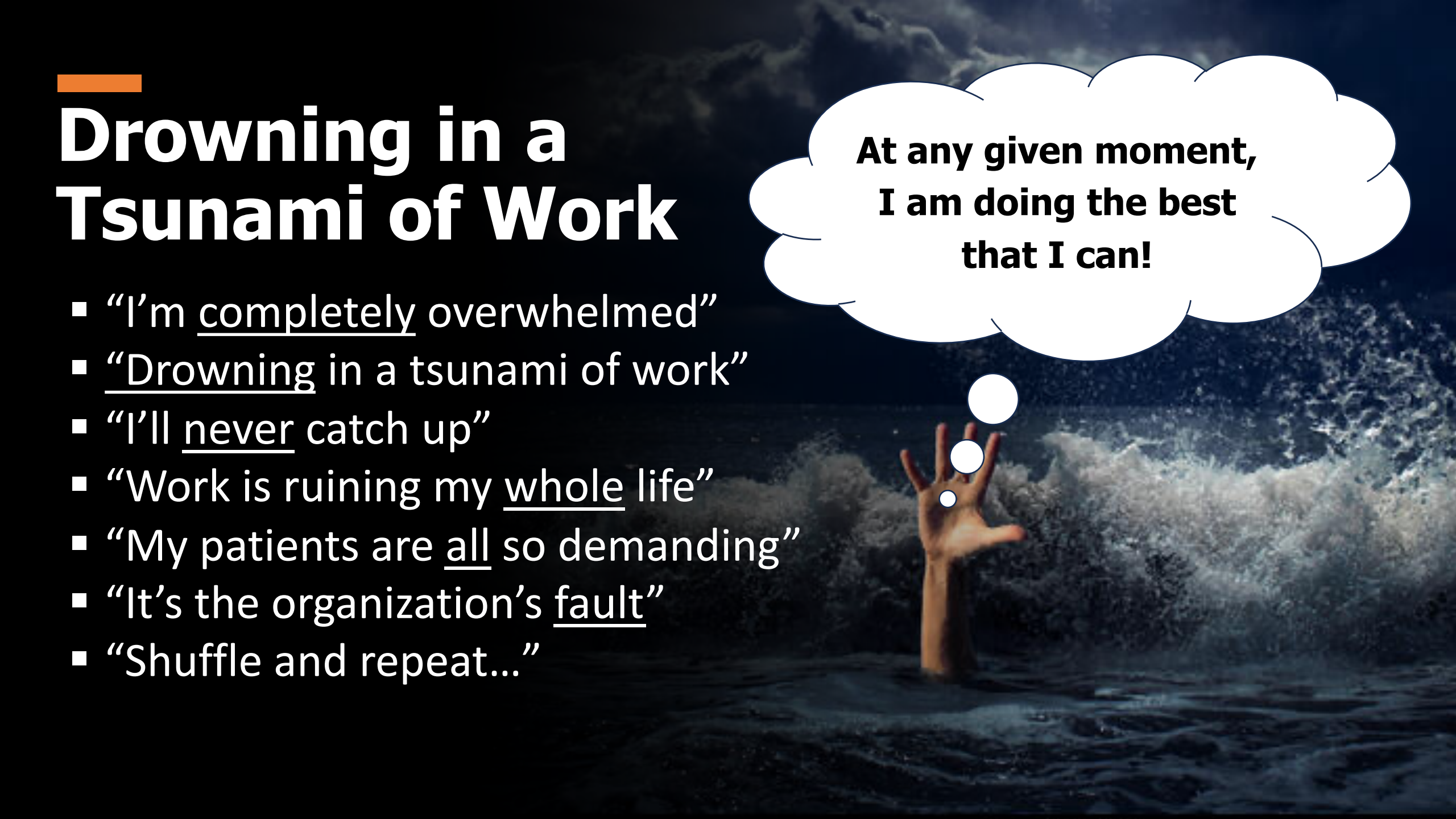
Cognitive Distortions

1. All-or-Nothing Thinking
2. Over Generalization
3. Mental Filter
4. Discounting the Positive
5. Jumping to Conclusions
6. Magnification
7. Emotional Reasoning
8. Should Statements
9. Labelling
10. Personalization and Blame



Drowning in a Tsunami of Work

- “I’m completely overwhelmed”
- “Drowning in a tsunami of work”
- “I’ll never catch up”
- “Work is ruining my whole life”
- “My patients are all so demanding”
- “It’s the organization’s fault”
- “Shuffle and repeat...”

A hand is shown reaching out of dark, turbulent water. Above the hand, a series of three small white circles lead to a large white thought bubble. The background is a dark, stormy sea with white-capped waves.

**At any given moment,
I am doing the best
that I can!**

**PRACTICE
HAPPINESS:
The
Optimism
Antidote**

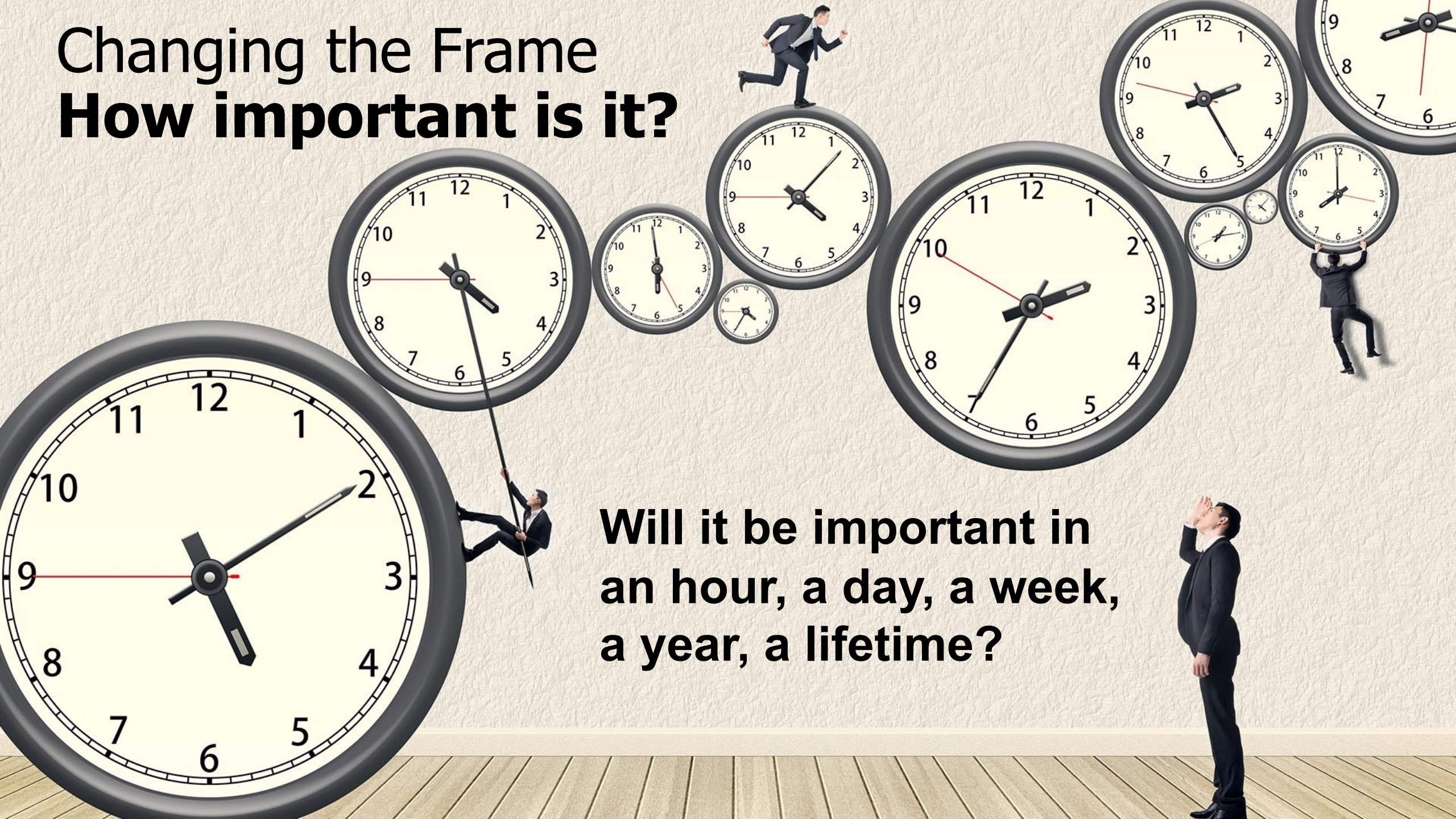


Tell Yourself A Good Story

A Tale of Clam Chowder



Changing the Frame How important is it?



**Will it be important in
an hour, a day, a week,
a year, a lifetime?**

Changing Your Story: How important is it?



Changing Your Story **How important is it?**

You are here



Changing the Frame

**What can I change?
What can't I change?**



Changes

List and Sort Your Problems

<p>IMPORTANT & CHANGEABLE</p> <ul style="list-style-type: none">▶ _____▶ _____▶ _____▶ _____	<p>UNIMPORTANT & CHANGEABLE</p> <ul style="list-style-type: none">▶ _____▶ _____▶ _____▶ _____
<p>IMPORTANT & UNCHANGEABLE</p> <ul style="list-style-type: none">▶ _____▶ _____▶ _____▶ _____	<p>UNIMPORTANT & UNCHANGEABLE</p> <ul style="list-style-type: none">▶ _____▶ _____▶ _____▶ _____

Changing the Frame

How can I learn and grow from stress?



Changing the Frame



- ✓ Is it important or unimportant?
- ✓ If important, will it be important in a week, a year, etc.?
- ✓ Is it changeable or unchangeable (but adaptable)?
- ✓ (*extra credit*) How I learn or grow from this experience?

Indulge in Altruism

Practice Gratitude

- ✓ Make a list of 3-5 things you are grateful for (or curious about, surprised by, or learned something new?)
- ✓ Write a note of gratitude and thanks to someone
- ✓ Communicate regularly, specifically and explicitly

live **well** be **well**



PRACTICE HAPPINESS

**“I’ve had a lot of worries
in my life, most of which
never happened.”**

- Mark Twain

**91% of worry
predictions do
not come true!**



Schedule Worry Time...and write



- What's the problem?
- How likely is it that the problem will occur?
- What's the worst that could happen?
- What's the best that could happen?
- How would I cope?
- What are possible solutions?
- What is my plan of action?



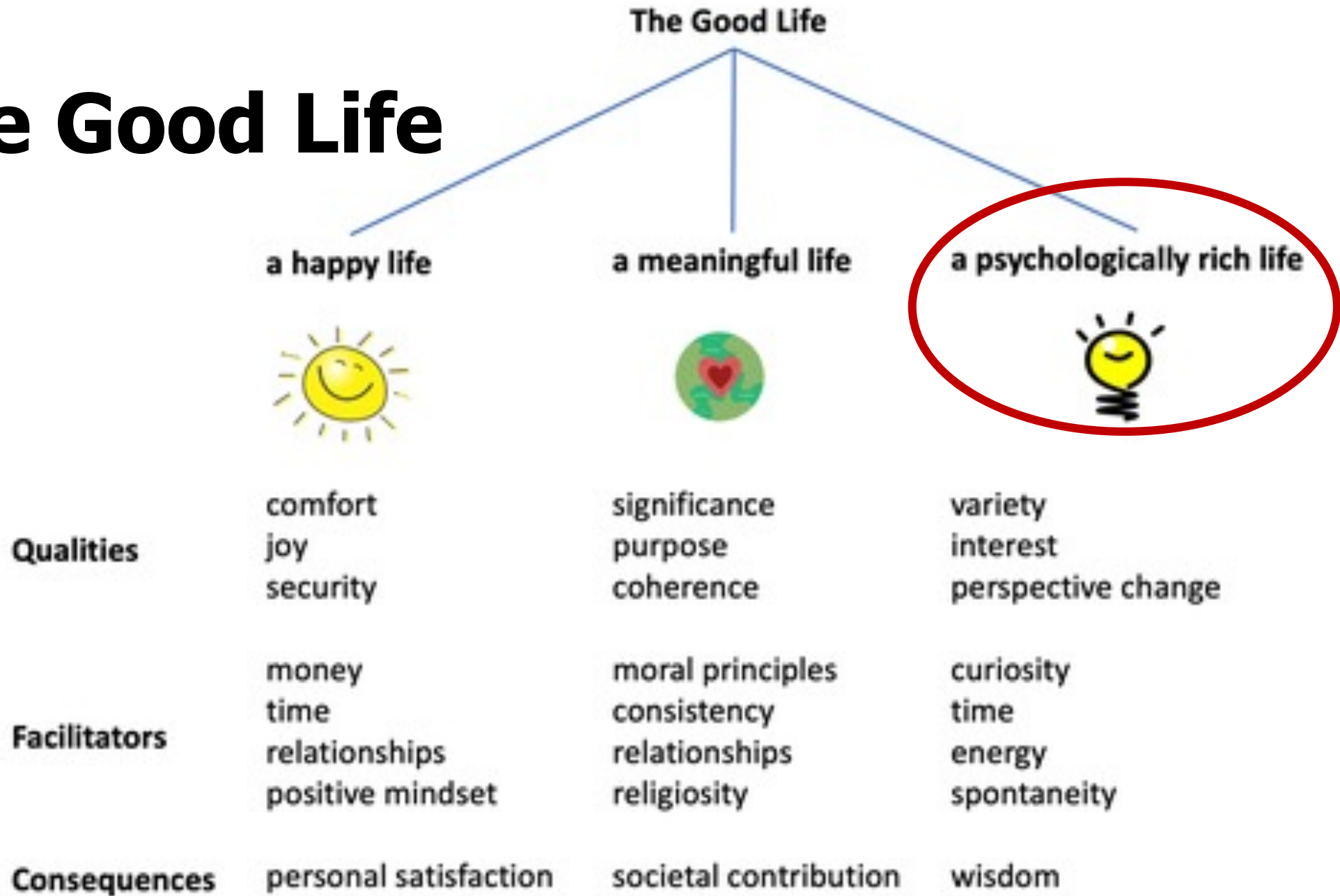


Embracing Stress

Other Dimensions of Life Satisfaction

- ✿ Psychological Richness
- ✿ Comfort Zone
- ✿ Self-Complexity

The Good Life



Psychological Richness

- ✓ Variety
- ✓ Novelty
- ✓ Interesting

I. Psychologically rich life questionnaire

1. My life has been psychologically rich*
2. My life has been experientially rich*
3. My life has been emotionally rich*
4. I have had a lot of interesting experiences*
5. I have had a lot of novel experiences*
6. My life has been full of unique, unusual experiences*
7. My life consists of rich, intense moments*
8. My life has been dramatic
9. I experience a full range of emotions via first-hand experiences such as travel and attending concerts*
10. I have a lot of personal stories to tell others*
11. On my deathbed, I am likely to say "I had an interesting life"*
12. On my deathbed, I am likely to say "I have seen and learned a lot"*
13. My life would make a good novel or movie*
14. My life has been monotonous (r)
15. I often feel bored with my life (r)
16. My life has been uneventful (r)
17. I can't remember the last time I've done or experienced something new (r)

Note. The 12-item version is composed of the items with *.

* Note. Respondents used the following 7-point scale: 1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neither agree nor disagree, 5 = slightly agree, 6 = agree, 7 = strongly agree.

Outside of Your Comfort Zone

A Novel Behavioral "Stretch"



COMFORT
ZONE

"During this week, choose one day to do something surprising that is different from what you normally do; something different that is 'out of your comfort zone.' It can be something you have wanted to do for a long time but haven't had a chance to do, like taking up a new challenge, or something that is 'opposite to your character/nature' (or the way you perceive yourself). It can be something small or big, by yourself or with other people."

Outside of Your Comfort Zone

A Novel Behavioral "Stretch"

COMFORT
ZONE

- *Yoga*
- *Learn new language*
- *Ask for a raise*
- *Cut long hair and donate*
- *Play guitar*
- *Make a new recipe*
- *Booked a flight abroad*
- *Started therapy*
- *Invited a friend to a movie*
- *Got needed blood tests*
- *Left my partner of five years*

What would you choose?

Outside of Your Comfort Zone

A Novel Behavioral "Stretch"



COMFORT
ZONE

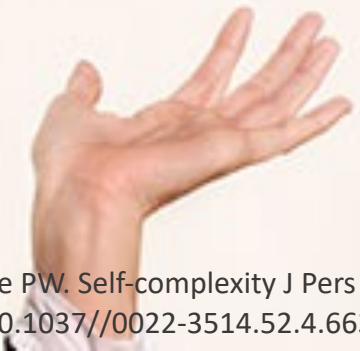
Engaging in activity outside your comfort zone vs record daily activities x 2 weeks

- ❖ Boosted life satisfaction in those relatively less happy
- ❖ Helping others appears especially helpful

**Life
Beyond
Medicine**



**Cultivate
Self-Complexity**



I 
Stress

Stress: Avoid, Rethink, Restore?

✓ **1. Avoid Stressors**



✓ **2. Rethink Stress**

- Stress is Enhancing Mindset
- Stress Reappraisal

✓ **3. Restore with Healthy Pleasures**

Restore with Healthy Pleasures

Healthy Sex Lecture
4:20 PM Today!



AUTHOR OF THE INTERNATIONAL BESTSELLER THE WILLPOWER INSTINCT

KELLY MCGONIGAL, PH.D.

**THE
UPSIDE
OF
STRESS**

**WHY STRESS IS GOOD FOR YOU,
and HOW TO GET GOOD AT IT**

NATIONAL BESTSELLER—
MORE THAN FOUR MILLION COPIES IN PRINT

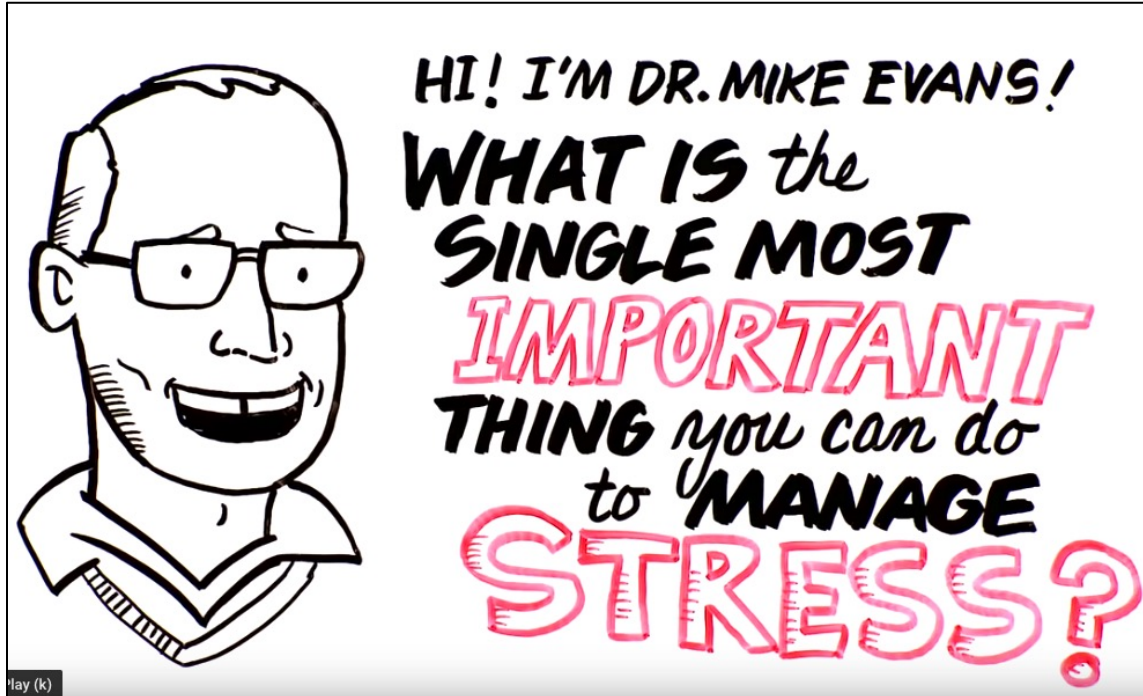
DAVID D. BURNS, M.D.

**feeling
good**

the new
mood therapy

THE CLINICALLY PROVEN DRUG-FREE
TREATMENT FOR DEPRESSION

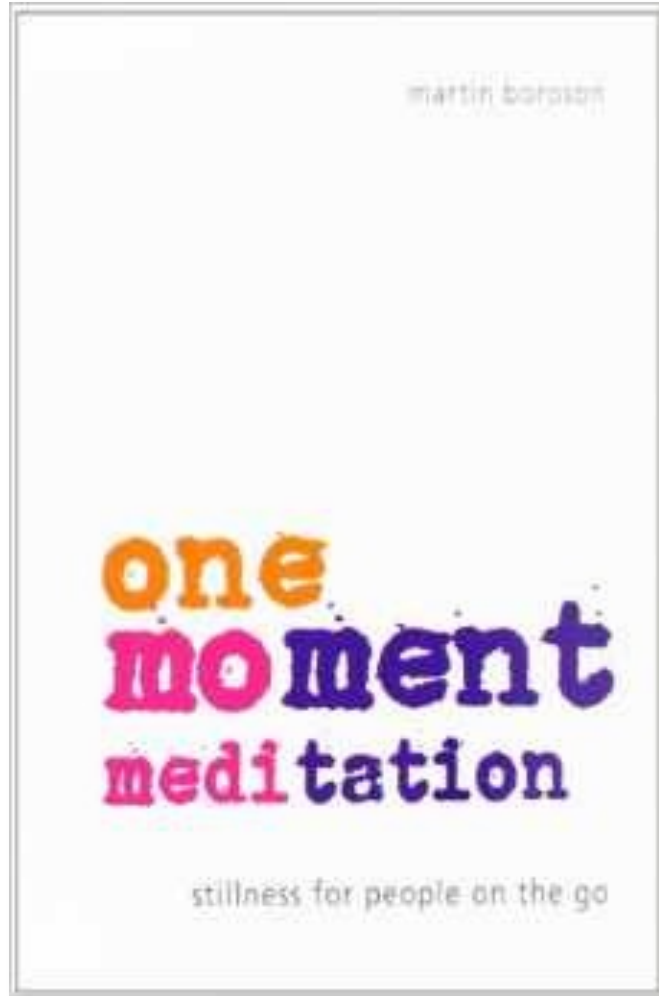
Dr Mike Evans



- <https://www.reframehealthlab.com/9010-stress/>

One Moment Meditation

Martin Boroson



<http://www.onemomentmeditation.com/>

Additional Resources and References

- Video Lectures by David S. Sobel, MD, MPH
 - [Healthy Pleasures: The New Science of Happiness](https://youtu.be/8rTkDWe0Zec) <https://youtu.be/8rTkDWe0Zec>
 - [Behavior Change and Beyond Video Lecture](https://youtu.be/Ypql16SjZWY) <https://youtu.be/Ypql16SjZWY>
 - [Engaging Patients as Partners: Effective Behavior Change Strategies for Busy Clinicians](https://youtu.be/Vf-yHo9QnU) <https://youtu.be/Vf-yHo9QnU>
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