

WELL-BEING & SUPPORT

UW SCHOOL OF MEDICINE

Well-Being and Resilience: Building Strength for the Road Ahead

APAO Conference
August 26, 2022

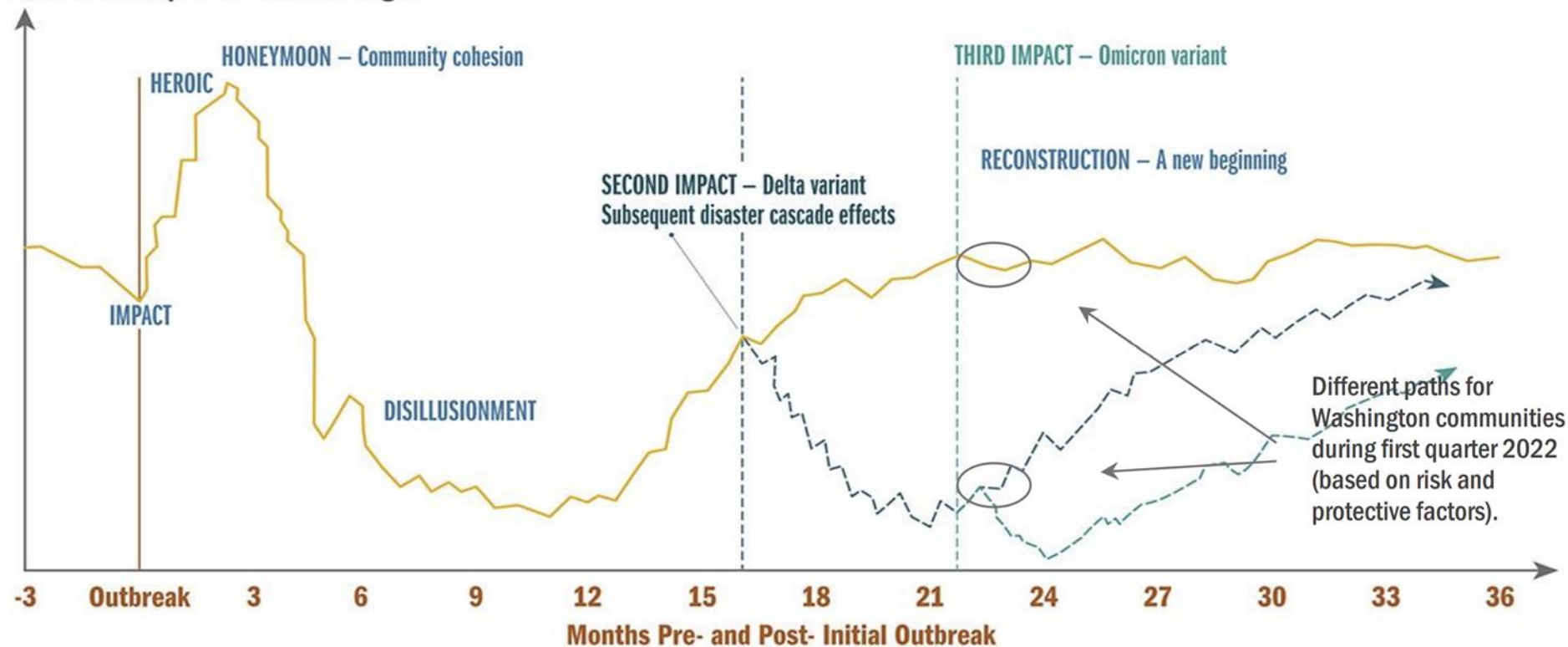
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Brain Health at the Global Brain Health
Institute, UCSF



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
- Social and Political Divisions

Systemic Issues and Individual Response

- Individual coping skills cannot serve as Band-Aids for systemic issues



Stress and Anxiety

How do we take control?

Dr. Lisa Damour, Psychologist



- Anxiety is healthy and normal, helps protect us
- When anxiety becomes overwhelm
- Ask for help and support those around you

Malleability and Adaptability

— Resilience coping is learnable!

Neuroplasticity of the Brain



What we think, do, and pay attention to changes the structure and function of our brains!

Why Study Resilience?

- Researchers started looking at ACEs
 - Adverse childhood experience
- For those who thrived in the face of adversity – what allowed them to beat the odds?

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
- Keep a journal and write in it weekly

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

- How do you cultivate each of the keys to experiencing resilience?
- What are the behavioral practices for resilience that you are working on improving / doing more of in your life?

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How are we affected by the noise?

Dr. David Levy, UW Information School



- Think about media consumption during stressful times
- 24-hour news cycles and click bait titles
- Devices are consciously designed to grab us and hold us
- Notifications & Well-being

How do we react to threats?

Our threat defense mechanism still relies on a reptilian brain

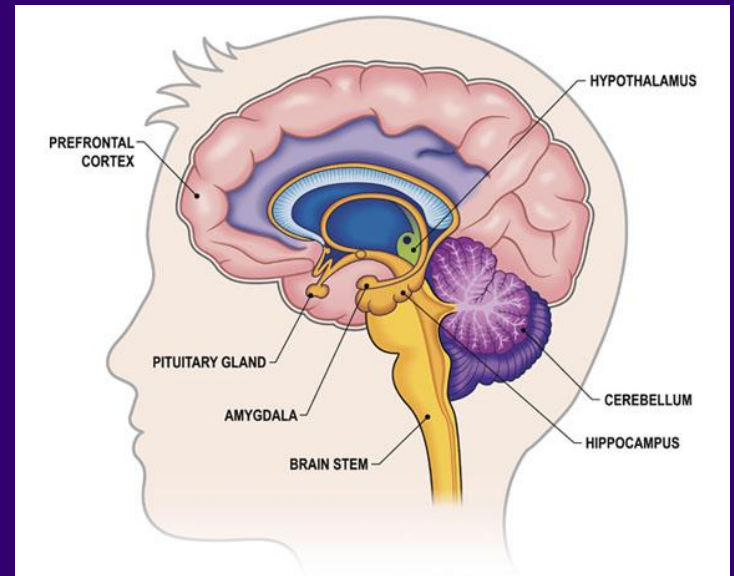
- Cortisol and adrenaline response
- A threat to our self-concept get the same reaction as a lion chase!

Amygdala Hijacking!

Fight: Self-Critique

Flight: Isolate

Freeze: Rumination



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

Emotional Intelligence

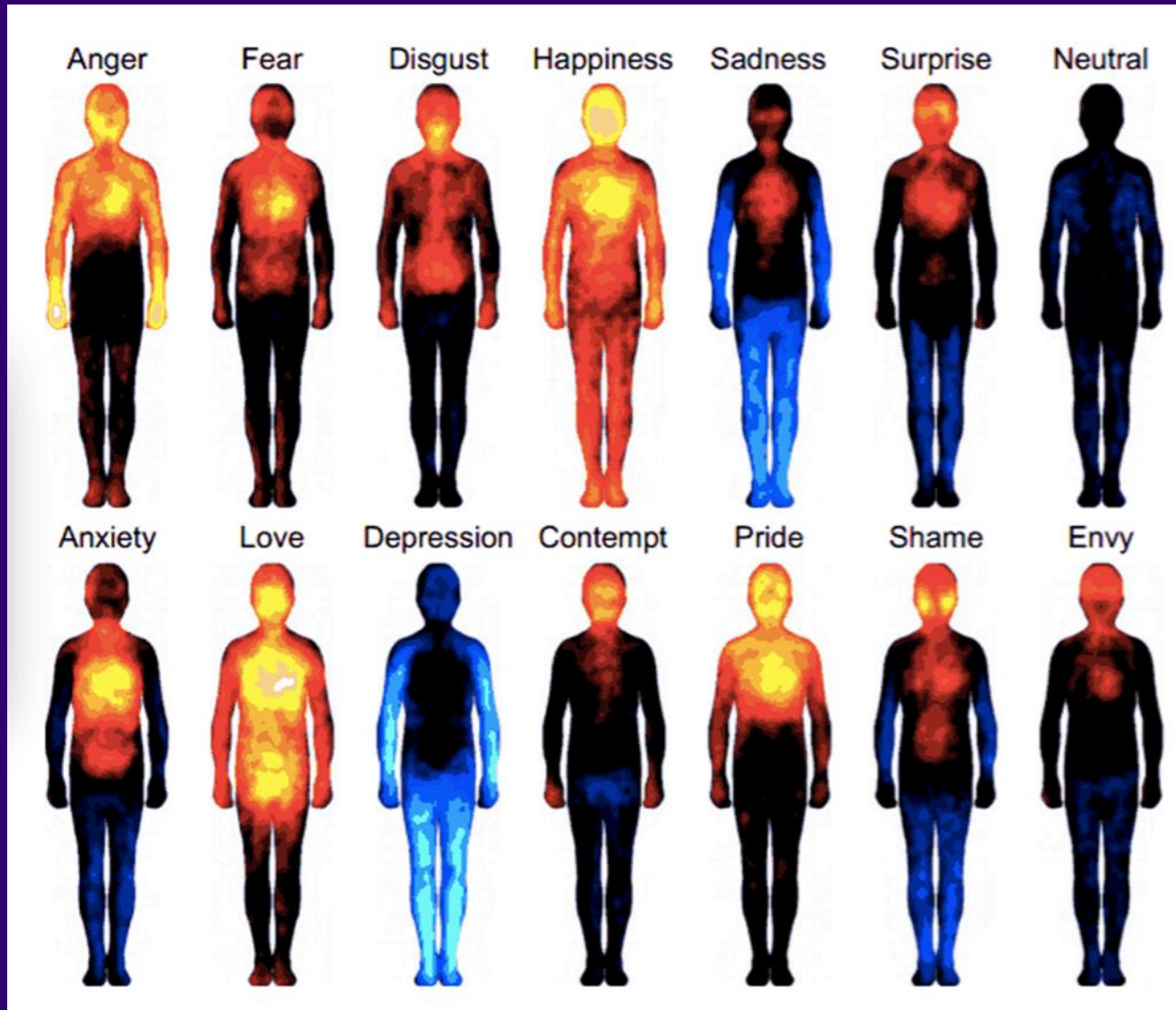
If you don't manage your emotions, they will manage you



Emotions are Information

- Emotions
 - Trigger a physical response, sudden and unexpected
- Feelings
 - Intellectual, private psychological experience
- Mood
 - Prolonged emotional state, defuse, stickiness of recent events
- Dispositional Affect
 - Usual or automatic response, how you move through the world

Emotions & Feelings in the Body



Existential to Experiential

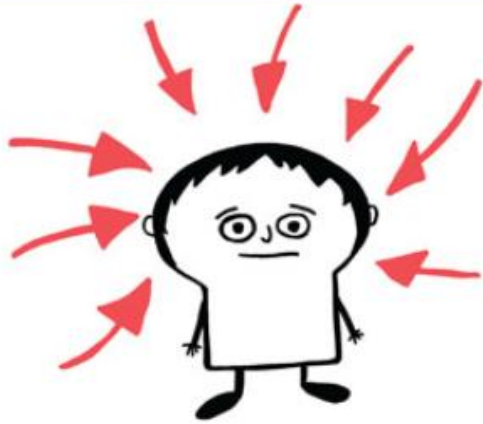
“I am angry”

to

“I am experiencing anger in my
body”

W

Emotional Intelligence



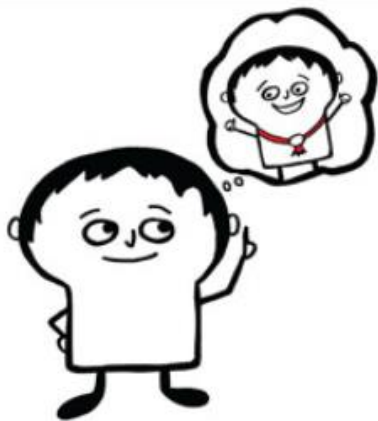
1. Something happens



2. Sense



3. Stop



4. See your best self



5. Strategize

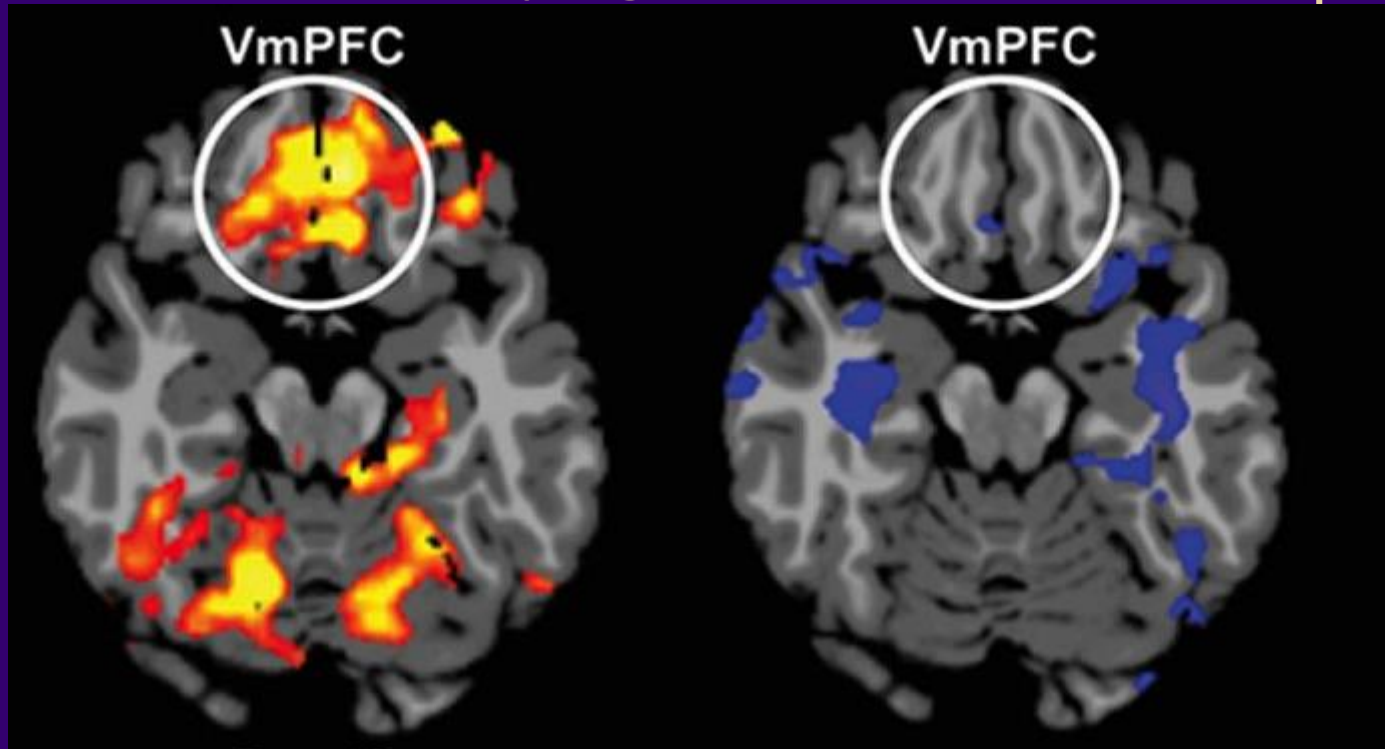


6. Succeed!

Dynamic Brain Changes During Stress

Resilience Coping

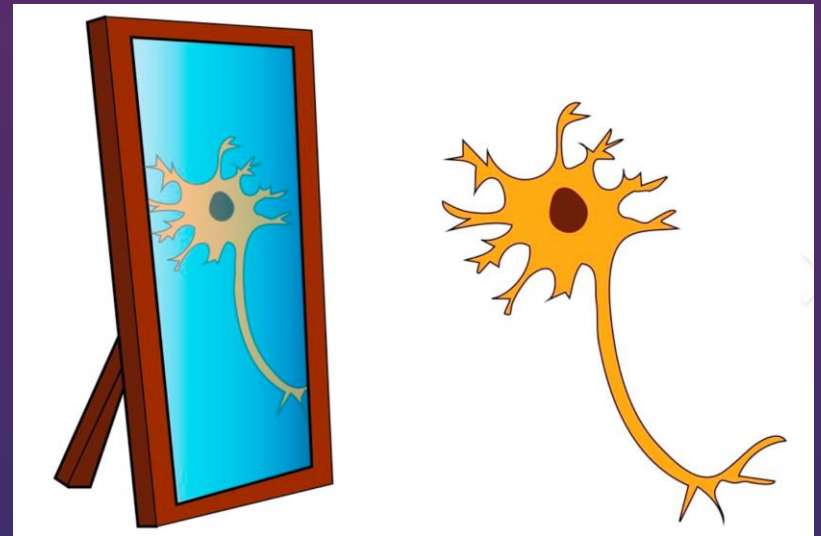
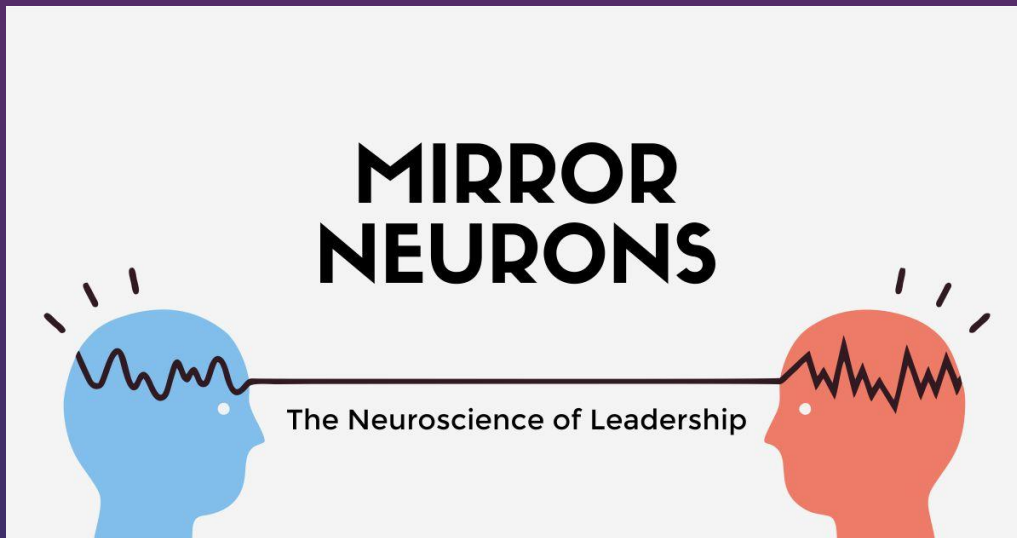
Non-Resilience Coping



Emotional regulation, decision making,
risk & fear processing

Mirror neurons are pretty cool

How is our emotional state read by the folks with whom we are interacting?



Calm is as contagious as fear and anxiety

Goleman, D., & Boyatzis, R. (2008). Social intelligence and the biology of leadership. *Harvard Business Review*, 86(9), 74-81

Ringleb, A.H., Rock D., & Ancona, C. (2015). Neuroleadership in 2014. *Neuroleadership Journal*, 5, 1-27

Emotional Contagion

Mirroring Compassion versus Empathy

The power of loving kindness...

- Empathy and Compassion activate different parts of the brain
 - Empathy – pain centers
 - Compassion – pro social centers and pain centers
- Empathy: I feel you
- Compassion: I hold you

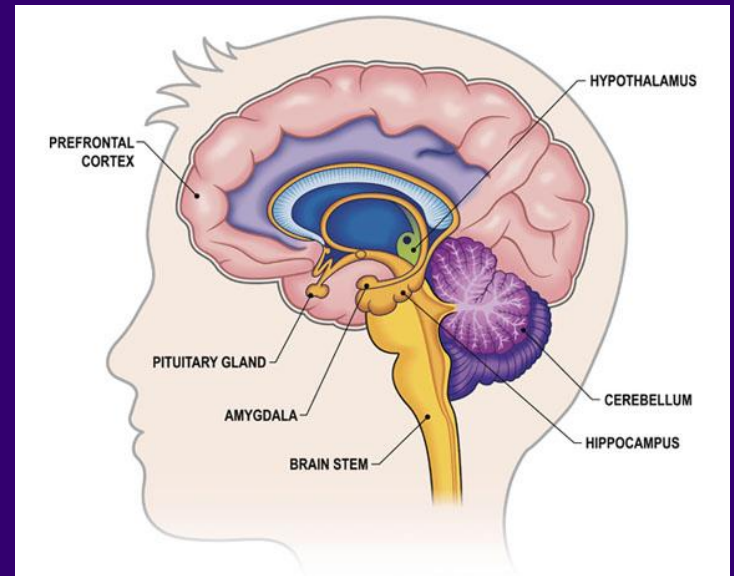


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Self-Compassion

Three Main Components (Neff, 2004):

- Self-Kindness
- Common Humanity
- Mindful Awareness
 - Awareness of rather than over identifying with painful thoughts and feelings

Why Self-Compassion?

- Correlates with an increase in accuracy of self-assessment
- Mastery orientation vs. Performance orientation
- Increase in enlistment of Emotion-focused vs. avoidance-orientated coping strategies
- Decreases fear of failure and increases persistence
- Unlike self-esteem, doesn't promote narcissism, judgements, comparisons, need peer approval

Expressing Compassion

When someone you care about shares a failure or set back, how do you talk to your friend?

What are the words you use, the tone, body language?

- Now, how do you talk to yourself when you experience a failure or setback?
- At your tables, turn to folks around you and share what you noticed
- What did you see?
- About 80% of folks are kinder to others than they are to themselves, about 18% are neutral, and only 2% treat themselves with more kindness

Resilience & Compassion

How can you foster resilience and self-compassion in your team culture?

- 5 positives to 1 negative
- Own your failures and setbacks to normalize, defuse, and move forward
- Awareness of how you talk to self & others

Looking Forward

- What stands out to you?
- What is your biggest take away?

Micro Practice

Integration of well-being into your life

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

Thank you

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