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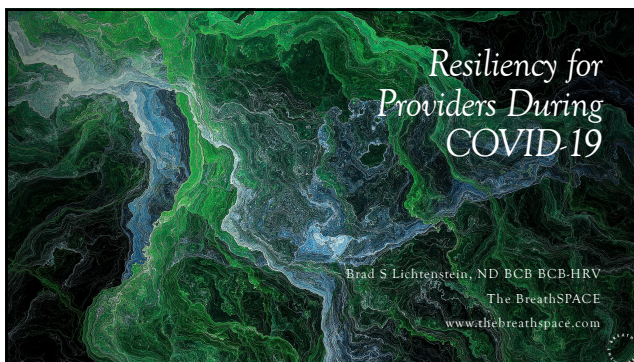
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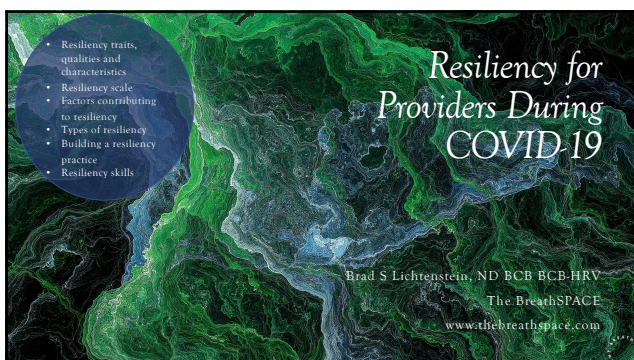
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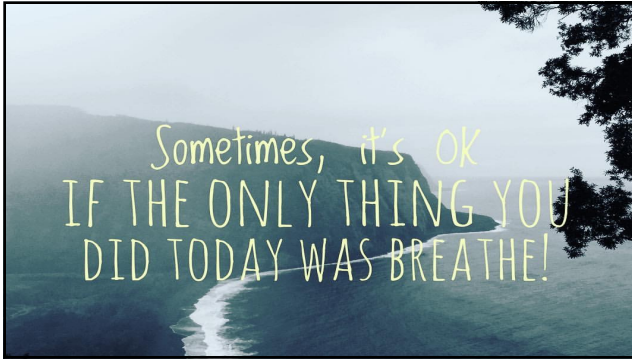
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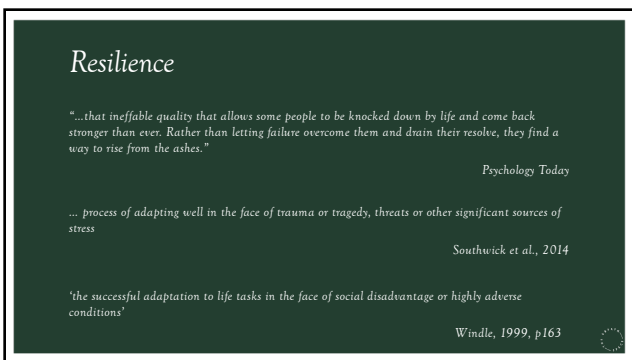
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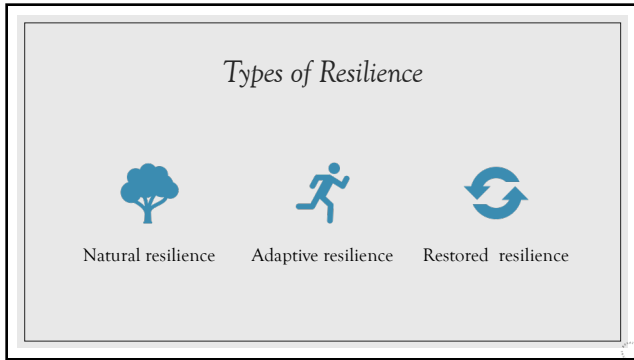
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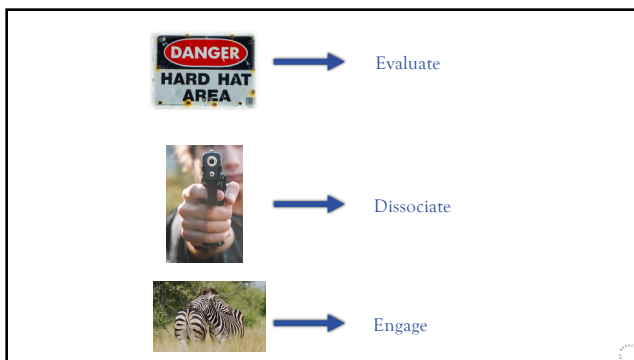
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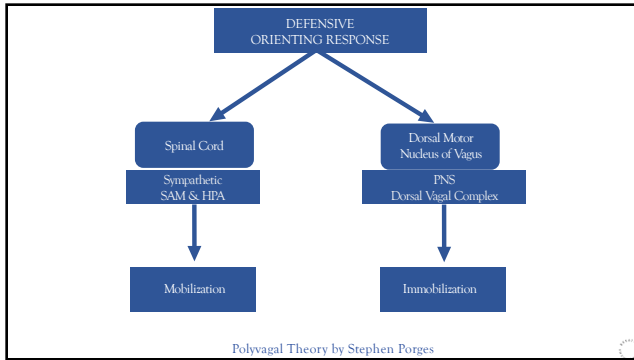
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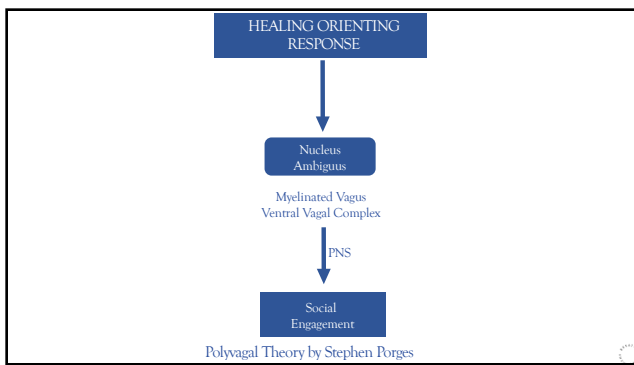
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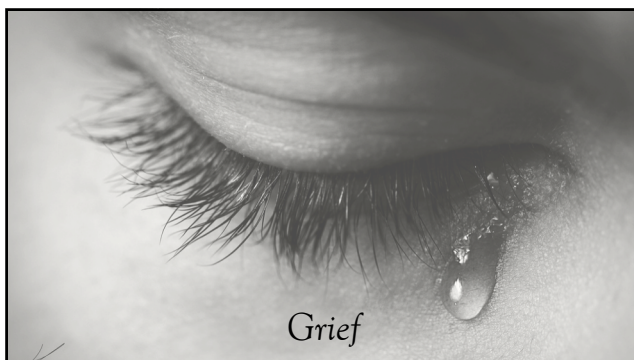
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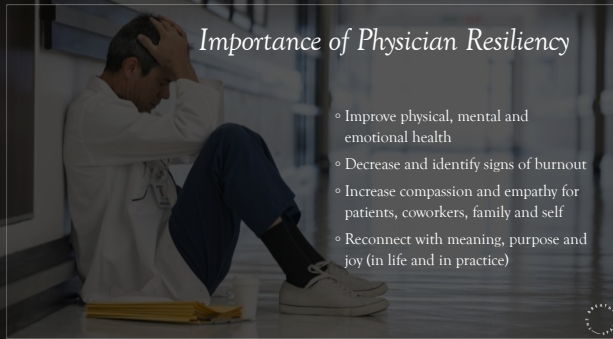
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### Importance of Physician Resiliency

- Improve physical, mental and emotional health
- Decrease and identify signs of burnout
- Increase compassion and empathy for patients, coworkers, family and self
- Reconnect with meaning, purpose and joy (in life and in practice)

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### Burnout Syndrome

Three Domains

**Depersonalization**  
*I am more insensitive toward others (patients/family/coworkers) since I took this job.*

**Emotional Exhaustion**  
*I feel less engage/excited about my work than before.*

**Sense of Low Personal Accomplishment**  
*Is anything I do really helping?*

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### Burnout: Main Factors

Lack of Control over Work Conditions

Time Pressure

Chaotic Workplace

Lack of Alignment of Values

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**Abstract**

**Background:** Residents and attending physicians participating in the Physician Well-Being Index (PWBI) study were surveyed about their ability to identify residents in distress. The PWBI is a validated measure of resident well-being. The PWBI is a validated measure of resident well-being. The PWBI is a validated measure of resident well-being.

**Methods:** A cross-sectional survey of residents and attending physicians was conducted. The survey included questions about the ability to identify residents in distress. The survey included questions about the ability to identify residents in distress. The survey included questions about the ability to identify residents in distress.

**Results:** The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented.

**Conclusion:** The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented. The results of the survey are presented.

	No PWBI Indicator Item <sup>a</sup>	Residents With Indicator Item <sup>a</sup>	Residents Without Indicator Item <sup>a</sup>
During the past month:			
1. Have you felt nervous or have you slept?	127 (64.5)	37 (59.0)	63 (53.6)
2. Have you noticed that your work is becoming less enjoyable?	201 (81.2)	100 (64.0)	101 (53.6)
3. Have you often been bothered by feeling down, depressed, or hopeless?	175 (88.4)	90 (54.0)	85 (53.6)
4. Have you noticed while working or studying or driving or doing other things that you were unable to concentrate?	90 (56.2)	100 (59.0)	101 (53.6)
5. Have you been bothered by problems with sleeping (such as not being able to fall asleep or sleeping too much)?	100 (56.2)	100 (59.0)	101 (53.6)
6. Have you been bothered by problems with your ability to get going in the morning (such as not being able to get going or not feeling like getting going)?	100 (56.2)	100 (59.0)	101 (53.6)

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**Hardiness**

- Commitment
- Challenge
- Control
- ... Community

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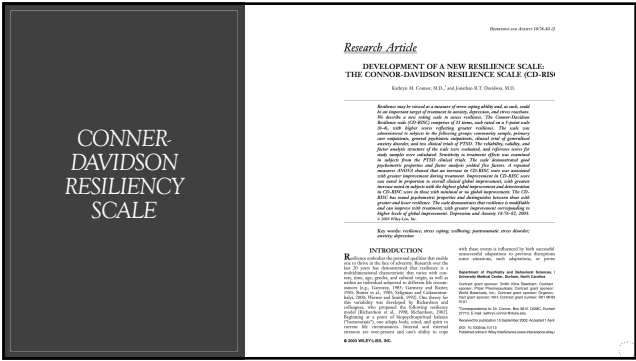
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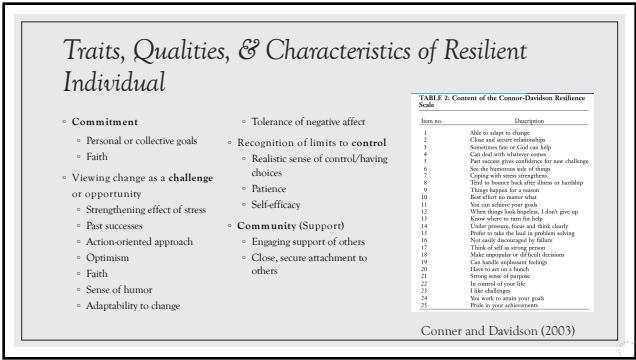
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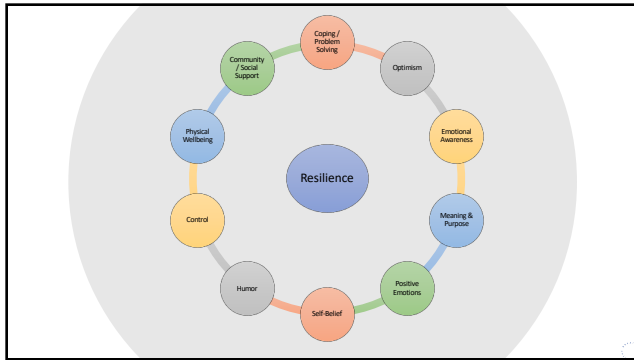
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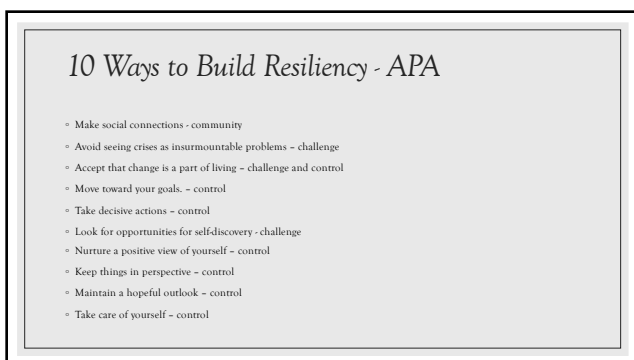
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## Create a Routine

Determine	What is Important
Don't Focus	On Timeframes and Order
Write	It Down
Set	"Office Hours"
Keep	Normal Sleep Routine
Allow	Time for Solitude and to Reflect

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Breathe Your Way to Health

**PSYCHO-SOCIAL-SPIRITUAL AUTOBIOGRAPHY  
LIFELINE**

Consider the line below as your timeline for your life up until this point (your current age). In a state of relaxation, contemplate your life in terms of your psycho-social-spiritual development. Reflect on those experiences – positive and/or negative – that have influenced your growth, development and well-being. When you are clear about these, chart each experience on the lifeline with a dot. If the experience was emotionally positive, place it <sup>above</sup> the lifeline; if emotionally negative, place it <sub>below</sub> – at a distance from the lifeline that reflects the strength of your emotional association with the experience. Each dot should intersect the lifeline at (approximately) the age you were at the time of the experience. Label your age below the lifeline, and a brief title of the experience above the lifeline. Once you have placed all the relevant experiences on the lifeline, connect all the dots.

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your current age

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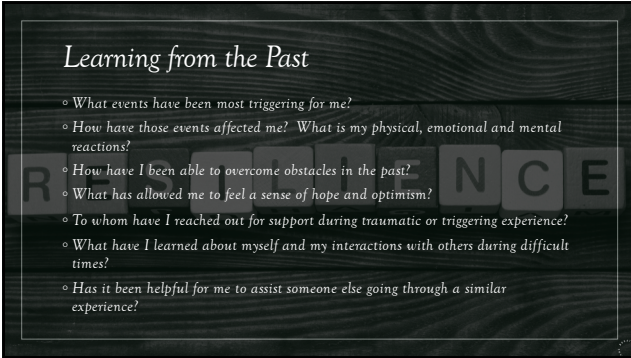
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### Learning from the Past

- What events have been most triggering for me?
- How have those events affected me? What is my physical, emotional and mental reactions?
- How have I been able to overcome obstacles in the past?
- What has allowed me to feel a sense of hope and optimism?
- To whom have I reached out for support during traumatic or triggering experience?
- What have I learned about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?

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### Challenge: Addressing Negative Thoughts & Adopting Positive Perspective

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### Gratitude Journal

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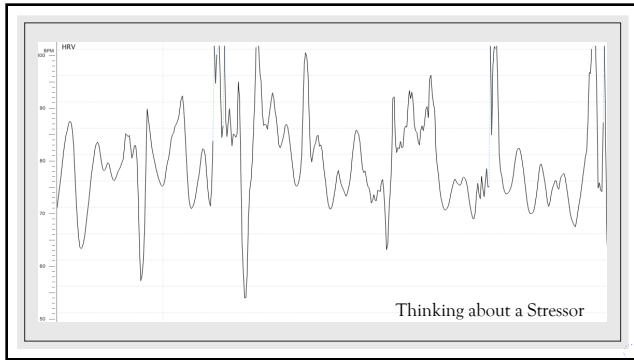
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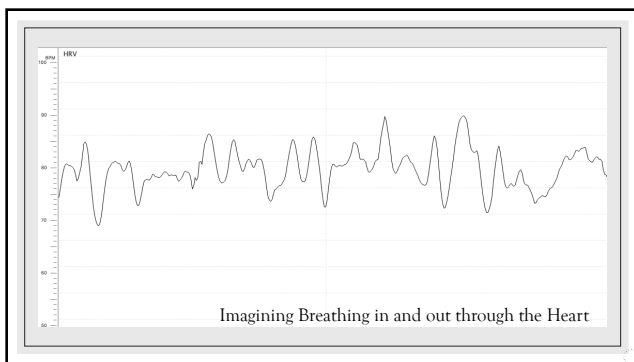
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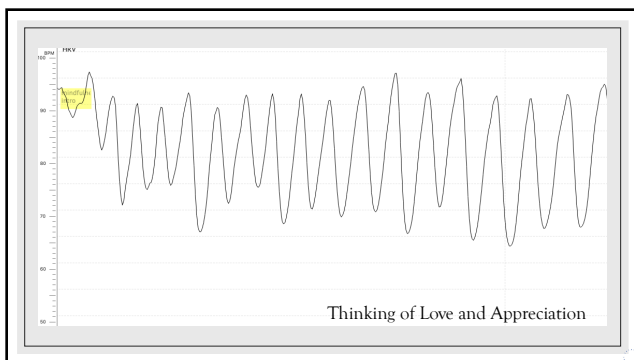
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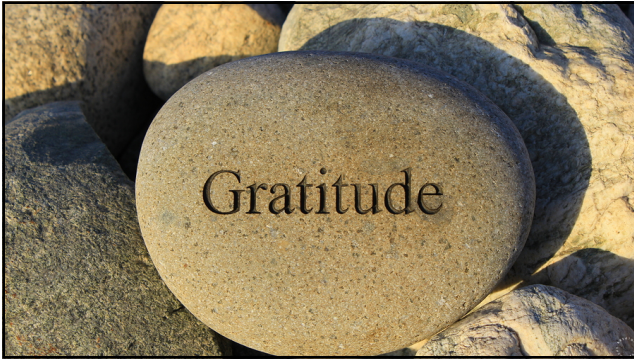
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