



MINDFRAME

Consulting | Engaged Medical Professional Development

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**Building Connections:
Peer Support as a Powerful Resource for Resilience**

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What is Resilience?



Poll 1: Resilience

1. Do you have a clear sense of what resilience is?

- Yes
- No
- Not sure

2. Is resilience learnable or innate?

- Learnable
- Innate
- Not sure

Resilience

- Capacity to meet challenges
- Adaptation and Flexibility
- Ability to return to equilibrium quickly after stressful experience
- Learnable

Dimensions of Resilience

Physiologic

Emotional

Psychological

Interpersonal: relationships

Group/systemic

Why should
we build
resilience?



Wellbeing arises from Integration*

- Flexible
- Adaptive
- Coherent
- Energized
- Stable

Daniel Siegel; www.m.drdansiegel.com

Caregivers at Risk

- Burnout and Distress
 - As high as 50% of physicians
- Moral Injury in Healthcare
 - Reframing distress. Moral injury, not burnout. Locates source of distress in system rather than in the individual.
 - www.fixmoralinjury.org
- COVID-19 is making moral injury worse

Poll 2: Stress

1. Have you experienced burnout or work related distress?

- Yes
- No
- Not sure

2. Are you experiencing more work related stress since COVID-19?

- Yes
- No
- Not sure

Caregivers at Risk

- Substance Use Disorders
- Depression
- Anxiety
- Isolation
- Suicidality
- Completed suicide: physicians >2x, nurses 1.25x rate of general population

How do we
build
resilience?



Multidimensional approach

- Physiologic: sleep, exercise, nutrition, **relationships, breathing & mindfulness practices**
- Emotional and psychological: practices that support healthy expression and regulation; education and psychotherapy; **relationships, breathing & mindfulness practices**
- Interpersonal: building connections and nurturing **relationships**; engaging supports; **mindfulness practices**

Mindfulness
Breathing
Relationships



Mindfulness

“The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally”

-Jon Kabat-Zinn

Mind Training

Mind Training: focused attention, open awareness, kind intention.

Cultivates receptive mind:

Curious

Open

Accepting

Loving

-Daniel Siegel

Poll 3: Mindfulness

1. Do you have a regular (at least several days a week) mindfulness or mind training practice?

- Yes
- No

How do Breathing and Mindfulness foster resilience?

Physiologic: parasympathetic predominance

Psychological and emotional:

Receptive mind rather than reactive mind

Aware of and open to connection to others

Resonance Breathing

- Purpose: to access and strengthen innate capacity of body to return to state of calm after a stressor (resilience)
- Method: Paced breathing, inhale=exhale, 4-6 breaths per minute
- Result: subjective sense of balance, calm, and wellbeing; improvement in biological measures of stress (increased HRV, lower BP, inflammatory markers)

Relationships

Peer Support is directly related to interpersonal dimension of resilience:

Engages these resilience traits:

Mobilizing supports

Close, secure attachment to others

Collective/shared goals

Peer Support

Multiple expressions: formal and informal

- One to one
- Groups
- Teams

Poll 4: Peer support

1. Are you aware of what peer support resources are available in your institution?

- Yes
- No

2. Do you know how to access peer support resources?

- Yes
- No

Peer Support

- Establish and maintain a trusting connection and nonjudgmental stance
- Be fully present (receptive mind)
- Listen attentively

In other words: “... paying attention, on purpose, in the present moment and non-judgmentally”

Peer Support Peer Resource Groups

Reduce isolation

Increase connection

Build cohesion

Instill Hope

Shift perspective: common humanity

Practice altruism

Yalom & Leszcz

Team Support

The Honor Project

Meaning-centered team intervention to give voice to grief through ritual

Better coping, greater sense of meaning, reduced feeling of isolation

R. Rossi <https://doi.org/10.1093/neuonc/noy148.585>

Practice:

Three Good Things

Cultivating positive emotions promotes the development of psychological resilience.

1. Reflect on/write down three good things that happened today- at least one good thing at work.
2. What was your role in making those things happen?
3. What positive emotions did you experience as a result? Joy, serenity, contentment, gratitude, compassion, interest, amusement, inspiration, awe, love.

Presence and active listening on the part of the listeners:

1. full presence and attention
2. eye contact
3. No questions or discussion

Greater Good in Action: ggia.berkeley.edu

Welcome back

How was the breakout exercise? Please send your comments in the chat!

Building Connections

Now more than ever, in this time when we need to maintain physical distance from one another, we need each other.

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mindframe.consulting

Resources referenced in this seminar

Caplan A, Dean W, Talbot S. Clarifying the Language of Clinician Distress. JAMA. 2020;323(10):923-924: Moral injury in healthcare: www.fixmoralinjury.org

Kabat-Zinn, Jon; Mindfulness Based Stress Reduction (MBSR): www.mindfulleader.org. “The most scientifically tested and well-established mindfulness training program.”

Rossi, Rosemary; The Honor Project. <https://doi.org/10.1093/neuonc/noy148.585>. Team-based intervention to honor grief through ritual and peer support.

Siegel, Daniel; Mind Training and Interpersonal Neurobiology; founder of Mindful Awareness Research Center UCLA: www.m.drdansiegel.com. Many resources to educate and support wellbeing.

Steffen PR, Austin T, DeBarros A, Brown T. The Impact of Resonance Frequency Breathing on Measures of Heart Rate Variability, Blood Pressure, and Mood. Front Public Health. 2017;5:222. Published 2017 Aug 25. doi:10.3389/fpubh.2017.00222

Stern, Edwin; Resonance breathing: “The Breathing App” (Available in app stores). Breathing practice to build physiologic resilience. Three Good Things; Greater Good in Action: ggia.berkeley.edu. Exercise to foster positive emotion

Additional resources

Vivek Murthy's new book, published April 2020: Together; The Power of Human Connection in a Sometimes Lonely World <https://www.gold-foundation.org/newsroom/news/dr-vivek-murthy-the-power-of-human-connection/>

AMA Steps Forward CME series. Online training on professional wellbeing. <https://edhub.ama-assn.org/steps-forward/module/2702556>