



## Is Resilience Possible During Impossible Times?

Self-care strategies that sustain and nourish

Dr. Kristen Lee  
@TheRealDrKris  
KristenLee.com




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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?

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## 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

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## Discussion

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




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## 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

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"The illiterate of the 21<sup>st</sup> century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn".

-Alvin Toffler

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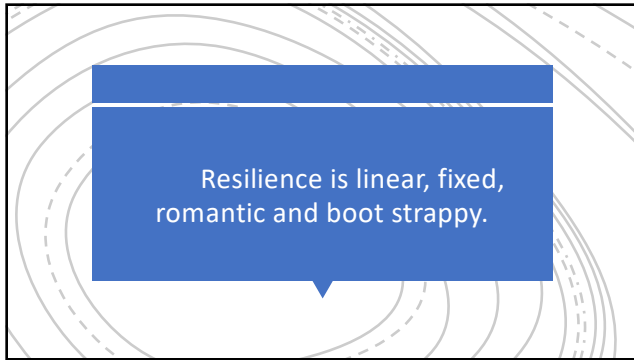
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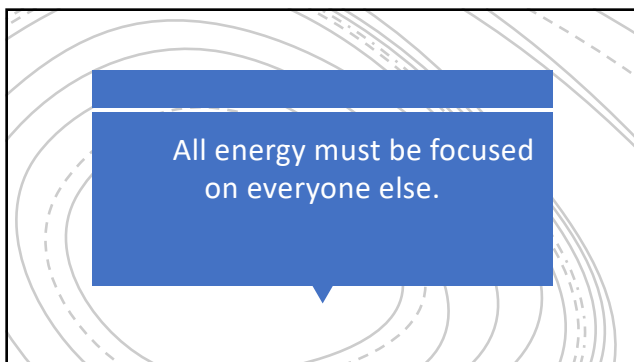
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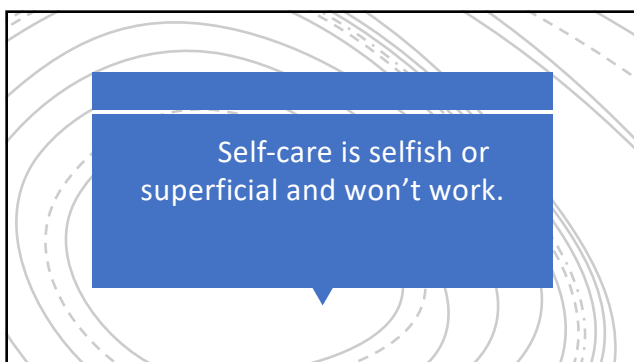
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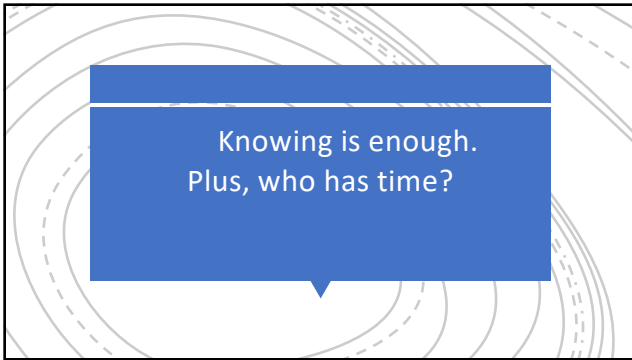
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Discussion

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



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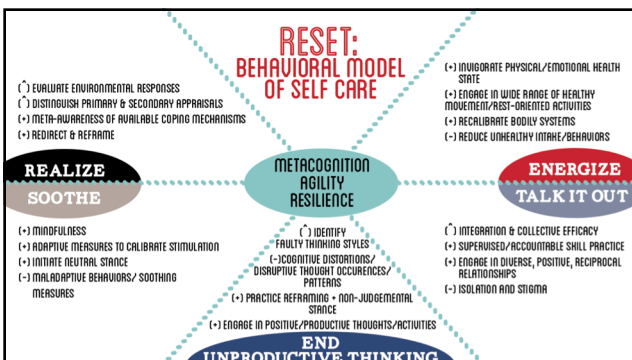
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## END UNPRODUCTIVE THINKING

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




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## TALK IT OUT

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




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### 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).

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Discussion



Please share questions  
and perspectives.

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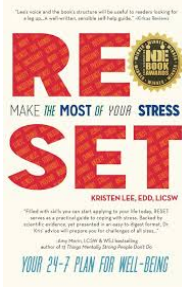
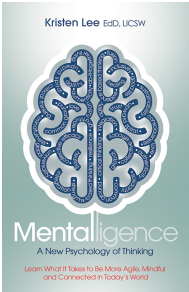
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Thank you.



- Dr. Kristen Lee
- [www.KristenLee.com](http://www.KristenLee.com)
- @TheRealDrKris
- #OnlyWe



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