



Is Resilience Possible During Impossible Times?

Self-care strategies that sustain and nourish

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Guiding Questions



- Is resilience possible during impossible times?
- How can protective factors within this “Age of Anxiety” mitigate burnout?
- What types of evidence-based self-care strategies can help you cultivate resilience personally and collectively?

Mental Health Context



1. There’s no health without mental health (WHO, 2016)
2. Healthcare professionals at amongst highest risk of burnout, grappling with enormity of pandemic
3. Virtual fatigue, work-life stressors, isolation, fear, anxiety. “Age of Anxiety”, 1 in 3; 50% mental health condition (WHO, 2016; CDC 2018); systemic ism’s, injustice

Discussion

Poll: What are the most pressing challenges you are facing?



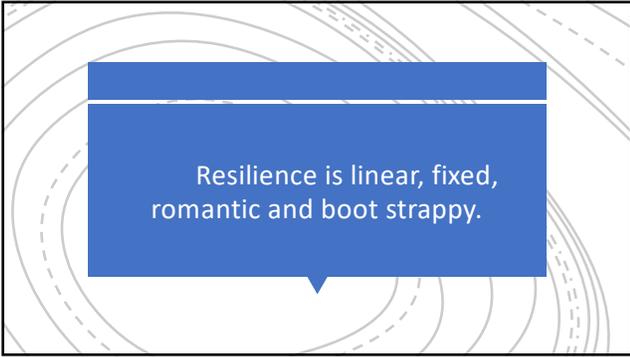
Resilience

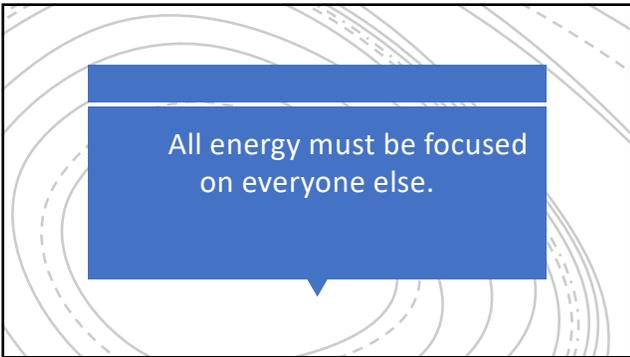


- A process involving positive adaption after enduring adversity
- Buffering process/protective factors
- Mindset that allows for "Reserve capacity" to prepare for ongoing change and growth

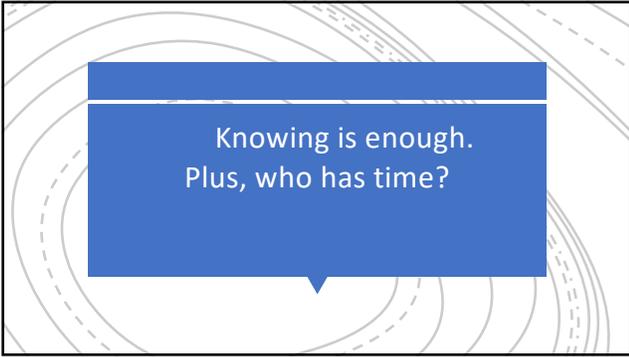
“The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn”.

-Alvin Toffler





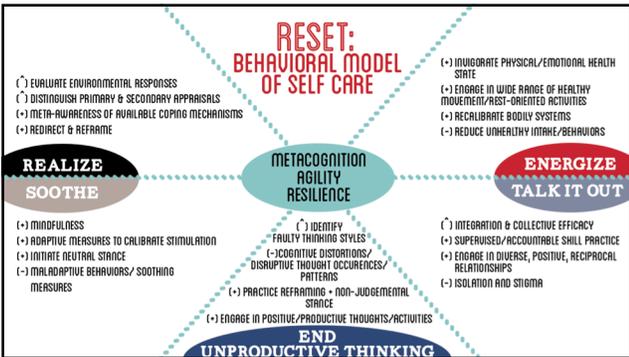




Discussion

Poll: What are some ways you define and engage in self-care?





REALIZE



- META-AWARENESS
- IDENTIFICATION OF PRIMARY AND SECONDARY APPRAISALS
- CONSCIOUS, CONTEXTUALIZED, GLOBAL THINKING

ENERGIZE

LIFESTYLE MEDICINE 101'S:

- SLEEP
- NUTRITION
- HYDRATION
- BREATHING
- MOVEMENT / EXERCISE



SOOTHE

- ATTENTION TO SENSORY
- MINDFULNESS
- MITIGATION OF INTERNAL & ENVIRONMENTAL (+) AND (-) STIMULATION



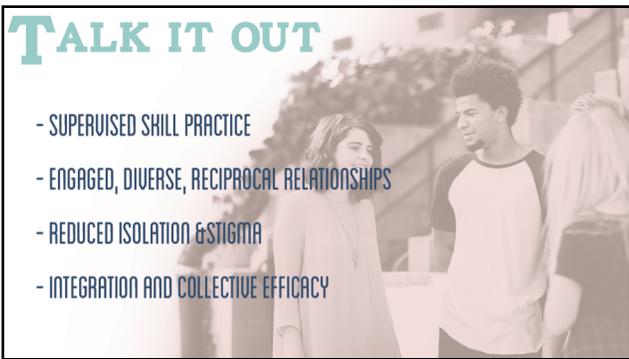
END UNPRODUCTIVE THINKING

- IDENTIFY AND REDUCE COGNITIVE DISTORTIONS
- CHALLENGE RUMINATION AND PERFECTIONISTIC TENDENCIES
- MOVE TOWARDS META-COGNITIVE STRATEGIES; MENTAL AGILITY



TALK IT OUT

- SUPERVISED SKILL PRACTICE
- ENGAGED, DIVERSE, RECIPROCAL RELATIONSHIPS
- REDUCED ISOLATION & STIGMA
- INTEGRATION AND COLLECTIVE EFFICACY



Take-away strategies



1. Understand contextual risks of today (WHO, 2016)
2. Prioritize self-care for resilience
3. Seek community that sustains; provides accountability and support
4. Practice RESET strategies consistently
5. Universal precautions approach (Lee, 2018, 2014).

Discussion



Please share questions and perspectives.

Thank you.



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- #OnlyWe

