

WELL-BEING & SUPPORT

UW SCHOOL OF MEDICINE

Well-Being, Resilience, and a Path Towards Thriving – TASP

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Weather report

If you had to describe your current emotional state in terms of the weather, what are you experiencing right now?

Storms? Sun? Fog? Wind? Snow?

We are going to practice with Slido to leverage some technology for interaction...

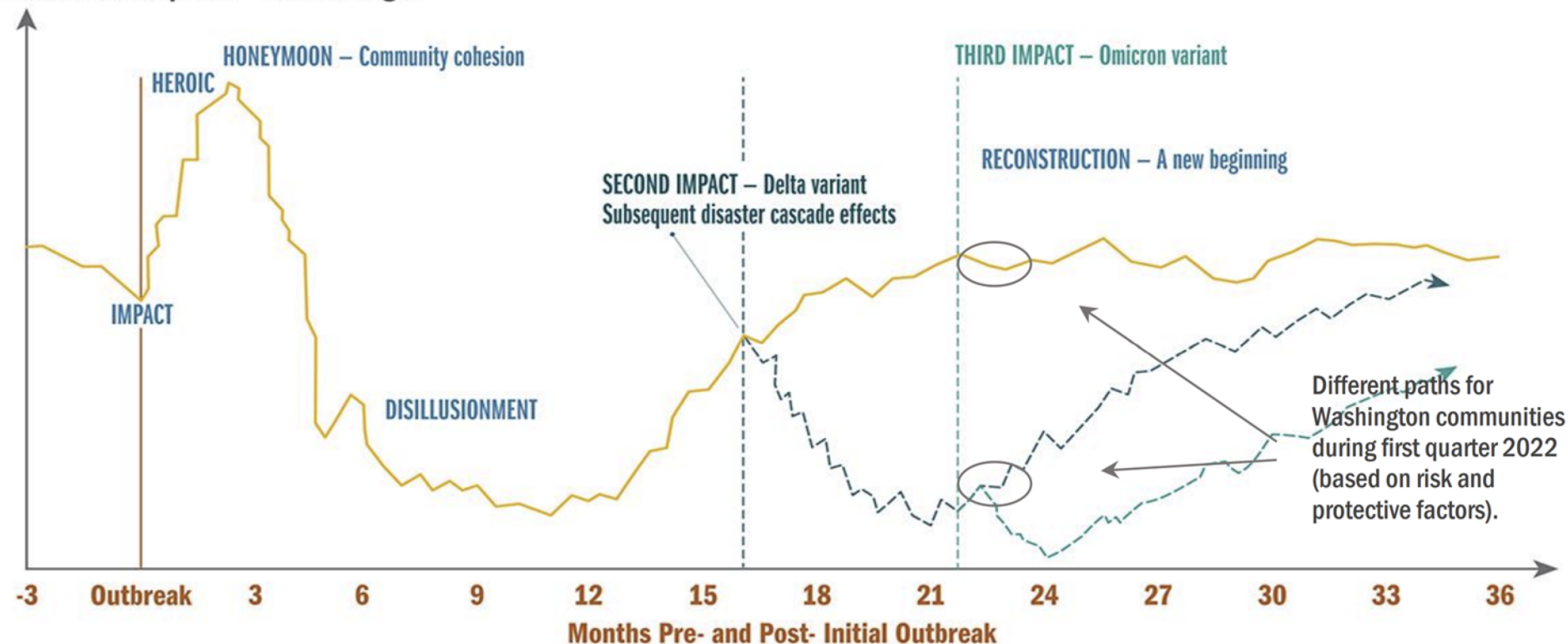


What is your internal weather report right now?

Reactions and Behavioral Symptoms in a Disaster

Reactions and Behavioral Health Symptoms in Disasters – COVID-19

Emotional Response – Lows to Highs



It's important to note...

Chronic versus Acute stress

- **COVID-19**
- **Racism**
- **Election / Inauguration / Social Unrest / Vaccine Distribution / Verdicts / Masks**

The Keys to Resilience

- Cultivating Healthy Attachments and Connections
- Cultivating Positive Emotions
- Cultivating a Sense of Purpose



Cultivate a Positive Lens

Practicing Gratitude

- What are you thankful for in your life?
- Write people thank you letters

Why? Breaks a cycle of rumination on negative thoughts and feelings

Behavioral Practices for Resilience

R – Relationships

E – Exercise

F – Fun; Recreation & Enjoyable Activities

R – Relaxation & Stress Management

E – Eat Well – Nutrition & Diet

S – Sufficient Sleep

H – Helping others

E – Earth – Time in Nature

R – Reason – Sense of Purpose (Religiosity & Spirituality)



Reflections on Behavioral Practices

- How do you practice each of the keys to resilience?
- Which of the REFRESHERs do you want to focus on doing more of in the coming weeks?

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Which REFRESHERs do you want to focus on in the coming weeks?

① Start presenting to display the poll results on this slide.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Viktor Frankl



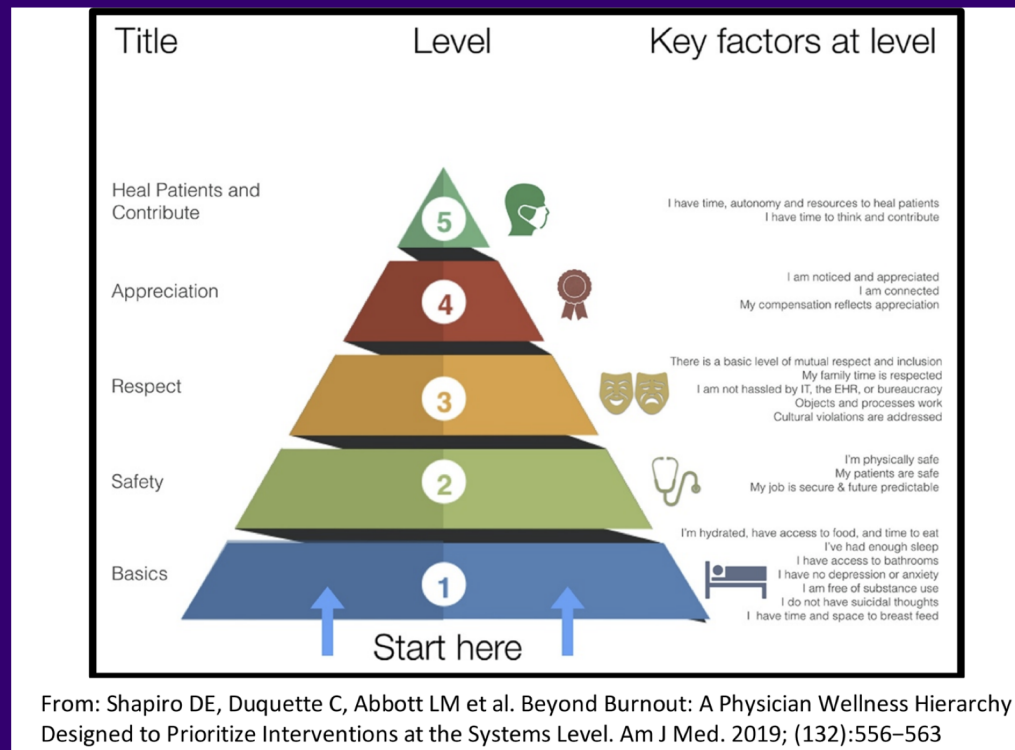
From: Shapiro DE, Duquette C, Abbott LM et al. Beyond Burnout: A Physician Wellness Hierarchy Designed to Prioritize Interventions at the Systems Level. Am J Med. 2019; (132):556–563



What are you experiencing as challenges to your basic needs, sense of safety, and feeling respected?

Reflections

- What are you noticing as themes around challenges to your basic needs, sense of safety, and respect?



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What can be done to support basic needs, increase safety, and promote feelings of respect for this team?

① Start presenting to display the poll results on this slide.

A call to reflection

- **Experiencing grief over what and who we lost**
 - Weddings, graduations, funerals, births...
 - Ways we worked, old ways we identified with UW Medicine...
- **What changed this year that we want to hold onto?**
 - Personal and professional...
- **What are we looking forward to now?**
 - Our brains have limited focus – how do we pivot towards anticipatory joy?

A call to Action

- 1) KEEP:** What changed this year that we want to hold onto?
- 2) LET GO:** Take a strategic approach to asking what old patterns and habits you want to retire
- 3) SHIFTS:** What are we looking forward to now?

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Keep: What changed in the last two years for you that you want to hang onto either personally or professionally?

① Start presenting to display the poll results on this slide.



What would positively impact your well-being now?

① Start presenting to display the poll results on this slide.

Micro Practice

 Integration of well-being into your life

When you head home from work today, take a minute to arrive before you walk through the door. Set an intention for how you are showing up.

Thank you