

Practical Emotional Health Skills for Healthcare Professionals



THANK YOU
Healthcare Heroes!



What is *your* ORIGIN STORY?

THANK YOU
Healthcare Heroes!



Objectives

- 1. Recognize the effects of stress in our lives*
- 2. Learn a practical approach to manage stress*
- 3. Gain a better understanding of how the brain works (including the concepts of metacognition, cognitive biases and neuroplasticity)*
- 4. Learn 3 key mental health skills for self-care (mindfulness, cognitive therapy and self-hypnosis)*

Disclosure

Conflicts of Interest: none

Intentions: . . .

Biases: . . .



Disclosure

Conflicts of Interest: none

*Intention: for you to achieve your
positive potential in this life*

Biases: . . .



Disclosure

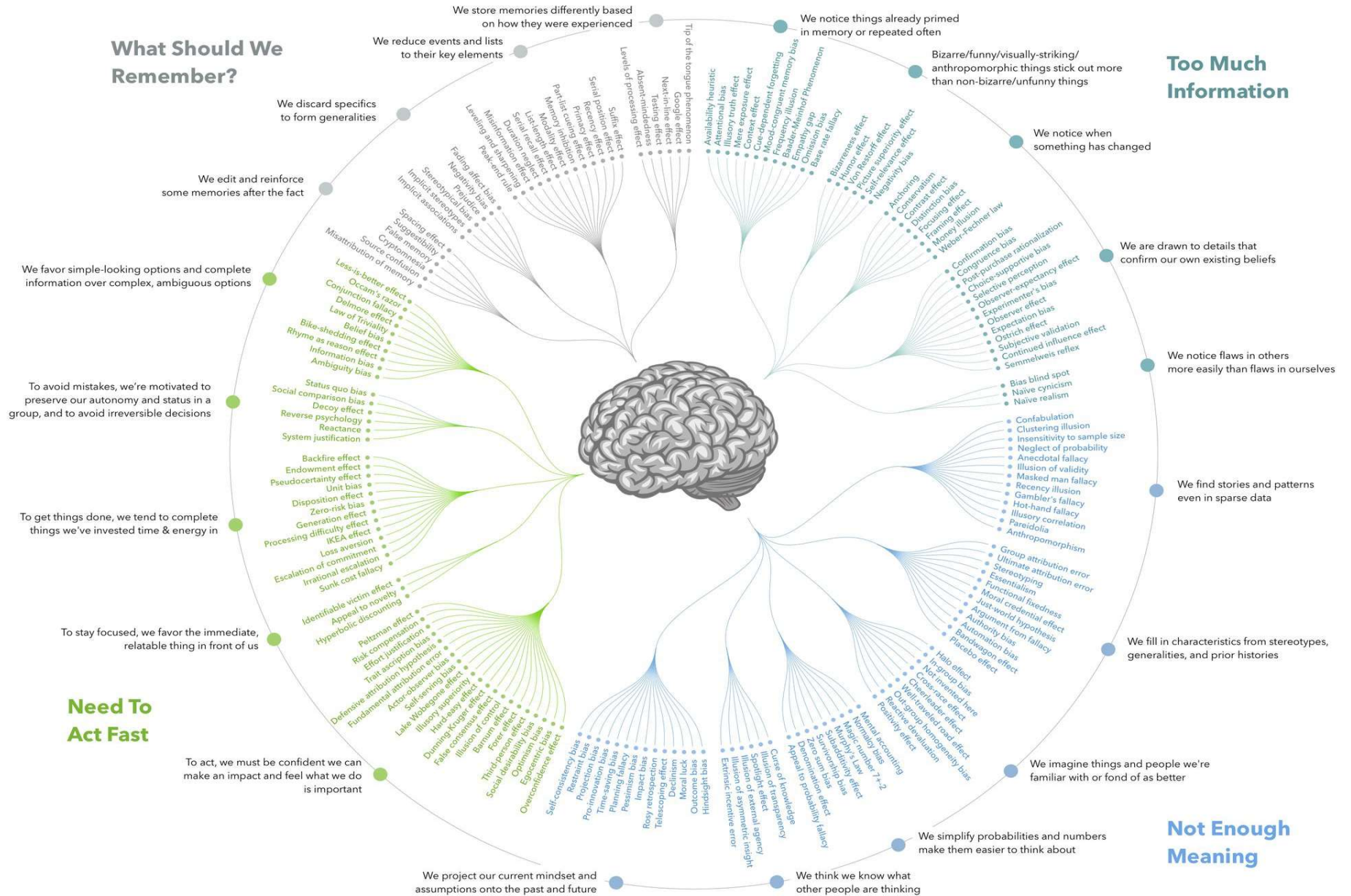
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Biases: 188



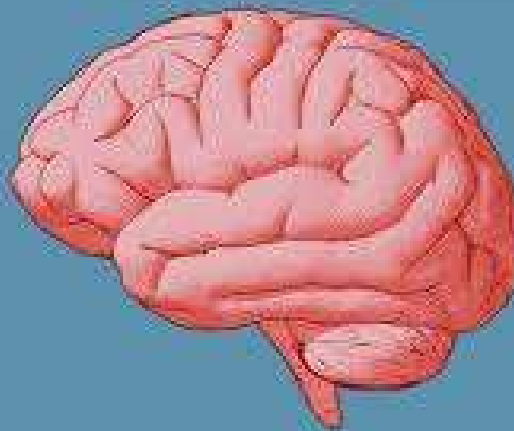
COGNITIVE BIAS CODEX, 2016



How Our Brains Work

Our brains are thought factories

Thought
Factory



Our brains are thought factories

*Your brain is constantly processing information
on both conscious
and subconscious levels*

It is constantly producing thoughts

- *some are true*
- *but many are not accurate*

*The thoughts we focus – and ruminate upon -
shape our emotions and perspectives*

The Negativity Bias



The Negativity Bias

*Our ancestors survived by tuning into negative aspects in their world
to identify potential danger*

*We need to see 5 **positive** thoughts
to balance each **negative** thought*



*Emotions are part of being
human*

*They've helped the human race to
survive*



*Emotions are part of being
human*

*Without desire, humans wouldn't
reproduce.*

*Emotions are part of being
human*

*Without sadness, we wouldn't avoid
that which causes pain.*

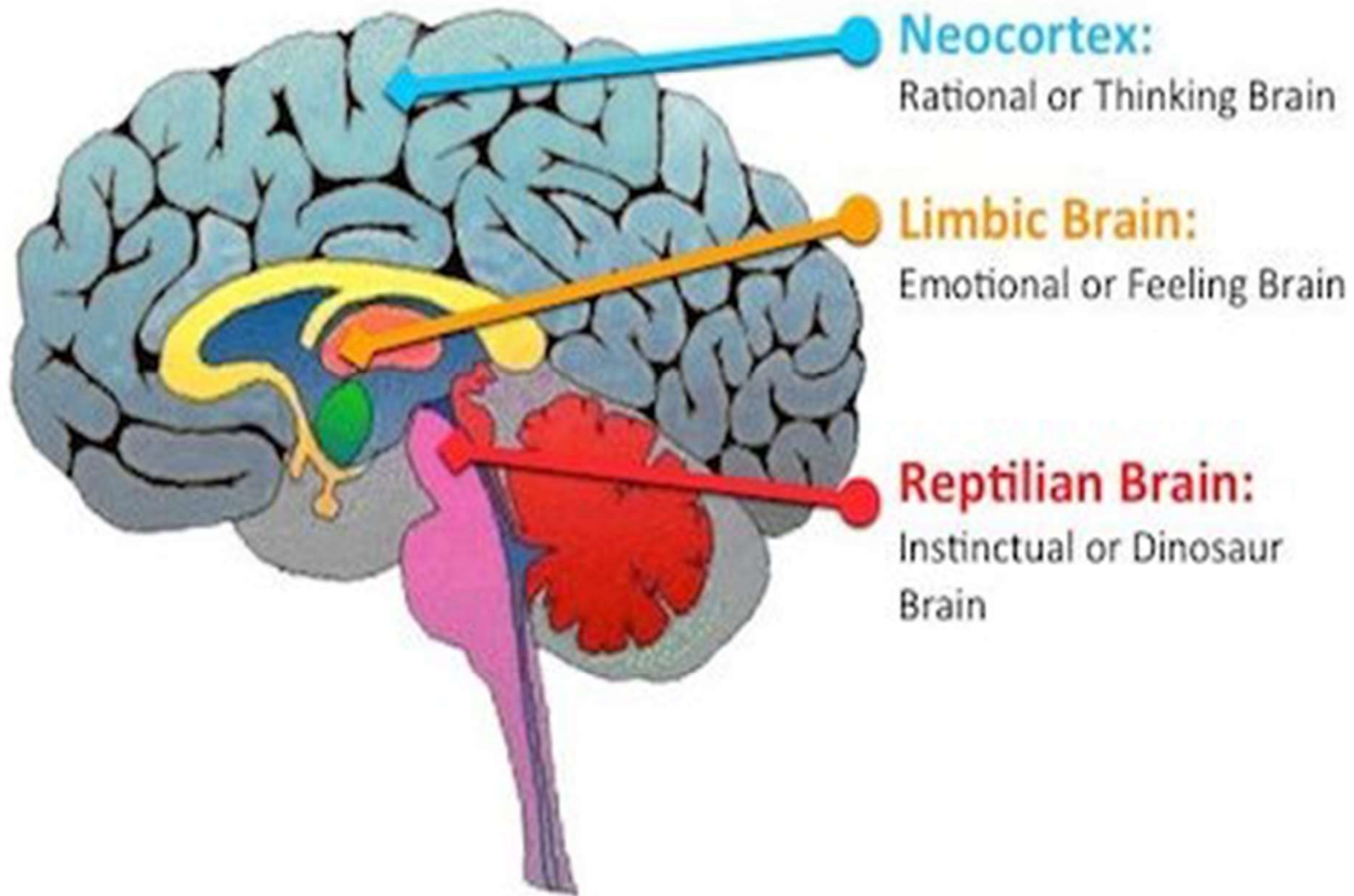


*Emotions are part of being
human*

*Without anger, we wouldn't defend
ourselves or our loved ones.*

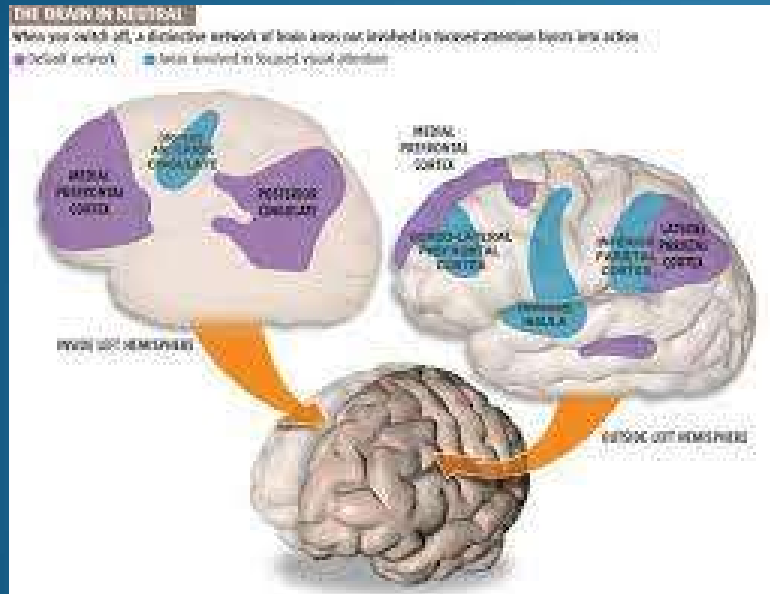
Emotions are part of being human

Without anxiety, we would never plan ahead, sound the alarm . . . or run away from a sabre toothed tiger!



The Default Mode Network

The creative story-making centres of the brain

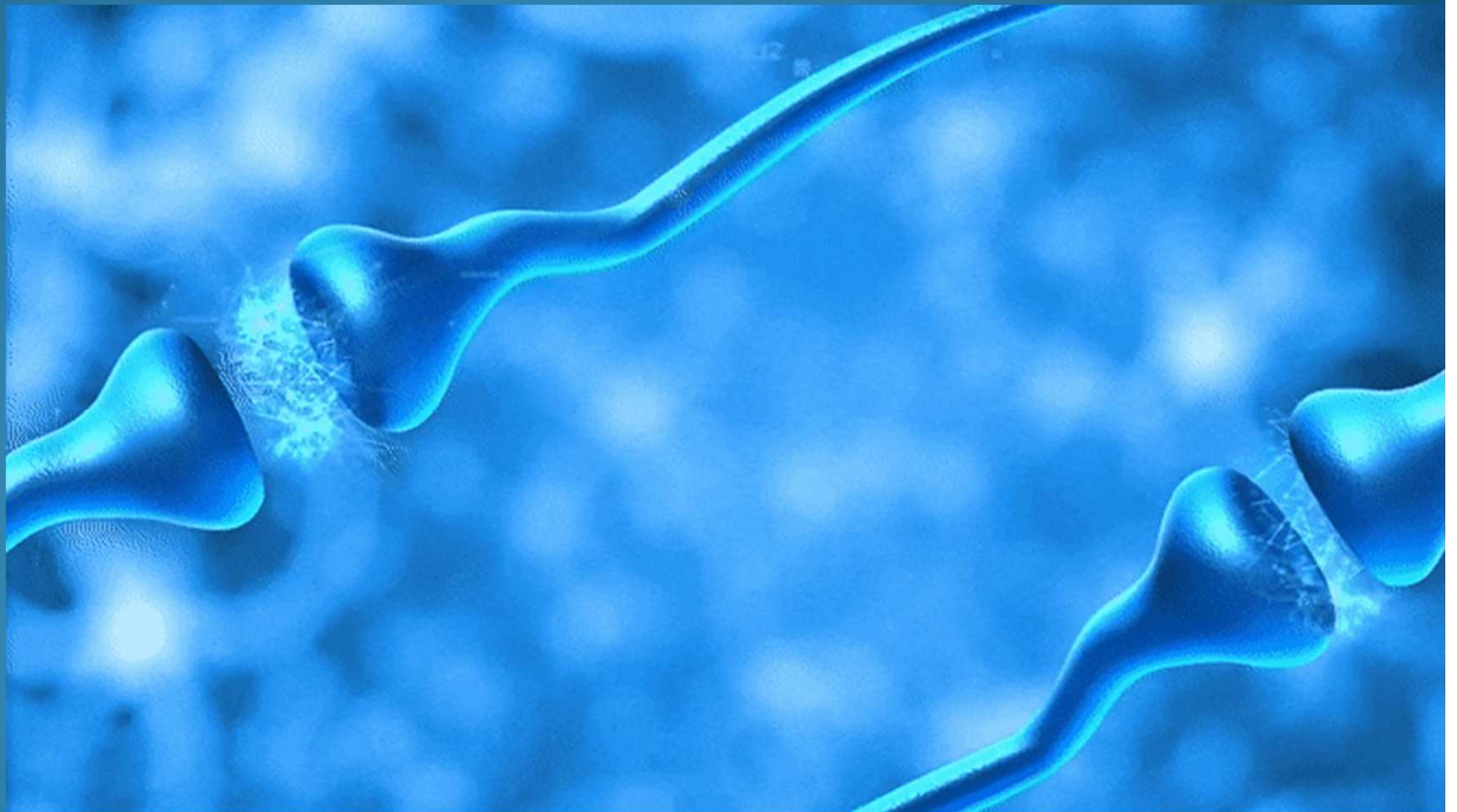




Your Brain's Remarkable Ability to Learn and Adapt

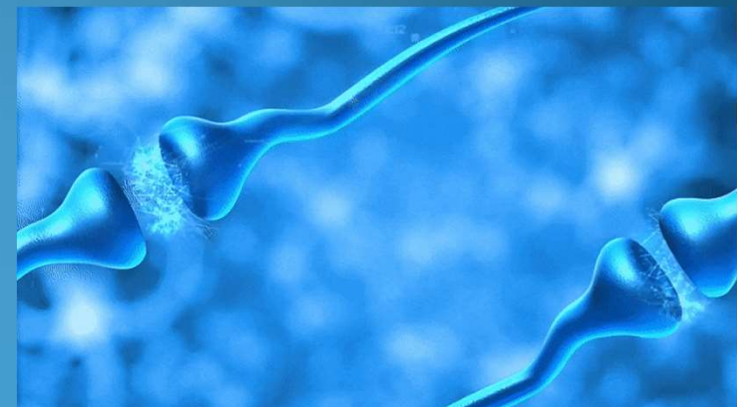
*With deliberate practice, we can learn
new ways of thinking and feeling,
creating new habits of thought,
feeling and being*

*Neurons that **fire** together
wire together*



*Neurons that **fire** together **wire** together*

Repeated neural pathways grow stronger over time, “hardwiring” your new habits of thought, feeling and intention.



*What we **focus** on
we **magnify***



*What we **focus** on we **magnify***

*Attention Density - or concentrated
attention - solidifies your new habits
of thought, feeling and
intention*



Evolutionary Neuropsychology

We recognize

- how we naturally focus on the negative in our lives,*
- how emotions can take over our thoughts, and*
- how repetitive self-defeating thoughts can perpetuate negative emotions in a perpetual vicious cycle*



Modern Neuropsychology

Shows us the way out

- *Utilizing the right prefrontal cortex with mindfulness, cognitive therapy and positive visualization*
- *Focusing on positive perspectives and emotional states, we strengthen them*
- *Our new self-affirming positive practices will become hardwired with repetitive daily practice*

The Superpower

that you never knew you had



Metacognition!

*The ability to **recognize** your own thoughts,
beliefs and emotions
and **transform** them!*



WHOLE BRAIN LIVING

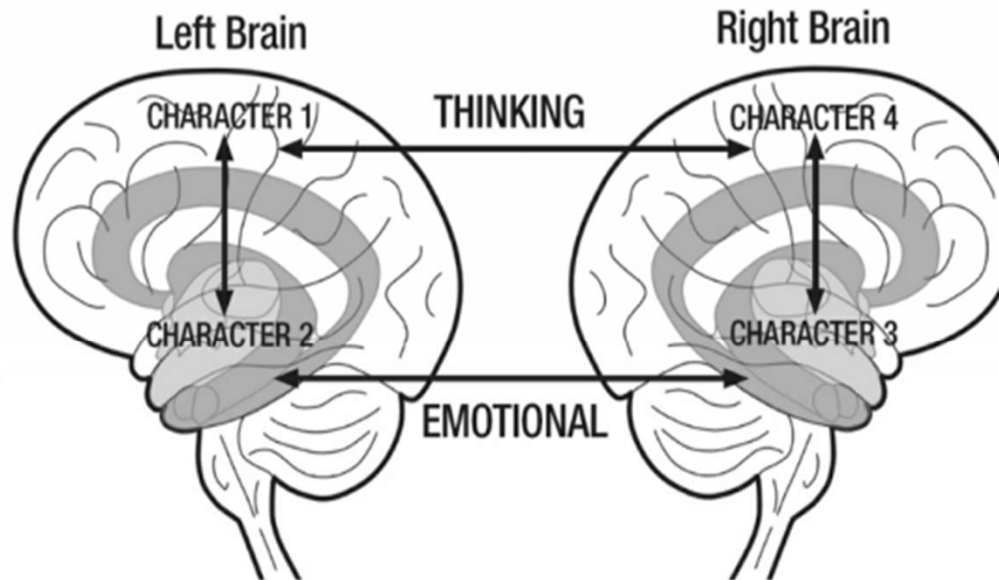
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Character 1: Left-Brain Thinking

Verbal, thinks in language, thinks linearly, past/future based, analytical, focuses on details, seeks differences, judgmental, punctual, individual, concise/precise, fixed, focus on ME, busy, conscious, structure/order, organizes everything, categorizes well, is naturally mechanical, is neat, plans well, respects authority, critically judges right/wrong and good/bad, counts everything, is protective

Character 2: Left-Brain Emotional

Constricted, rigid, cautious, fear based, stern, loves conditionally, doubts, bullies, righteous, manipulates, deceives, tried and true, independent, egocentric, selfish, self-absorbed, self-righteous, self-promoting, critical, superior/inferior, right/wrong, good/bad, anger/name-calling, feels guilty, internalizes shame, negative self-judgment, anxious, whines, blames, holds grudges or resentments, no respect for authority



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Character 4: Right-Brain Thinking

Nonverbal, thinks in pictures, thinks experientially, present moment-based, kinesthetic/body, looks holistically at the big picture, seeks similarities, compassionate, lost in the flow of time, collective, flexible/resilient, open to possibilities, focus on WE, available, unconscious, fluid/flow, aware, expansive, connection, accepting, embraces chance, authentic, generous of spirit, clarity, intention, vulnerability

Character 3: Right-Brain Emotional

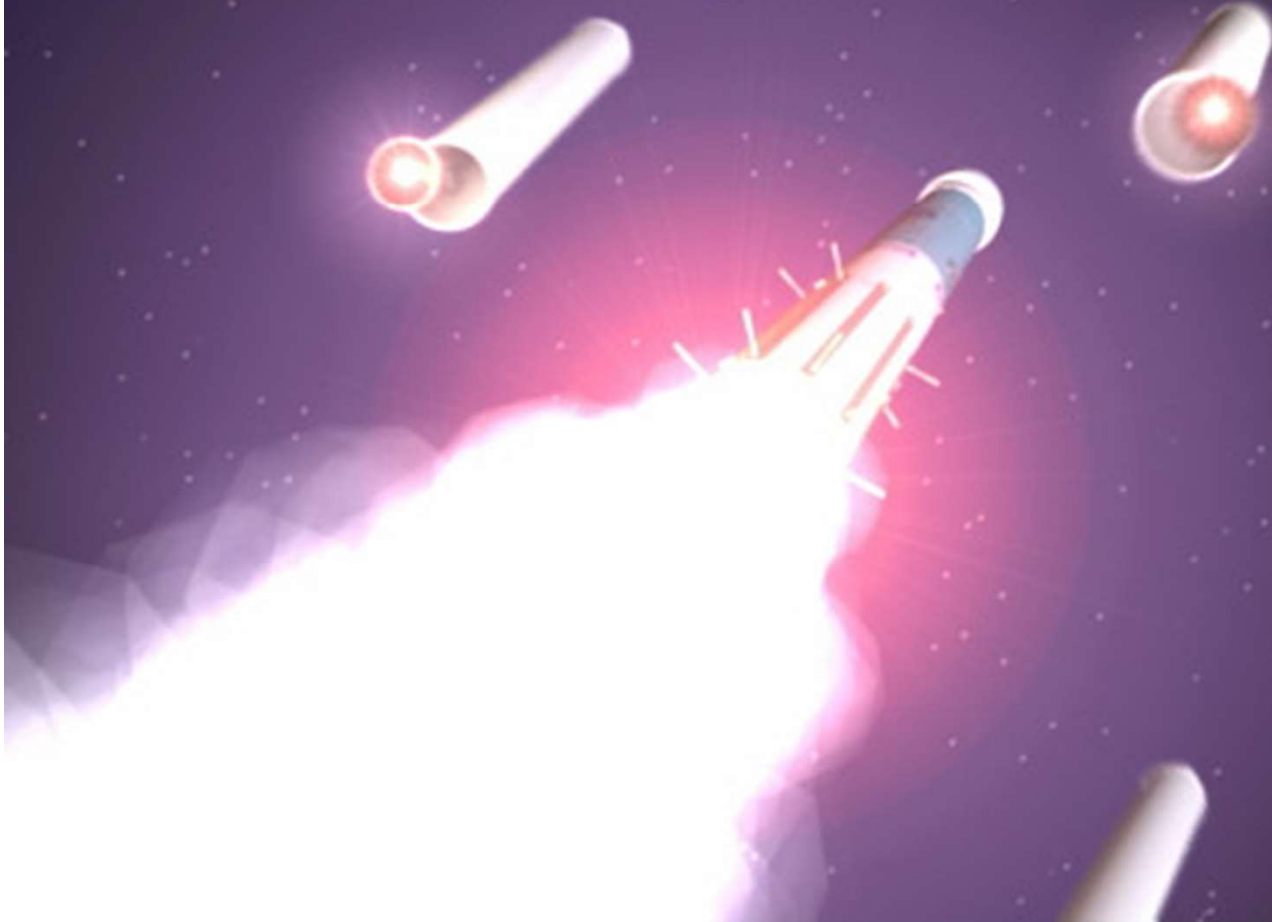
Expansive, open, experiential, risk taking, fearless, friendly, kind, empathic, loves unconditionally, forgiving, trusts, supports, grateful, playful, joyful, goes with the flow, awe-inspired, curious, creative/innovative, collective, sharing, equality, contextual, hopeful

*The habits of thought, belief and action of the **Left Brain** can be transformed from the perspective of the **Right Brain***

Key Emotional Health Skills

- 1. Self-Care to Manage Stress*
- 2. Mindfulness*
- 3. Cognitive Therapy*
- 4. Visualizing Your Goals*

STRESS and BURNOUT





Burnout:

an imbalance of challenge vs resources

When the **challenge** of our work or our lives is matched by our **resources** (abilities, support, time), we are in **flow**.

Challenge << Resources: Boredom

Challenge = Resources: Flow

Challenge > Resources:

Stress/Anxiety (helplessness)

Challenge >> Resources:

Burnout/Depression(hopelessness)




The Locus of Control

A key factor in the development of burnout is the feeling of a loss of control . . .

but in spite of the demands of our work, we often have more control than we think.

*We must accept the things we cannot change
while accepting our responsibility to change what
we can.*




Grant me the SERENITY
to accept the things I
cannot change,
COURAGE to change the
things I can, and WISDOM
to know the difference.

Reinhold Niebuhr



Not All Stress is Harmful

*Hans Selye distinguished
DISTRESS from EUSTRESS*



In her book “The Upside of Stress”
Kelly McGonagil talked about alternatives to
the classic Fight or Flight stress response

- **The Challenge Response:** can increase self-confidence, motivate us to act and help us learn from experience
- **The Tend and Befriend Response:** can increase courage, motivate caregiving and strengthen our social relationships

The Daily Management of Stress

Be a good parent to yourself:

- 1. Go out and play.** Have an exercise routine.



The Daily Management of Stress

Be a good parent to yourself:

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2. **Don't skip meals.** Schedule regular healthy meals.



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3. **Go to bed.** Get enough sleep and take regular breaks.



The Daily Management of Stress

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1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.
3. **Go to bed.** Get enough sleep and take regular breaks.
4. **Go to the doctor.** See your own family doctor appropriately.



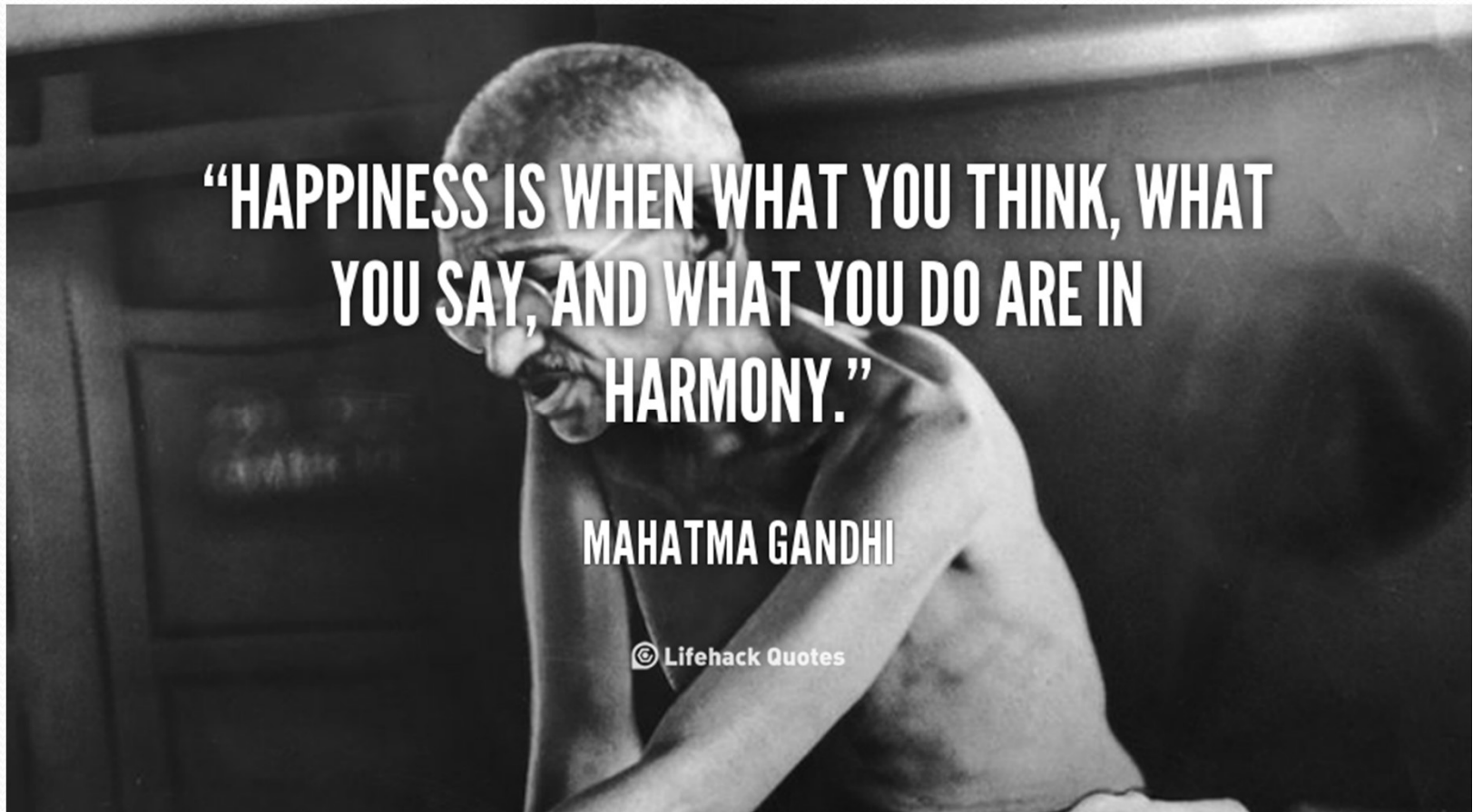


The Daily Management of Stress

Express your emotions with those close to you, with a group of confidantes.
Form or join a support group.

The Daily Management of Stress

Live in accord with your values.



The Daily Management of Stress

Attend to your relationships. . .





Attending to your most important relationships

*For our relationships to thrive,
we must attend to them.*

The background is a solid blue gradient, transitioning from a darker blue at the top to a lighter blue at the bottom. Several thin, wavy lines in shades of blue and green are visible near the top edge, creating a sense of movement or waves.

Every life story . . .

The background is a solid blue color with a gradient. At the top, there are several thin, wavy lines in shades of blue and green that sweep across the frame from left to right, creating a sense of movement and depth.

*Every life story . . .
is really a LOVE story*

Key Emotional Health Skills

1. Self-Care to Manage Stress

2. Mindfulness

3. Cognitive Therapy

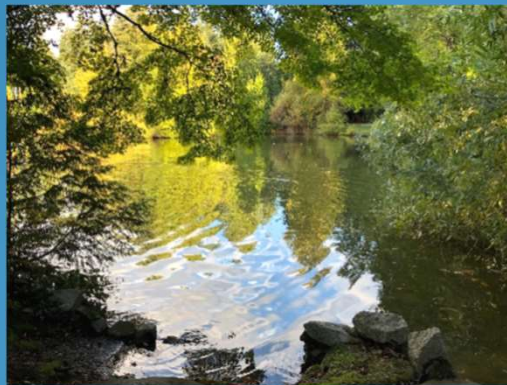
*4. Visualizing Your Goals/
Self-Hypnosis*

Learning Mindfulness



Why Learn Mindfulness?

- *To centre the mind*
- *Increase our awareness*
- *Calm the nervous system*
that modulates how we experience
challenging situations, emotions,
thoughts and physical sensations



Why Learn Mindfulness?

- *We learn to be less reactive*
- *We become open to accept and experience every aspect of our lives*
 - *our experiences, ourselves and others -*
 - *without clinging, aversion or judgment*





Mindfulness

more than just meditation

Mindfulness is popularly known as a form of meditation now in widespread use for the management of pain, stress, depression and anxiety.

Evidence-based practice established by Jon Kabat-Zinn at Harvard Medical School.



Mindfulness

more than just meditation

**Mindfulness is awareness that arises through
paying attention,**

on purpose,

in the present moment,

non-judgementally . . .

**and then I sometimes add, in the service of self-
understanding and wisdom.**

Jon Kabat-Zinn



Mindfulness

more than just meditation

It is popularly thought of as simply being in the present moment with a focus on the breath and physical sensations.

With practice, practitioners learn to experience all phenomena – physical sensations, sounds, sights, smells, thoughts, feelings – without judgment or identification.



Mindfulness

more than just meditation

The practitioner develops deepening concentration and expanding awareness, experiencing the changing nature of all phenomena.

To be mindful is to recognize all things as impermanent and experience everything in life just as it is without identification (i.e. not *I am sad or hurt; my pain; my anger*) and without resistance.



Mindfulness

more than just meditation

When we are mindful we are not carried away by our emotions and ruminations, or lost in a train of thought.

We recognize that our suffering comes from our reactions to phenomena – either aversion (anger, fear or hatred) or craving (desire, thirst or clinging).



Mindfulness

more than just meditation

The Goal of Mindfulness is EQUANIMITY

to be empty of the ego

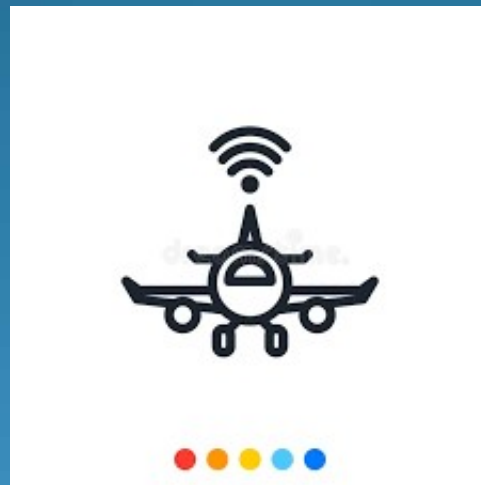
and to accept all things unconditionally

A Key Quality of Mindfulness is COMPASSION

Metta = unconditional love

We are much happier when we accept others and ourselves with compassion and without judgment

Creating the Mindfulness Habit



*to help you self-correct
and stay on course*

Creating the Mindfulness Habit

1. Daily meditation practice



Creating the Mindfulness Habit

2. Daily mindful breaks

*(when you eat, take your breaks,
and go to the washroom)*



MICRODOSING
MINDFULNESS



MICRODOSING
MINDFULNESS

Watching Movement





MICRODOSING
MINDFULNESS

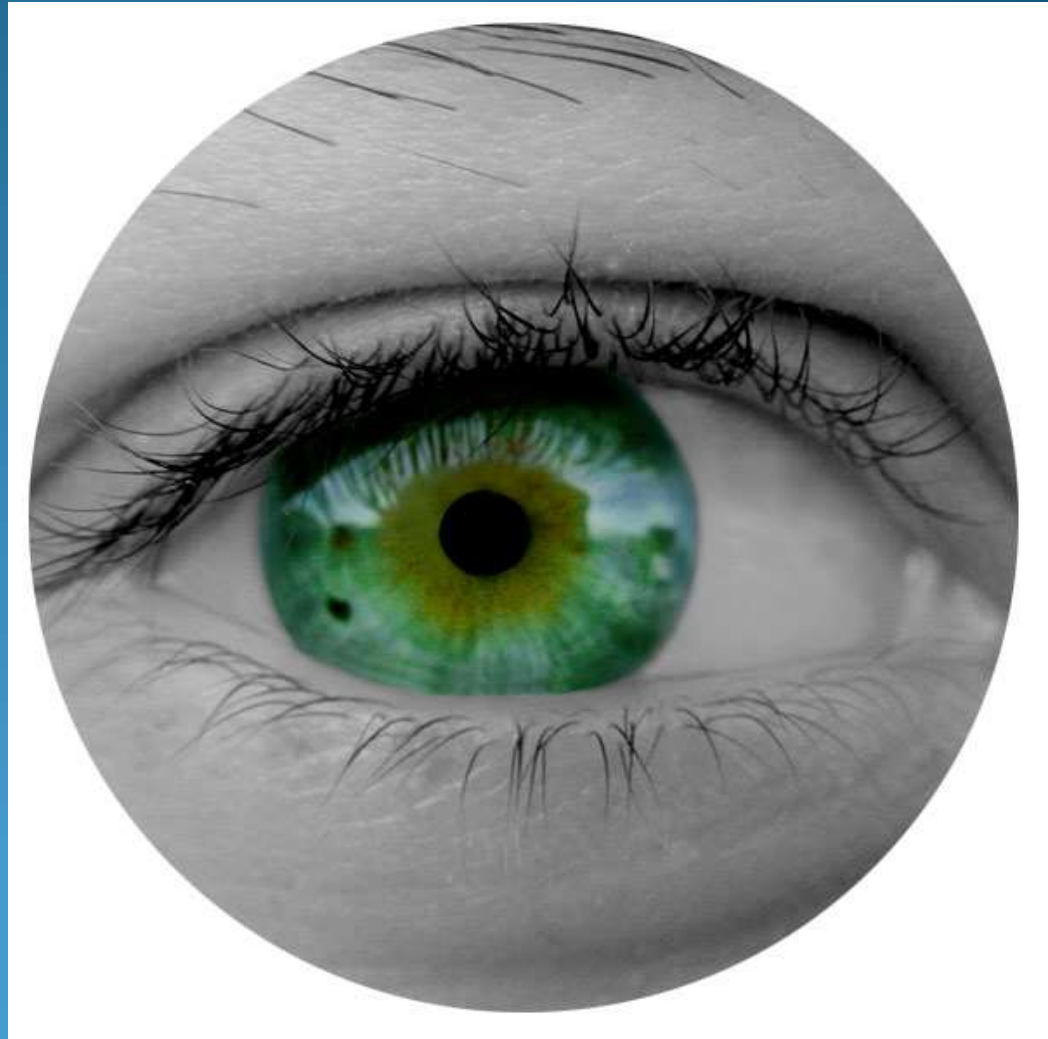
Where are you?





MICRODOSING
MINDFULNESS

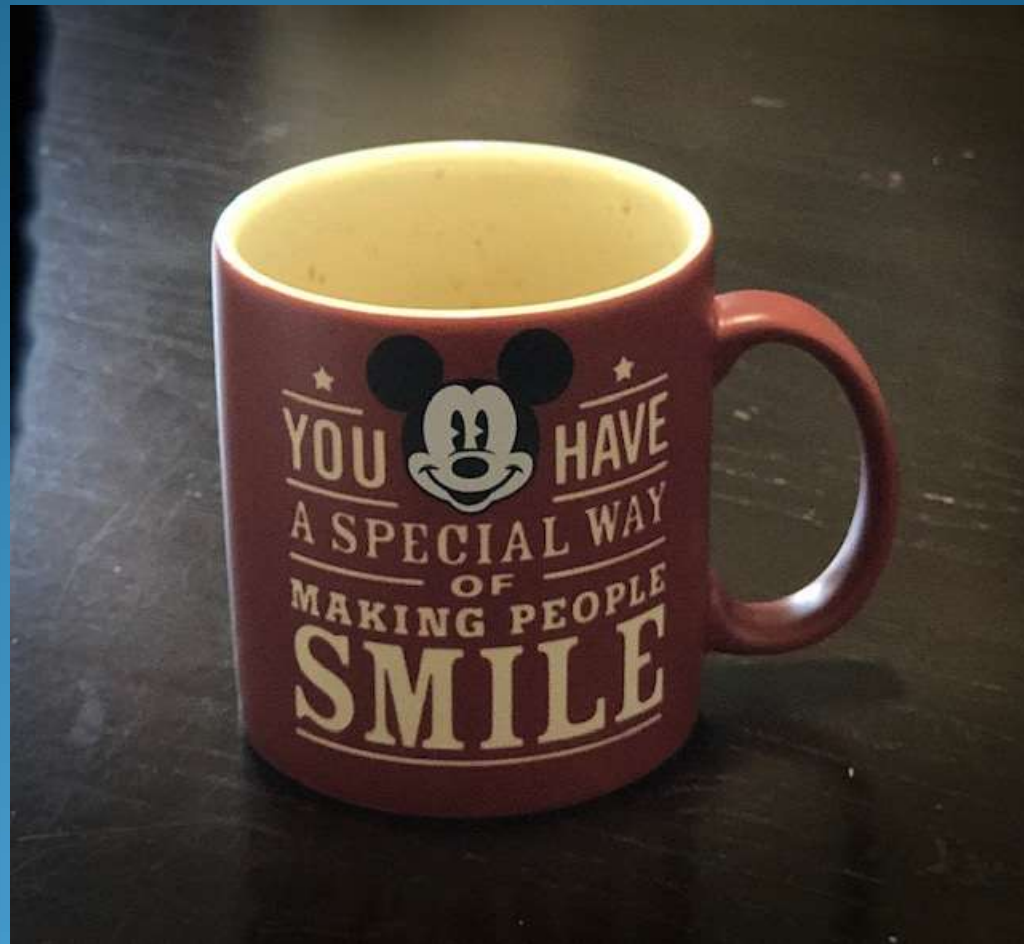
Make eye contact . . . connect





MICRODOSING
MINDFULNESS

Home as Museum





MICRODOSING
MINDFULNESS

Connect with Pets



Creating the Mindfulness Habit

3. Dedicated meditations reflecting on peace, joy, compassion and love



Equanimity/Peace

Breathing in, I calm my body.

Breathing out, I calm my mind.

May I be balanced.

May I be at peace.

May I learn to see the arising and passing of all things
with equanimity and balance.

May I be open and balanced and peaceful.



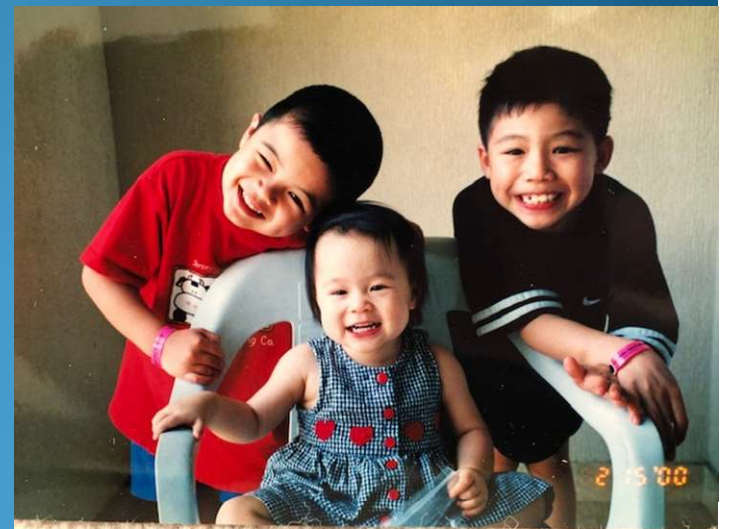
Joy

May you be joyful.

May your happiness increase.

May you not be separated by great happiness.

May your good fortune and causes of your joy
and happiness increase.



Compassion

May you be held in compassion.
May your pain and sorrow be eased.
May you be at peace.



Lovingkindness

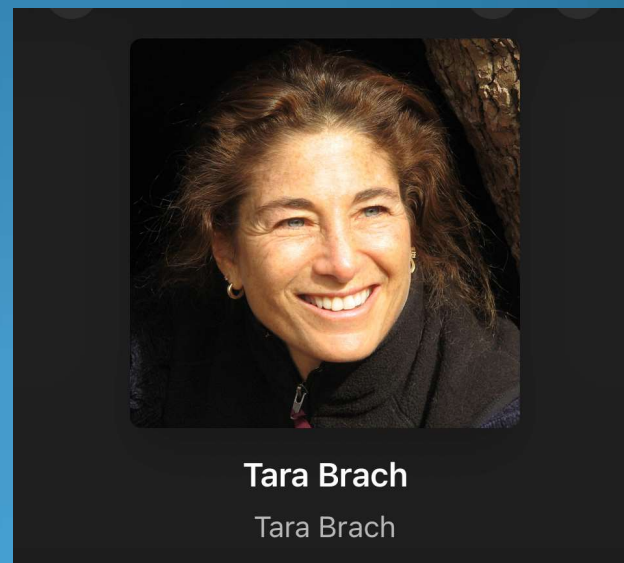
The Metta Meditation

May you be happy and healthy,
peaceful and safe



Creating the Mindfulness Habit

4. Listen to daily podcasts during your morning routine and on your commute



Mindfulness

Recommended authors (podcasts)*

*Jack Kornfield**

*Tara Brach**

*Joseph Goldstein**

Thich Nhat-Hahn

Jon Kabat-Zinn

Rick Hanson

Creating the Mindfulness Habit

5. Welcome waits

*- traffic lights, bus stops,
line ups and elevator rides –
as opportunities to practice a
mindfulness meditation*

Creating the Mindfulness Habit

6. When situations, negative thoughts and strong emotions seize your attention, recognize them as meditation bells, reminding you to ask:

What am I thinking, doing and feeling?



RAIN

*Recognize What am I feeling,
thinking, experiencing?*

*Accept without judgment, clinging,
pushing away*

*Investigate Observe. Note. Choose
an alternative helpful thought.*

*Nurture/Non-identify With
compassion, let it go. I am not my
thoughts. I am not this feeling.*

The Sky and Clouds Metaphor



Creating the Mindfulness Habit

7. Frame each day with your intentions

Gratitude

Reaffirm your deepest values

Your mission in life



The Goal of Mindfulness

The Goal of Mindfulness



The Goal of Mindfulness

to awaken from the trance of
conventional consciousness:
the conceptual way of
perceiving experiences

Two Ways of Knowing

What Happens in **Mindfulness**

Inner Awakening and Embodied Cognition



John Teasdale

Foreword by Jon Kabat-Zinn

Two Ways of Knowing

Two ways of knowing and understanding the world based on the interacting cognitive subsystems model of Barnard and Teasdale:

32

FOUNDATIONS

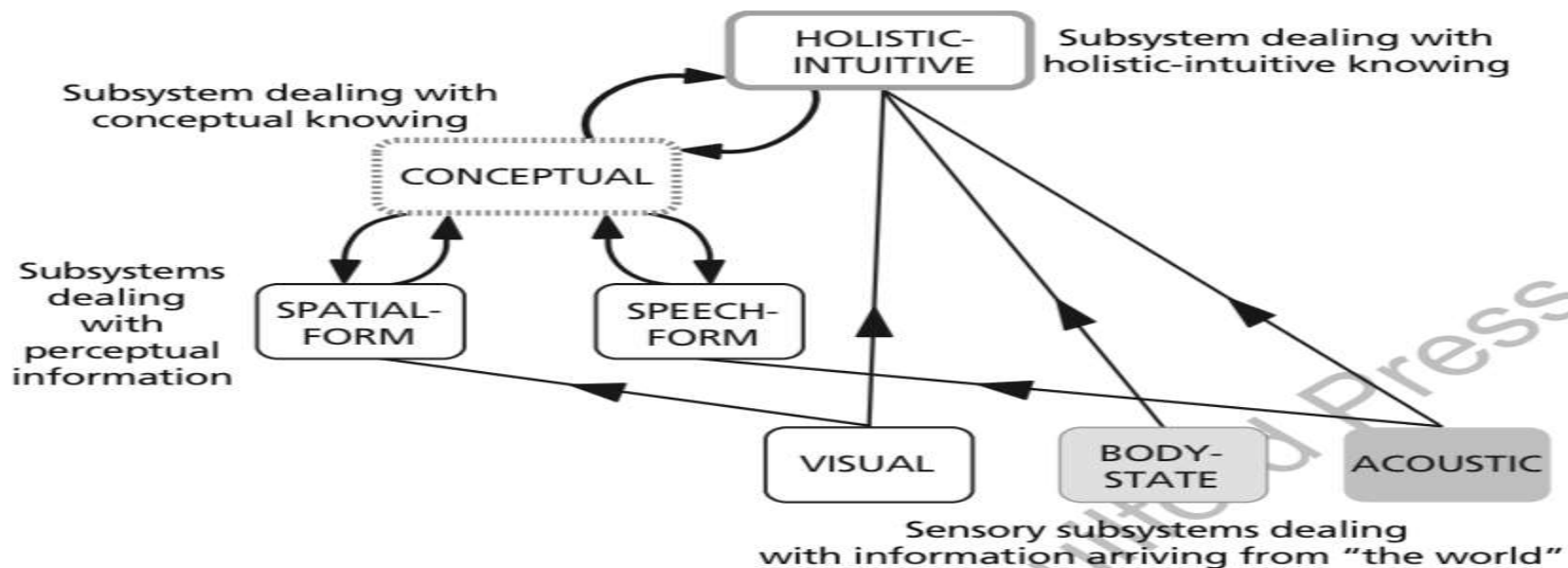


FIGURE 2.1. The human mind as seen by ICS. Note: Boxes represent subsystems, each specialized for processing a different kind of information; lines represent the flow of information through the system.

Two Ways of Knowing

Two ways of knowing and understanding the world based on the interacting cognitive subsystems model of Barnard and Teasdale:

- CONCEPTUAL KNOWING
(the world of ideas we associate with the left hemisphere)
- HOLISTIC INTUITIVE KNOWING
(associated with the right hemisphere)

It is the holistic-intuitive perspective that is developed through mindfulness.

WHOLE BRAIN LIVING

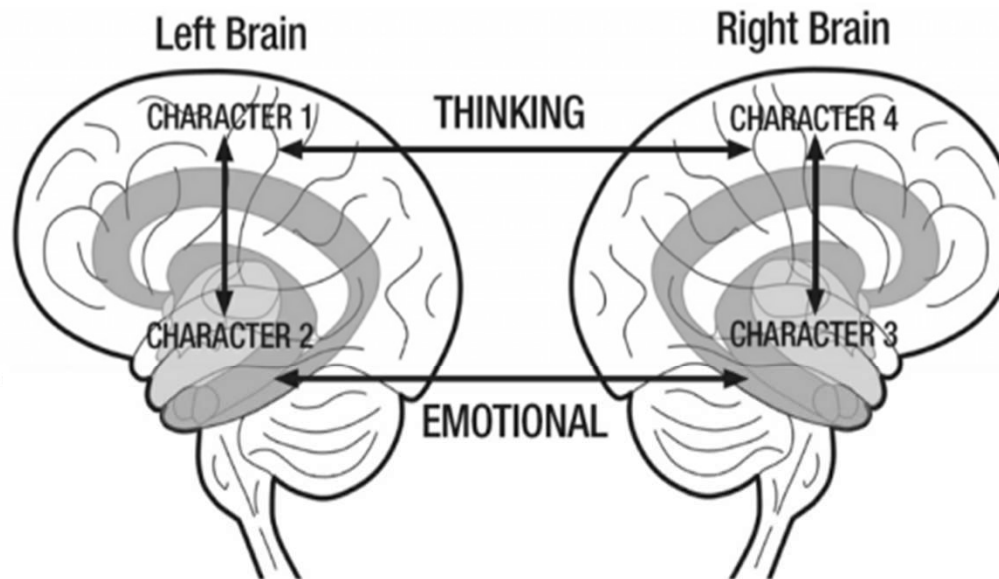
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Character 1: Left-Brain Thinking

Verbal, thinks in language, thinks linearly, past/future based, analytical, focuses on details, seeks differences, judgmental, punctual, individual, concise/precise, fixed, focus on ME, busy, conscious, structure/order, organizes everything, categorizes well, is naturally mechanical, is neat, plans well, respects authority, critically judges right/wrong and good/bad, counts everything, is protective

Character 2: Left-Brain Emotional

Constricted, rigid, cautious, fear based, stern, loves conditionally, doubts, bullies, righteous, manipulates, deceives, tried and true, independent, egocentric, selfish, self-absorbed, self-righteous, self-promoting, critical, superior/inferior, right/wrong, good/bad, anger/name-calling, feels guilty, internalizes shame, negative self-judgment, anxious, whines, blames, holds grudges or resentments, no respect for authority



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Character 4: Right-Brain Thinking

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Character 3: Right-Brain Emotional

Expansive, open, experiential, risk taking, fearless, friendly, kind, empathic, loves unconditionally, forgiving, trusts, supports, grateful, playful, joyful, goes with the flow, awe-inspired, curious, creative/innovative, collective, sharing, equality, contextual, hopeful



Character 1: The Left Thinking Brain - **The Persona**

linear, external-focused, time-based, goal-driven,
verbal, judging, structure and order,
looks at the differences, competitive



Character 2: The Left Emotional Brain

The Shadow

deep dark emotions,
compares present vs past memories,
happiness based on external conditions,
stress, pessimistic, fight, flight or freeze



Character 3: The Right Emotional Brain

The Anima/Animus

present moment focused,
interconnected with universal flow, big picture,
experiential, joy and gratitude,
connection with the body,
sees possibilities



Character 4: The Right Thinking Brain

The True Self

parallel processing, universal intelligence,
awareness, boundless, open, accepting, deep
peace and love, enlightenment

WHOLE BRAIN LIVING

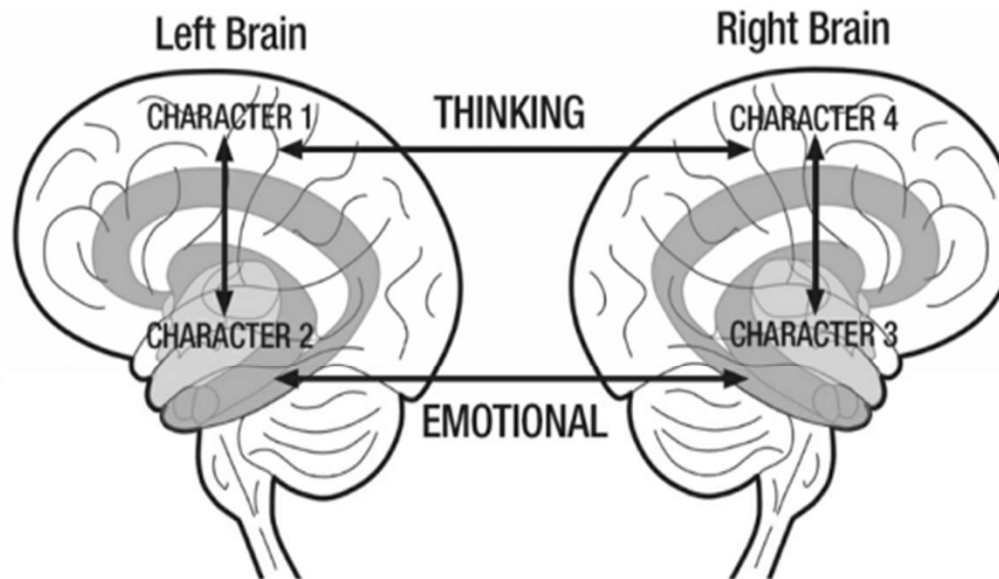
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We need both sides of the brain to survive and thrive in the world

The *left hemisphere* comes from the perspective of the individual separate self and functions to keep you safe from danger

WHOLE BRAIN LIVING

"I learned the hard way that we each have four distinctive groups of cells, divided between our two brain hemispheres, that generate four consistent and predictable personalities. Neuroanatomically these four groups of cells make up the left and right thinking centers of our higher cerebral cortex, as well as our left and right emotional centers of our lower limbic system. Collectively, I call these personalities the Four Characters. Getting to know them inside of your brain is a ticket to freedom." — Jill Bolte Taylor

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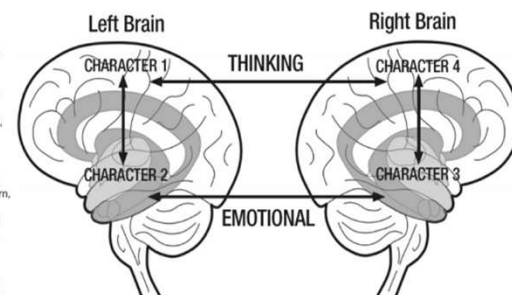
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We need both sides of the brain to survive and thrive in the world

The right hemisphere sees your world from the perspective of the whole and your connection with all life

WHOLE BRAIN LIVING

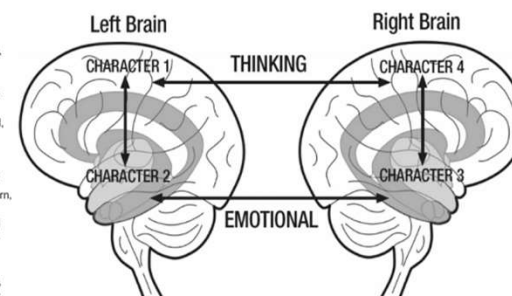
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Key Emotional Health Skills

- 1. Self-Care to Manage Stress*
- 2. Mindfulness*
- 3. Cognitive Therapy*
- 4. Visualizing Your Goals/
Self-Hypnosis*

Key Emotional Health Skills

3. Managing Your Thoughts

Our thoughts shape our emotions



Mind-Reading

Believing that you really know what another person is thinking.

“I know why she hasn’t called me.”

“She did that just to hurt me.”



Countering Mind-Reading

Believing that you really know what another person is thinking.

“I know why my friend didn’t call me back.”

“She did that just to hurt me.”

*I should give others the benefit of the doubt,
and maybe check things out.*



Overgeneralizing

Making broad assumptions based on the facts on hand

“You can’t trust anyone.”

“They are all the same.”



Countering Overgeneralizing

Making broad assumptions based on the facts on hand

“You can’t trust anyone.”

“They are all the same.”

One rotten banana doesn’t make the whole bunch bad.

Other people are individuals just like me.



Polarizing

All or nothing, black or white, good or bad thinking

“This pandemic is a disaster. There’s nothing good in this situation.”



Countering Polarizing

All or nothing, black or white, good or bad thinking

“This pandemic is a disaster. There’s nothing good in this situation.”

My situation is not so bad. I have support that others don’t.

This challenge has brought out a lot of kindness from others.



Personalizing

Taking things too personally

“He did that deliberately just to hurt me.”



Countering Personalizing

Taking things too personally

“He did that deliberately just to hurt me.”

Maybe he’s having a bad day. I’ll let it go.



Catastrophizing

Believing the worse things will happen

“I’m going to fail and I’ll never be a success.”

“This really is the end of the world!”

“I’m going to get sick and die.”



Countering Catastrophizing

Believing the worse things will happen

“I’m going to fail and I’ll never be a success.”

“This is the end of the world!”

“I’m going to get sick.”

I’ll prepare for the worst, but I know it’s not likely to happen.

I know how to stay well, and where to get help.



Disqualifying the Positive

Downplaying the positive aspects of the situation or minimizing the good that you have done

“I was just lucky that time.”

“There is nothing good in this situation.”



Countering Disqualifying the Positive

Downplaying the positive aspects of the situation or minimizing the good that you have done

“I was just lucky that time.”

“There is nothing good in this situation.”

I’m learning and getting better.

Our family and community have really come together to help one another.

THINK

True Is this thought true?

*Helpful Is this thought helpful to me
and my situation?*

*Inspiring Is this thought inspiring me
to positive action?*

Necessary Is this thought necessary?

Is this thought meeting my needs?

Kind Is this thought kind?

Reflect on the thoughts that trigger your emotions.

Is there another way of looking at the situation?

What would you say to a best friend if she had these thoughts?

Cognitive Therapy

FEELING GOOD: The New Mood Therapy

David Burns

MIND OVER MOOD

Padesky/Greenberger

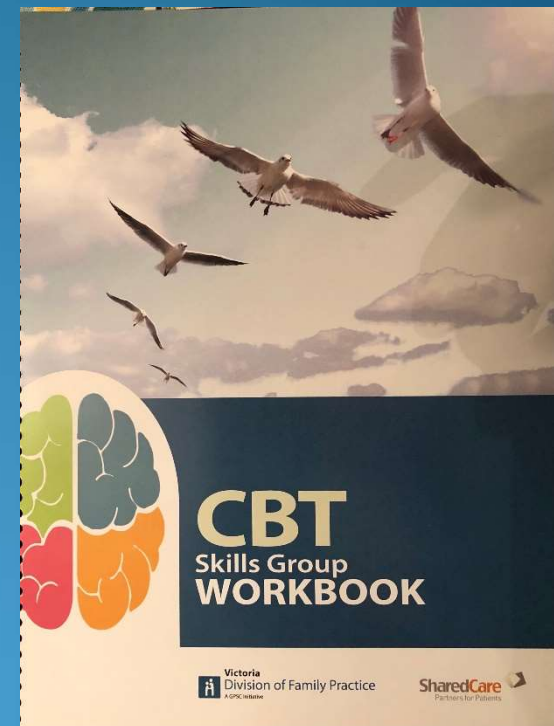
AUTHENTIC HAPPINESS

Martin Seligman

HARDWIRING HAPPINESS

Rick Hanson

Bouncebackbc.ca



Key Emotional Health Skills

- 1. Self-Care to Manage Stress*
- 2. Mindfulness*
- 3. Cognitive Therapy*
- 4. Visualizing Your Goals/
Self-Hypnosis*

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LATEST COLLOQUIAL AND SLANG TERMS

QUOTATIONS AND PHRASES THAT REVEAL THE
FASCINATING HISTORY OF EACH WORD
AND THE IDEAS IT REPRESENTS

Visualizing Your Goals/ Self-Hypnosis

Turn your problems into goals.

*Instead of replaying the past or
ruminating on the negative,
think about what you want.*

***Hypnosis is a natural state
of focused attention, tuning out the
immediate environment and tuning
more deeply with particular states
(feeling, sensations or ideas)***

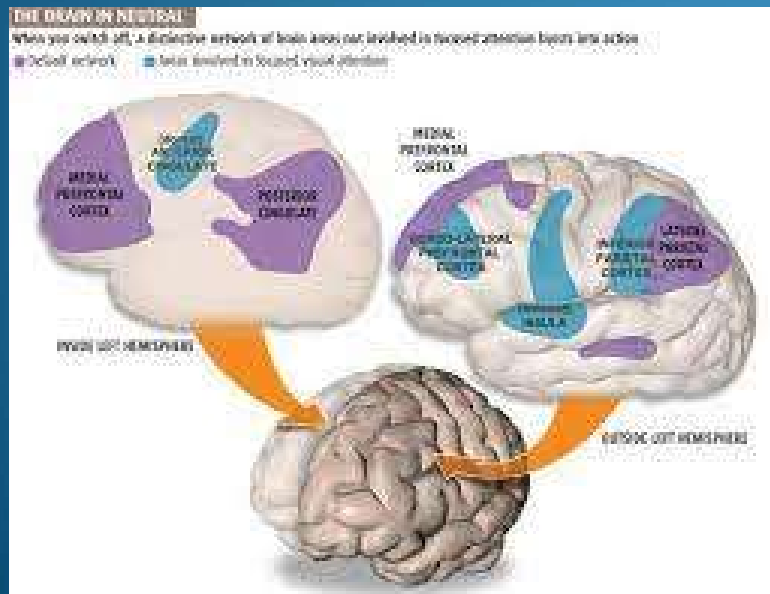


Hypnosis is a natural state

*e.g. daydreaming, past trauma,
medical emergencies,
watching a movie, reading a novel*

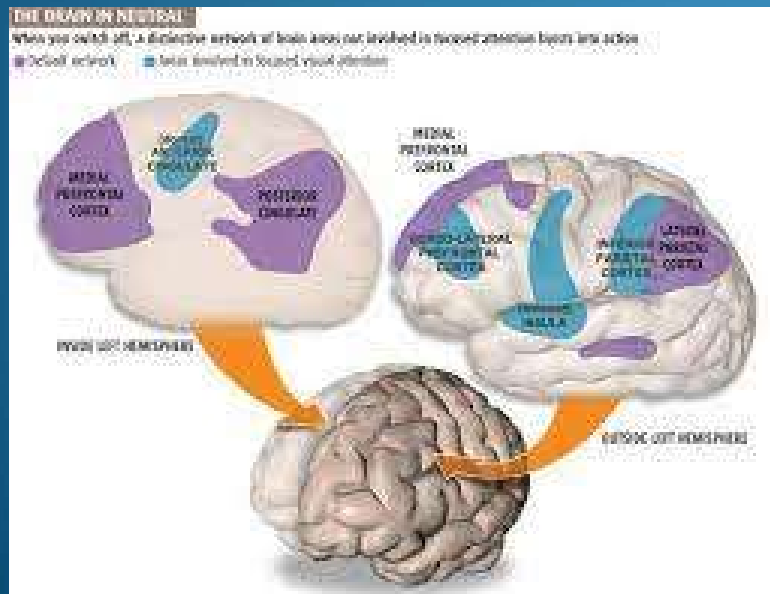


You are already in a trance



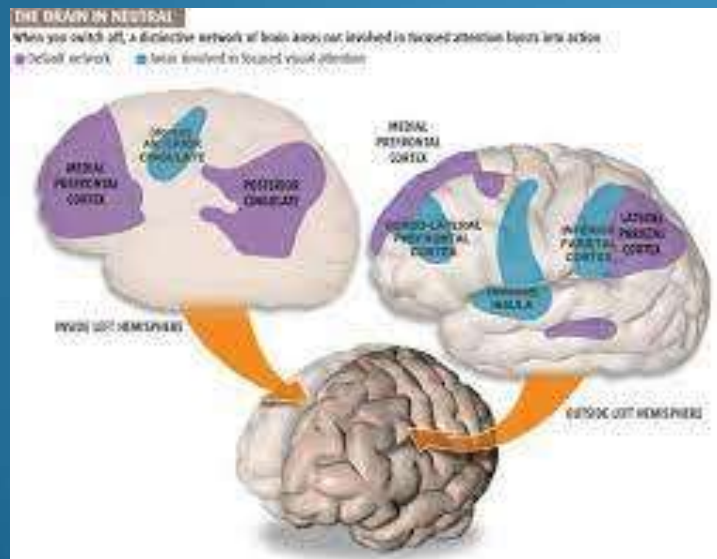
You are already in a trance

The DMN and conceptual cognitive system are absorbed with the self-identity and goal-directed behaviour and dissociated from the holistic, intuitive and connected self



You are already in a trance

*They create a trance –
a mental model, mindset and personal narrative
that traps us within our own self-created
and self-sustaining dream*



The Default Mode Network

You may have accepted incorrect beliefs about the world, other people and your self.

These beliefs have shaped your world view and how you tell your personal story.



Unquestioned Assumptions and Core Beliefs

*The limiting stories
created by the thinking,
judging mind in trance*

Question your core beliefs

Where do your core beliefs

– about yourself, others & life –

come from?

*Are you limiting yourself
to the narrative created by
your left brain?*

Questioning Your Core Beliefs

*Do they foster **positive feelings** (love,
connection and peace)?*

*Do they foster **positive actions**
(creativity, kindness and generosity)?*

Limiting Beliefs

“I’m not good enough.”

*“I don’t deserve success,
happiness or love.”*

“I am powerless.”

Limiting Beliefs

“I have to be perfect to be loved.”

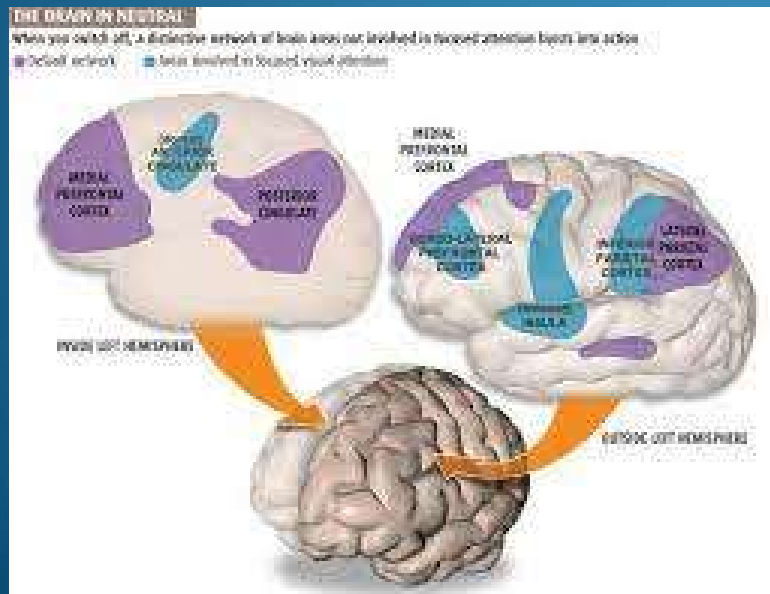
“I can’t trust anyone.”

“Life is unfair.”

The Role of Therapeutic Hypnosis

*We can awaken in stages of successive
DEHYPNOSIS and DETRANCING*

*Creating ever more inclusive mental models &
narratives, expanding your sense of self and
deepening your felt connection with the world*



Hypnosis is self-hypnosis

- *It is a skill you can use in a positive way to achieve your goals*
- *It is not something someone does to you*



Engaging your imagination

We allow the critical mind to relax and engage the creative intuitive mind with imagery.

We often start with deliberate relaxed breathing and progressive muscle relaxation.



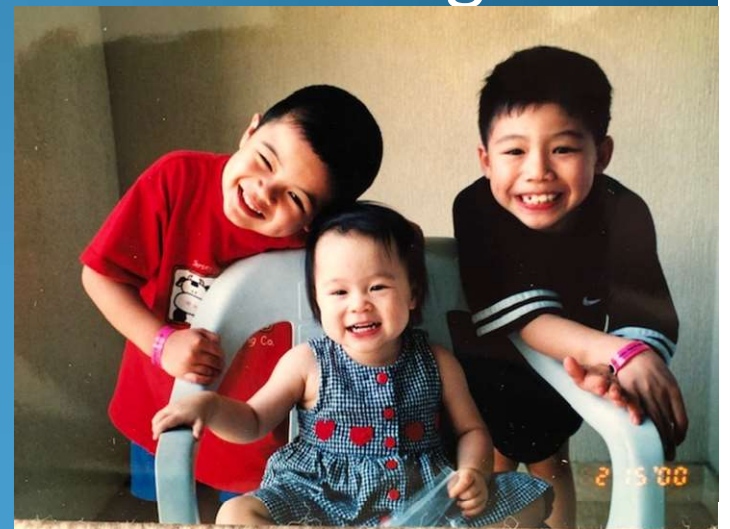
**In a deeply relaxed state, engage all of
your senses and see yourself achieving
your goals**

*to reinforce the new, more adaptive
neural pathways that will enhance coping
with life's challenges
and allow you to visualize yourself
mastering life and achieving your
personal potential*



Joy

In your imagination, bring to mind scenes from your memory that invoke selfless, timeless joy – moments of flow when your abilities match the challenge at hand, communing and connecting with nature, at play with children and sharing laughter among old friends, experiencing awe, moments in nature



Equanimity/Peace

Imagine yourself in your personal sanctuary of peace – hear the sounds that bring you peace (perhaps the sounds of nature, waves washing upon the shore, leaves rustled by the wind, water trickling over the rocks in a stream and serene music of Bach or Pachelbel), feel the sensations that soothe your body and mind, inhale the scents that calm your mind, and feel yourself in the presence of a person or being – real or imagined - who invokes timeless peace.



Metta/Unconditional Love

Feel yourself in the presence of a person or being who accepts and loves you just as you are. See yourself connected to the universal cycle of love – accepting the love you have received throughout your life and send that love to all whom you know and to all living beings.



Progressive Awakening with the Evolution of Mental Models

*Like scientists constantly testing and revising
theories to take in new information,
we are continuously awakening,
expanding our world views to accept more
and broadening and deepening our conscious awareness
We are writing ever more expansive
and inclusive life stories.*



***Evolving into
Our Positive Potential***



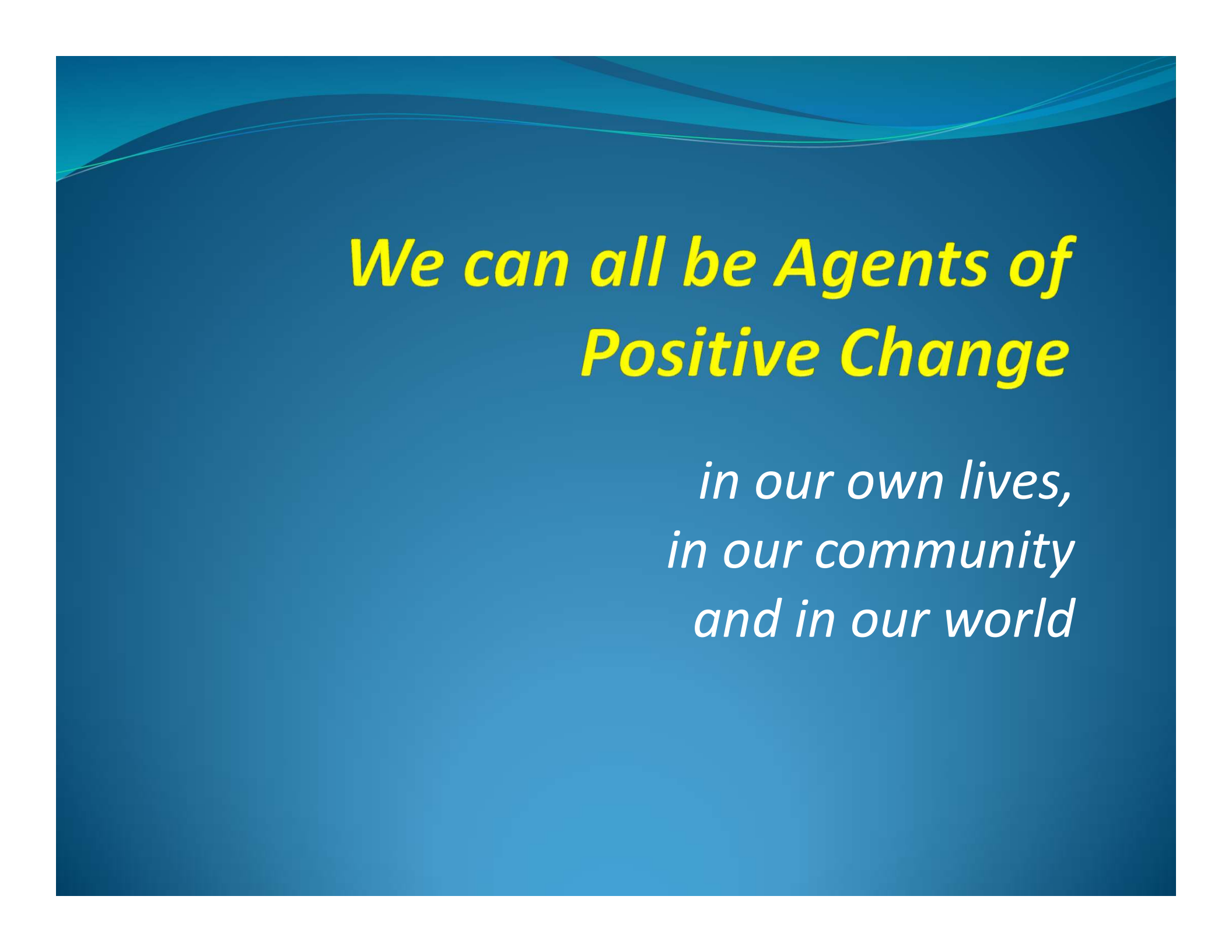
*There is a positive potential to be realized
in every day.*

We must see, feel and act.

Your Positive Potential

I believe that we each have a unique potential in life;

it is our calling to realize that potential and help others achieve theirs.

The background is a solid blue color with a gradient. At the top, there are several thin, wavy lines in shades of blue and green that sweep across the width of the image, creating a sense of movement and depth.

We can all be Agents of Positive Change

*in our own lives,
in our community
and in our world*

THANK YOU
Healthcare Heroes!



Don't forget your SUPER POWER!



Metacognition!

*The ability to **recognize** your own thoughts,
beliefs and emotions
and **transform** them!*





