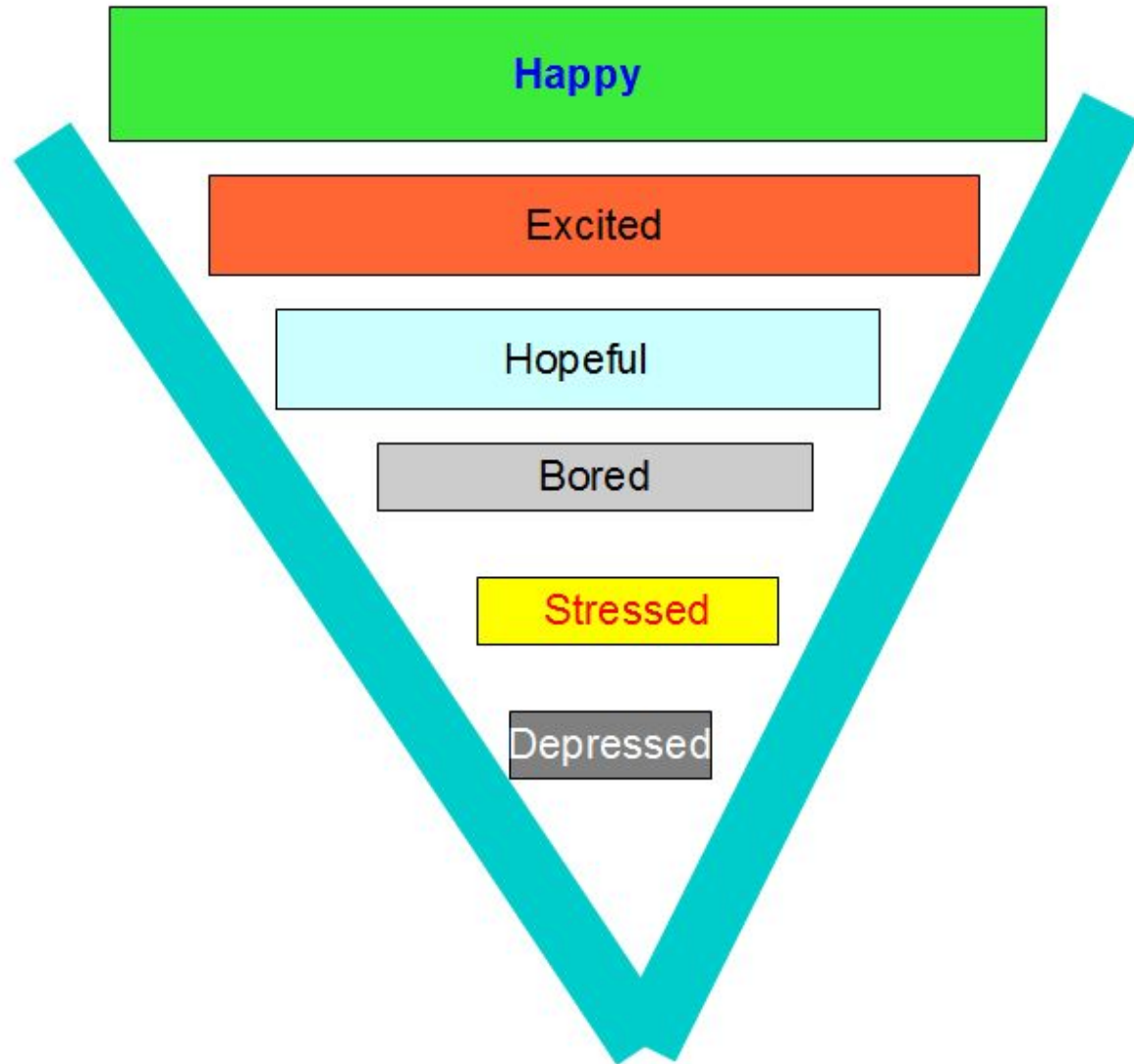


Happiness Funnel



Physician Mortality Compared to Other Professionals

- Equal overall
- ↑ suicides (RR 1.4-3.8 M, RR 3.7-4.5 F)
- ↑ accidents
- ↑ drug related
- ↑ IHD (African Americans)

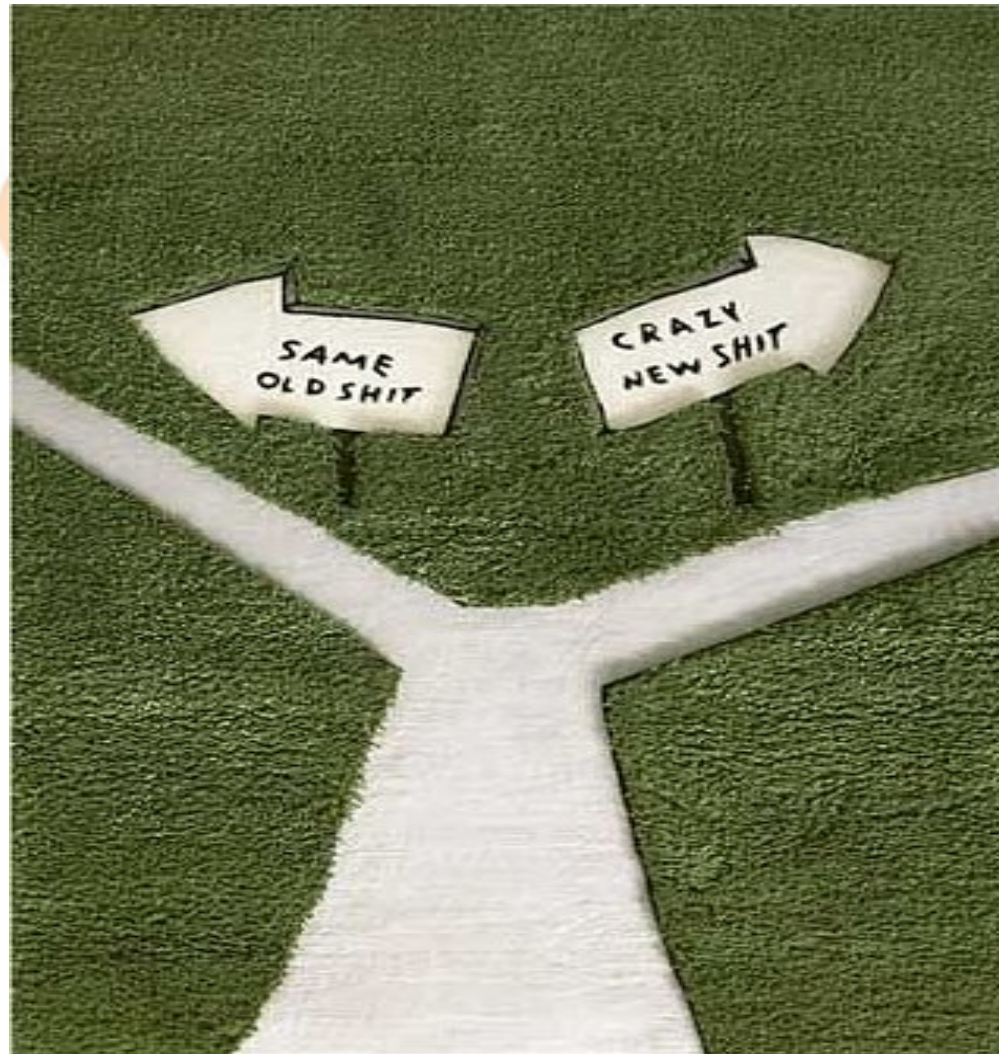
Morbidity Among Physicians

- ↑ burnout (approx. 40%)
- ↑ depression and anxiety (2x gen. pop.), highest in academics, women and younger faculty
- 20% more divorce
- No primary care
- Poor self care habits
- Decreasing career satisfaction
- Early retirement



Key to managing stress:
Event + Response = Outcome

Fork in the Road



Burnout Forces

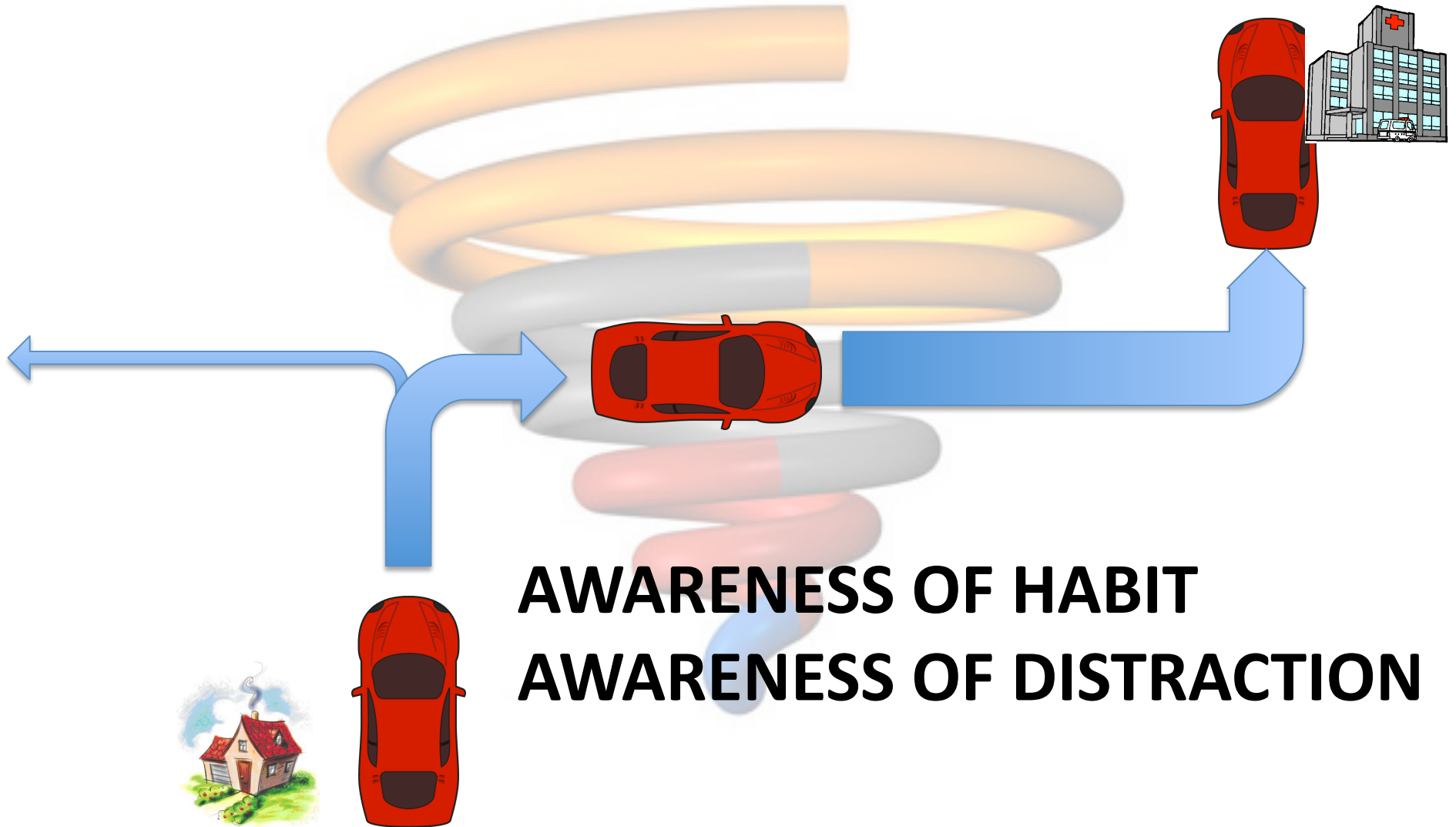
Negative Forces

- Expectations of Self/Perfectionism
- Denial of Human Limitations and Needs
 - Mental
 - Physical
- Guilt for Self Care-Lack of Self Compassion
- Medical Errors
- Increasing workload and external demands
 - Documentation
 - Scrutiny
 - Volume
- Difficulty in saying “NO”

Positive Forces

- Relationships
- Sleep
- Nutrition
- Aerobic Exercise
- Novelty
- Paying close attention
- Self Compassion
- Connectedness
- Gratitude
- Knowing values/fairness

Habits plus Distraction



Swiss Cheese Model of Harm

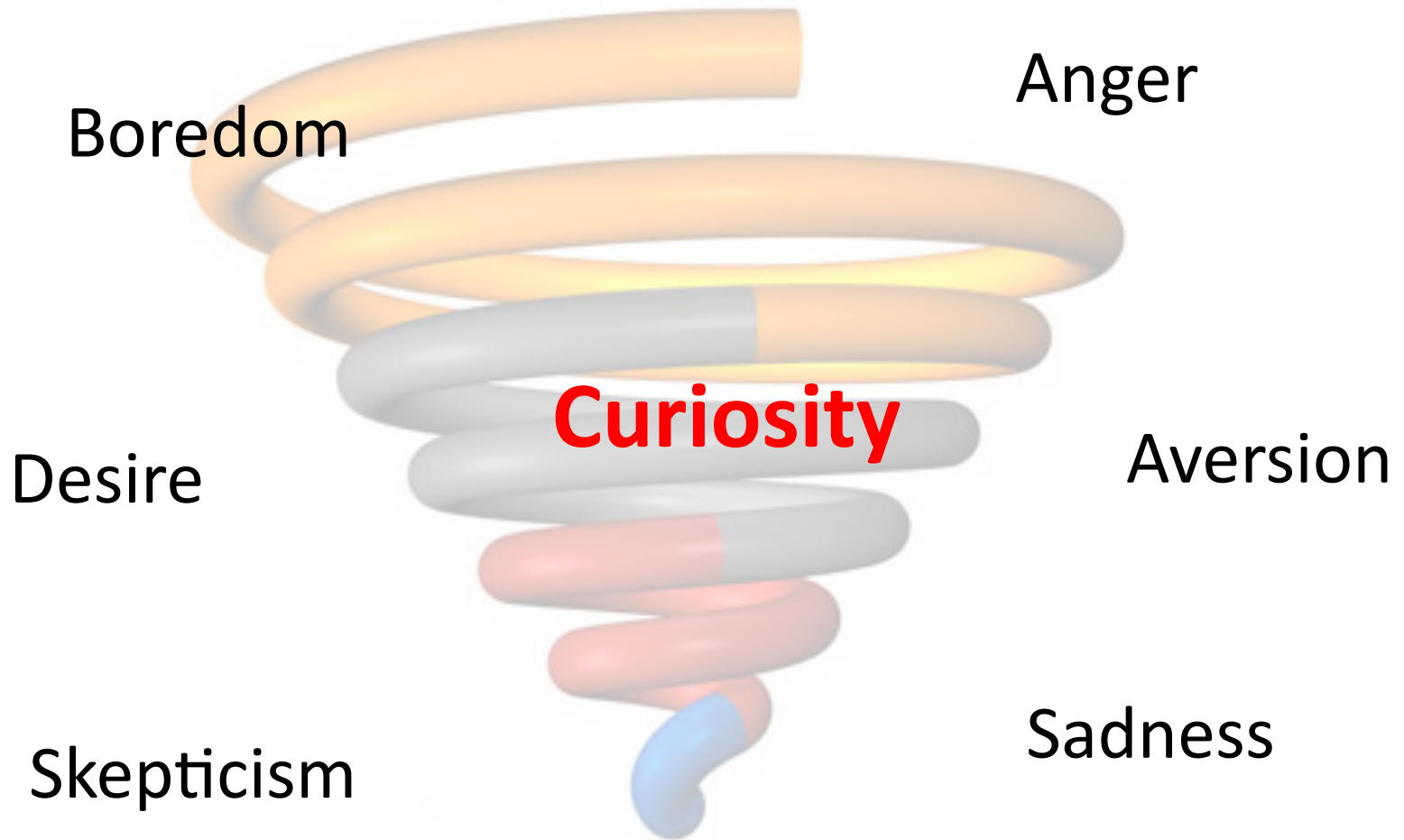




**WE DO NOT SEE THINGS AS THEY
ARE. WE SEE THEM AS WE ARE.**

Anais Nin

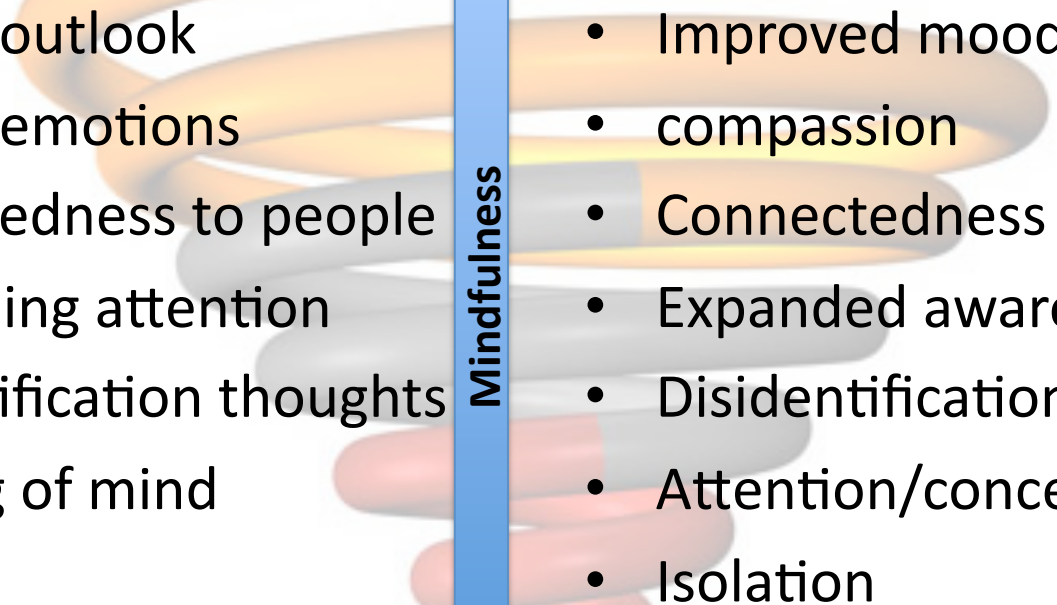
Changing Feelings



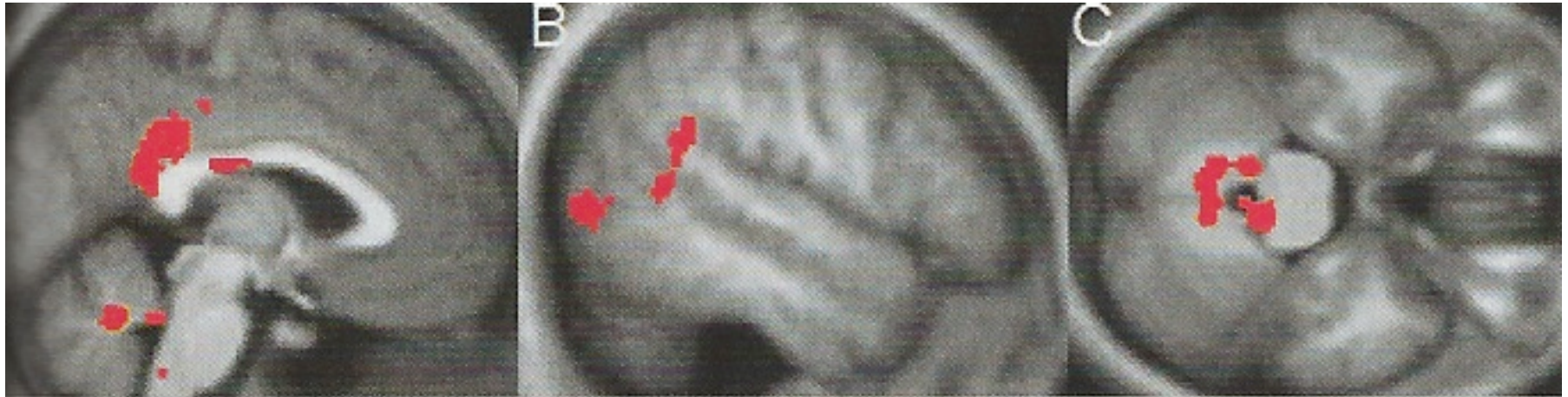
MBSR and burnout in Physicians

- 70 PCPs
- 8 week MBSR course
- 10 month follow-up
- Improvements in mindfulness correlate with mood, empathy, burnout, conscientiousness, and emotional stability. Sustained for duration study.

MBSR Mechanism

- 
- Positive outlook
 - Positive emotions
 - Connectedness to people
 - Broadening attention
 - Disidentification thoughts
 - Quieting of mind
 - Burnout
 - Improved mood
 - compassion
 - Connectedness to world
 - Expanded awareness
 - Disidentification emotions
 - Attention/concentration
 - Isolation

Effect MBSR On Grey Matter



Areas that showed increase in gray matter concentration following eight weeks of mindfulness-based stress reduction.

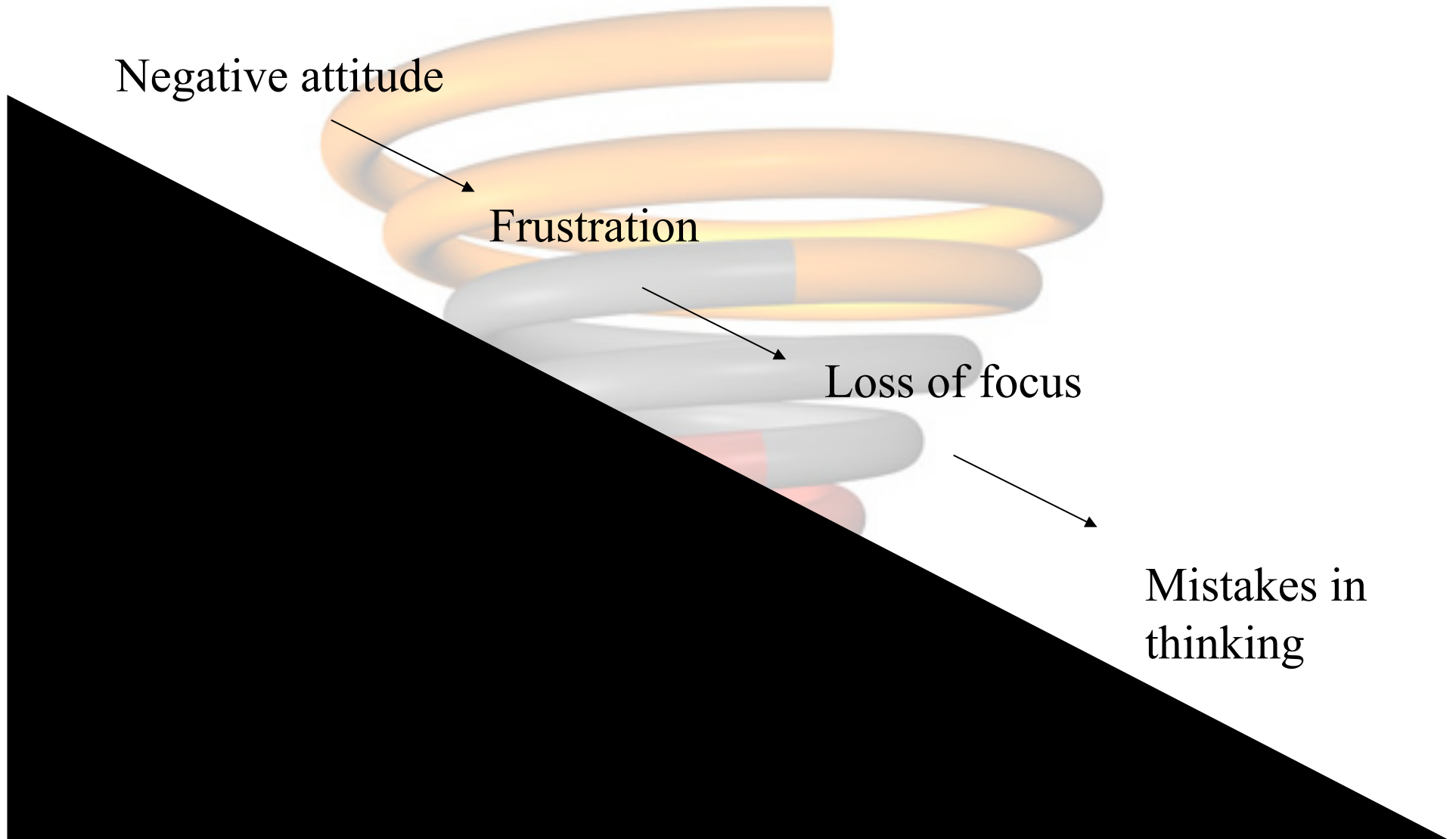
A: posterior cingulate cortex and cerebellum,

B: temporo-parietal junction,

C: cerebellum and brain stem.

Lazar et al. [Neuroreport. 2005 November 28; 16\(17\): 1893–1897.](#)

The slippery slope



Stop the slide!

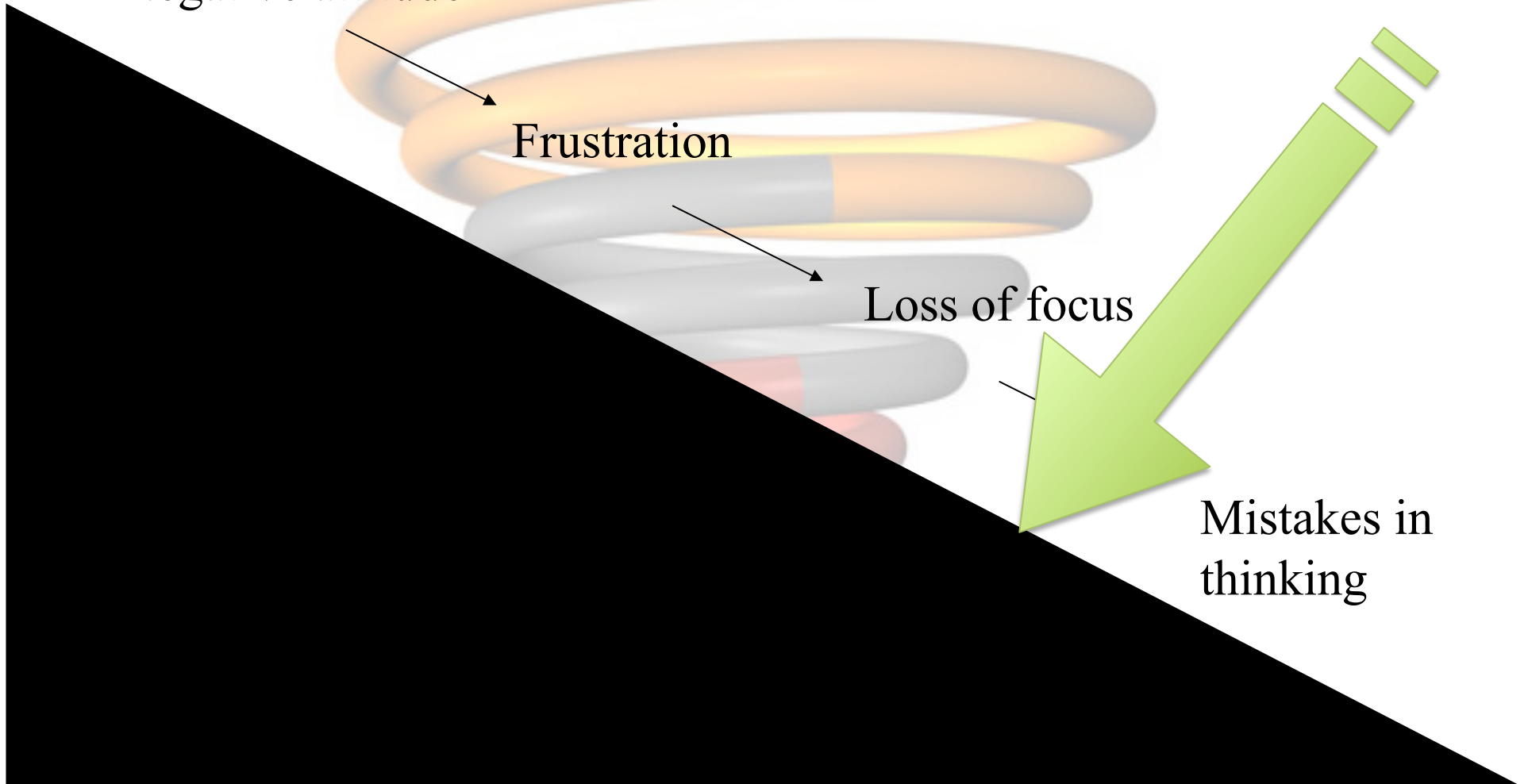
Insert Breaks

Negative attitude

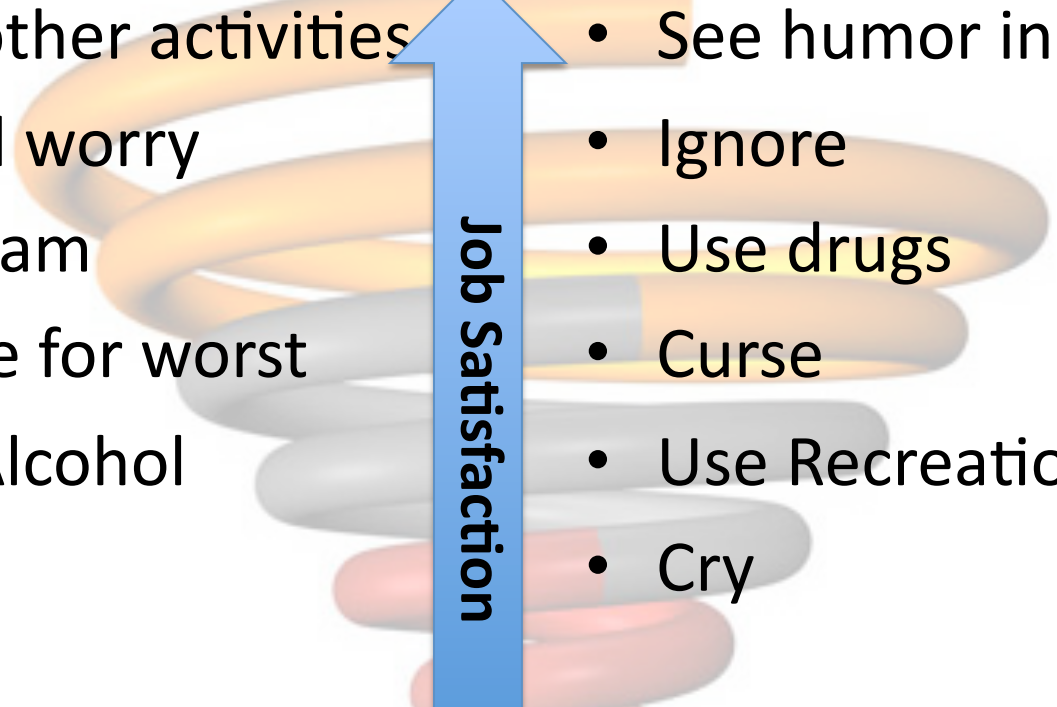
Frustration

Loss of focus

Mistakes in thinking



Coping methods of MDs

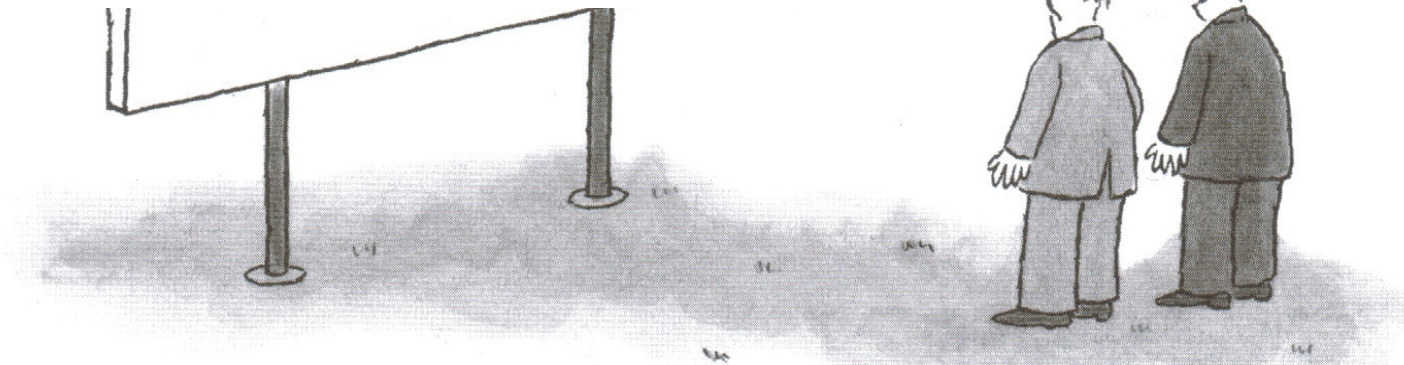
- 
- Do to other activities
 - Control worry
 - Daydream
 - Prepare for worst
 - Drink Alcohol
 - Eat
 - Sleep
 - See humor in situation
 - Ignore
 - Use drugs
 - Curse
 - Use Recreational drugs
 - Cry



(c) Lipsenthal 2011

**STOP
AND**

EXPERIENCE

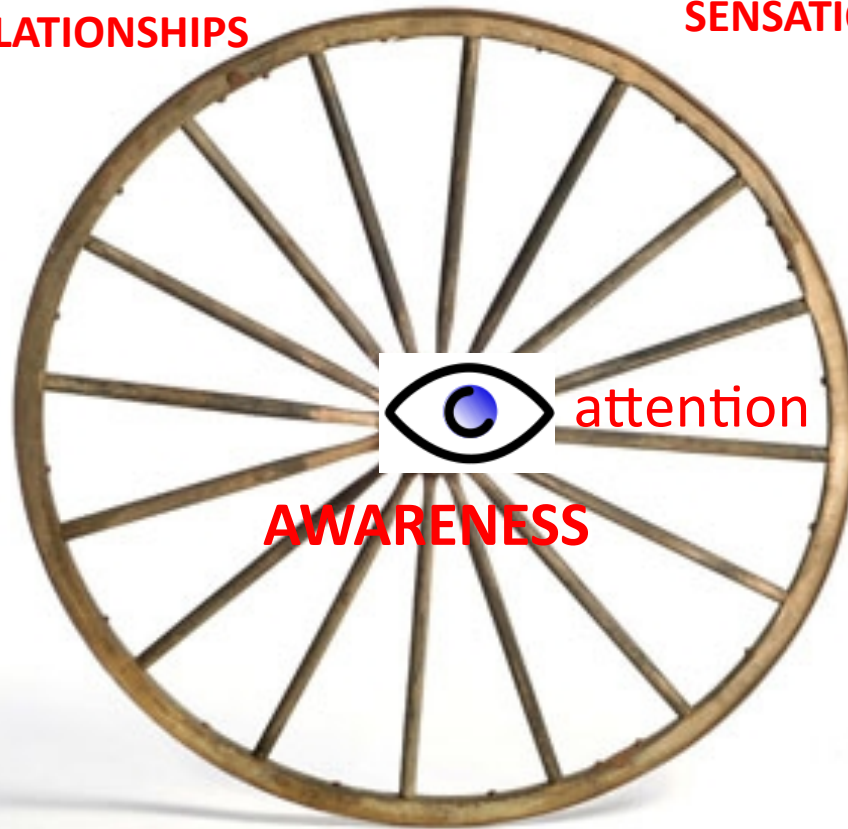


S. GROSS

"It sort of makes you stop and think, doesn't it?"

Relationship to self
Loved one
Small group
Community
World

RELATIONSHIPS



SENSATION

Smell
Taste
Sight
Touch
Hearing

Thoughts
Feelings
Emotions
Sense of me

MENTAL OBJECTS

INTEROCEPTION

Muscles and bones
Bowels
Breathing
Heart beat
Proprioception
Balance