

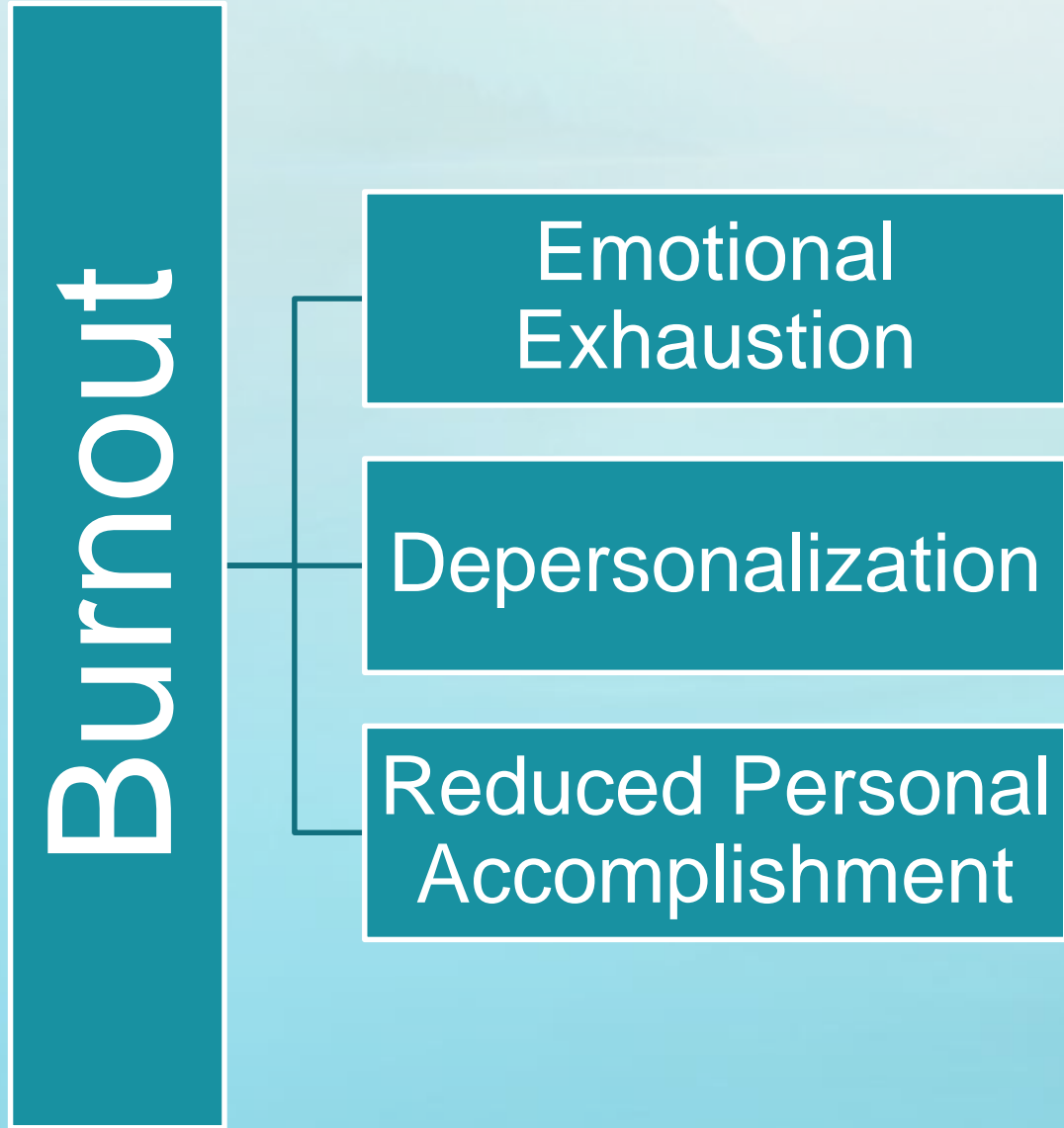
# Mindfulness for Preventing Burnout

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# Agenda

- Burnout
- Stress
- What is mindfulness?
- Mindfulness meditation (8 mins)
- Group discussion (3 mins)
- Start your practice
- Mindfulness in the workplace
- Coping with strong emotions
- Additional resources



(Maslach, Schaufeli, & Leiter, 2001)

# MOST COMMON SOURCES OF STRESS



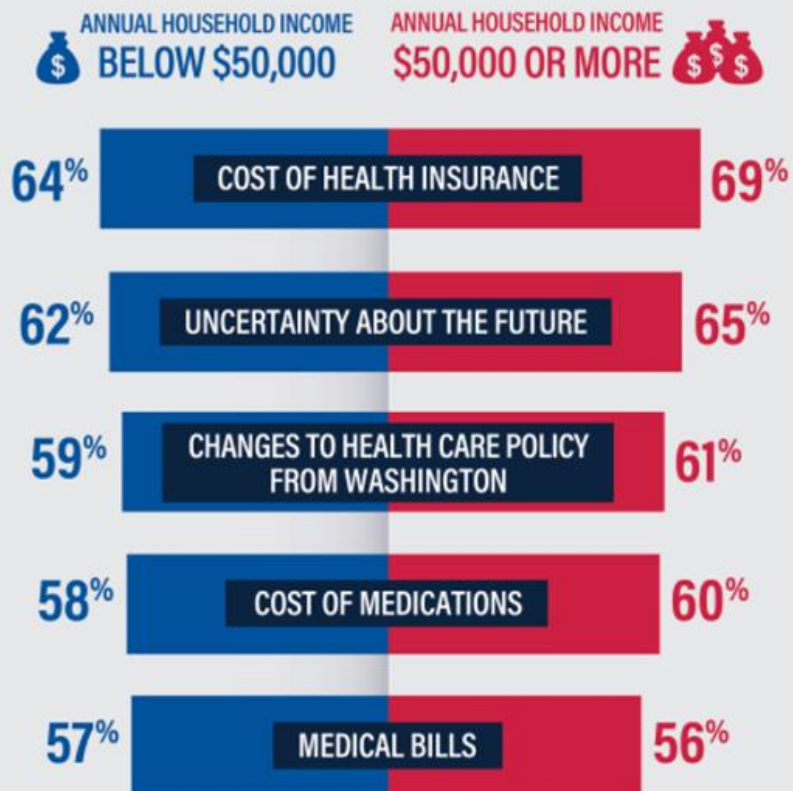
Note: Sources of stress reflect two separate questions; the sources of stress listed above were not shown within one list.

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## HEALTH CARE STRESS FELT REGARDLESS OF INCOME

No matter their household income, Americans are equally likely to say certain health-related issues are sources of stress for themselves, their loved ones or just in general.



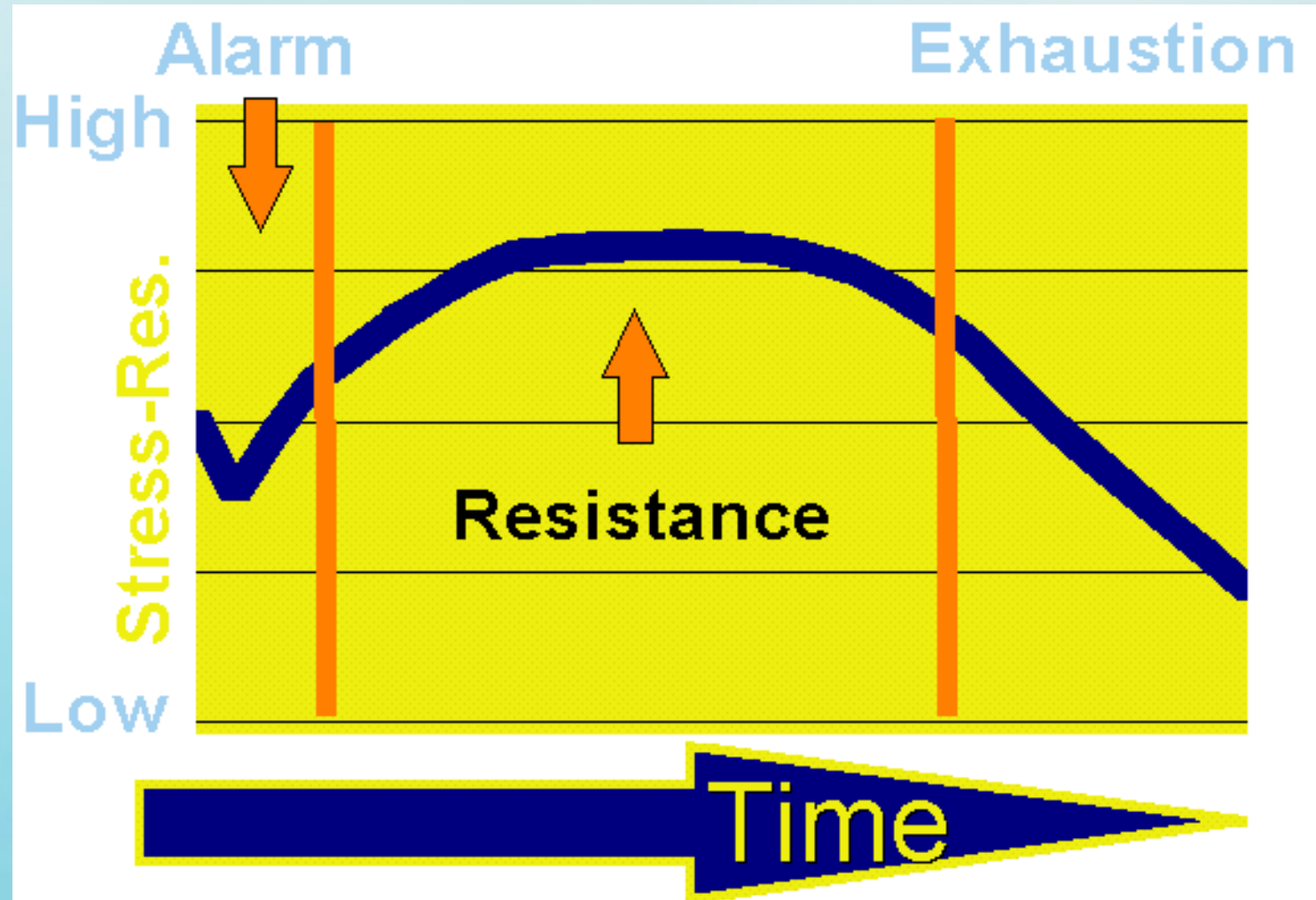
Note: Percentages refer to the respondents who indicated stress for themselves, their loved ones or just in general with regard to certain health-related issues.

# Multitasking

- Multitasking can take place when someone tries to perform two tasks simultaneously, switch from one task to another, or perform two or more tasks in rapid succession.
- Human "executive control" processes have two distinct, complementary stages:
  - Goal shifting- "I want to do this now instead of that".
  - Rule activation- "I'm turning off the rules for that and turning on the rules for this".
- Switch costs can add up to large amounts when people switch repeatedly back and forth between tasks.
- Multitasking may actually take more time and involve more error.

(APA, 2006)

# General Adaptation Syndrome



(Selye, 1956)

# Stress Response

- Physical/Biological Reactions: increased blood pressure, muscle tension, stress hormones, lowered immune response.
- Feelings/Emotions: anxiety, sadness, anger, embarrassment, shame, depression.
- Behavior/what you do: withdrawing, under-doing or over-doing with activity, lashing out at other people.
- Cognitive/your thoughts: trouble thinking/concentrating, difficulty making decisions, thoughts and images about the event and about the self and other people.





# Mindfulness

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

- Jon Kabat-Zinn

If you are not aware of the sunshine, you always live in the dark.

- Thich Nhan Hanh

# Mindfulness Meditation

- Stress
- Depression
- Anxiety
- Insomnia
- Addiction relapse
- Eating disorders
- ADHD
- Cognitive performance
- Fibromyalgia
- Chronic pain
- Organ transplant
- Cancer

(Google Scholar search; Keywords: Mindfulness meditation AND review)

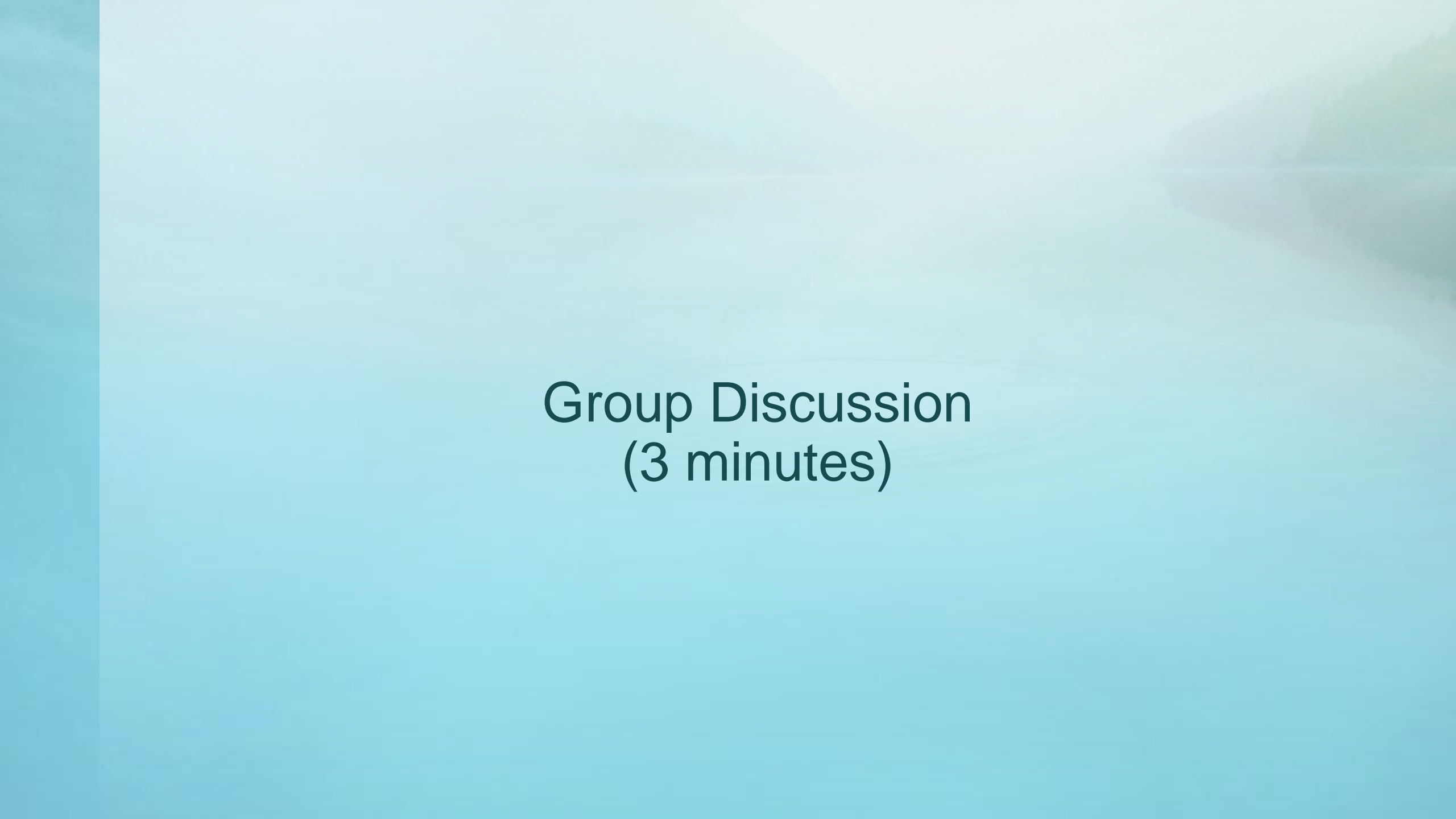
# Neuro Mechanisms of Meditation

- Meditation leads to activation in brain regions involved in processing self-relevant information, emotional regulation, focused problem-solving, and adaptive behavior.
- Meditation induces functional and structural brain modifications in expert meditators, especially in regions involved in self-referential processes such as self-awareness and self-regulation.
- Meditation approaches could be adopted in clinical populations for disease prevention.

(Boccia et al., *Biomed Res Int* 2014)

A serene landscape with a calm lake reflecting misty mountains and a forested shoreline. The scene is peaceful and atmospheric, with soft light and a gentle mist. The water is still, creating a clear reflection of the surrounding environment. The mountains in the background are partially obscured by the mist, adding to the sense of depth and tranquility. The overall color palette is muted and natural, dominated by blues, greens, and greys.

# Mindfulness Meditation (8 minutes)



Group Discussion  
(3 minutes)

# Start Your Practice

- Resources for guided meditation:
  - UCSD Center for Mindfulness  
<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>
  - UCLA Mindfulness Awareness Research Center  
<http://marc.ucla.edu/mindful-meditations>
- Set up a time and a space
- Bring the intention to be present
- Take a course:
  - UW Center for Child and Family Well-being  
<http://depts.washington.edu/ccfwb/content/home>

# Mindfulness in Daily Activities

- Mindfulness activities
  - Showering
  - Eating a meal
  - Dish washing
  - Playing with your child
  - Answering the phone
- Mindfulness bell app
  - Rings throughout the day to remind you to take a productive break



# Mindfulness in the Workplace

- Mindful Breathing
- Restroom meditation
- Eating lunch
- Walking meditation
- Starting and/or ending a meeting with a meditation
- Changing the work culture
- Self-care outside of work



# Strong Emotions

*If you can sit quietly after difficult news;  
if in financial downturns you remain perfectly calm;  
if you can see your neighbors travel to fantastic places  
without a twinge of jealousy;  
if you can happily eat whatever is put on your plate;  
if you can fall asleep after a day of running around  
without a drink or a pill;  
if you can always find contentment just where you are:  
you are probably a dog.*

– Jack Kornfield

# Coping with Strong Emotions

- Good questions to ask:
  - How do you typically manage strong emotions?
  - Do you find your habits helpful?
- Mindful breathing
- Walking meditation
  - Guided walking meditation by Jack Kornfield  
<https://jackkornfield.com/walking-meditation-2/>
- Intention: Taking care of strong emotions with awareness and acceptance

# Mindful Breathing

*Breathing in, I am aware of my in-breath.*

*Breathing out, I am aware of my out-breath.*

*Breathing in, I am aware of my body.*

*Breathing out, I release the tension in my body.*

(Work by Thich Nhat Hanh)

# Before You Speak, Consider These Principles

- Is it true?
- Is it necessary?
- Is it kind?

*(Art of Communicating by Thich Nhat Hanh)*

# Recommended Reading

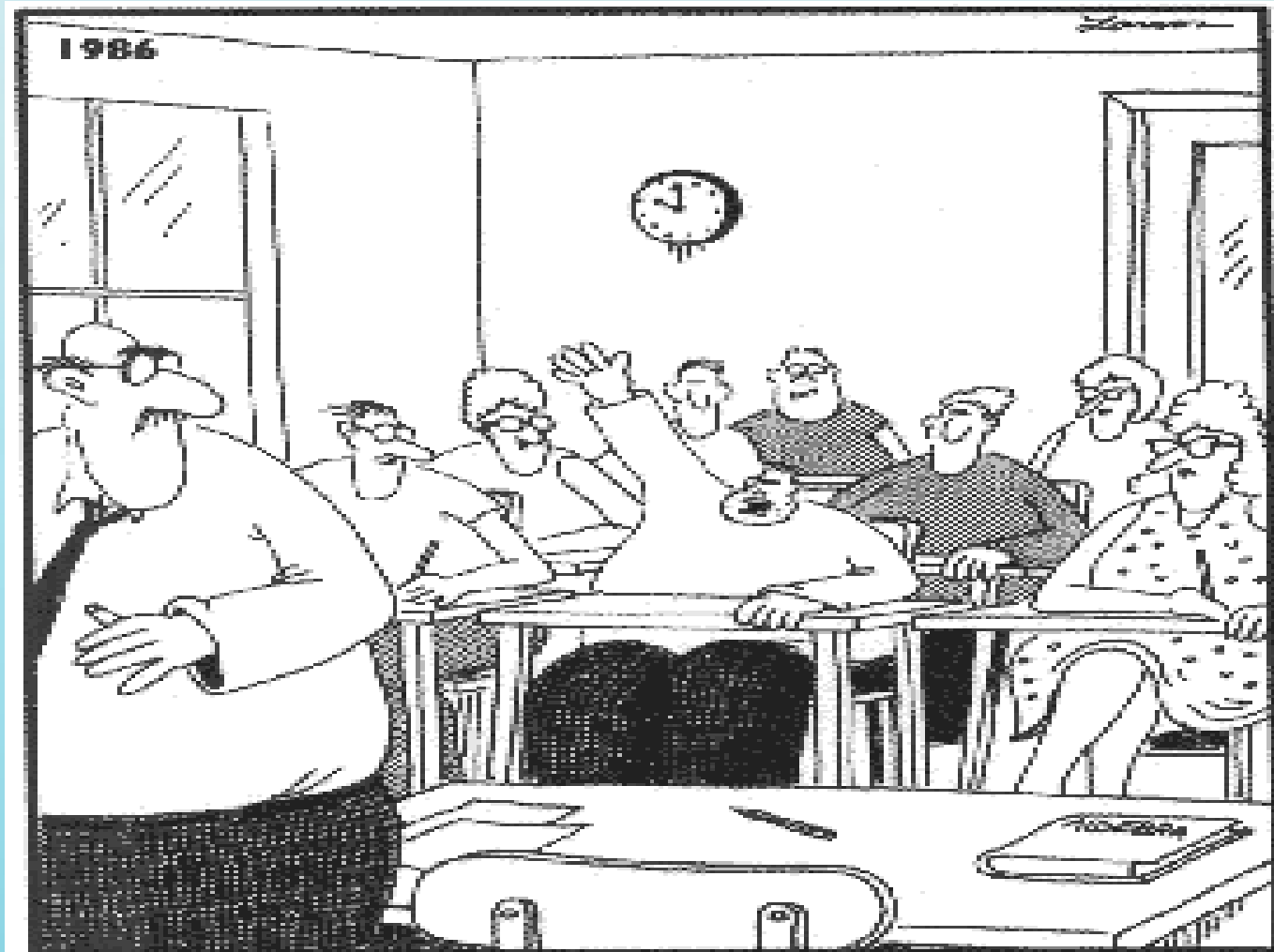
- *Wherever You Go There You are* by John Kabat-Zinn
- *Work* by Thich Nhat Hanh
- *Mindful Parenting* by Myla Kabat-zinn and Jon Kabat-Zinn

# Additional Resources

- VA Mindfulness Coach (free app)
- Breathe to Relax (free app)
- VA ACT Coach (free app)
- Headspace (app)
- *Why Zebras Don't Get Ulcers: Stress and Health* by Dr. Robert Sapolsky
- Find a psychologist: <https://locator.apa.org/>
- Research on multitasking: <http://www.apa.org/research/action/multitask.aspx>
- *Stress in America* by APA:  
<http://www.apa.org/news/press/releases/stress/index.aspx>



# Questions?



**"Mr. Osborne, may I be excused? My brain is full."**