

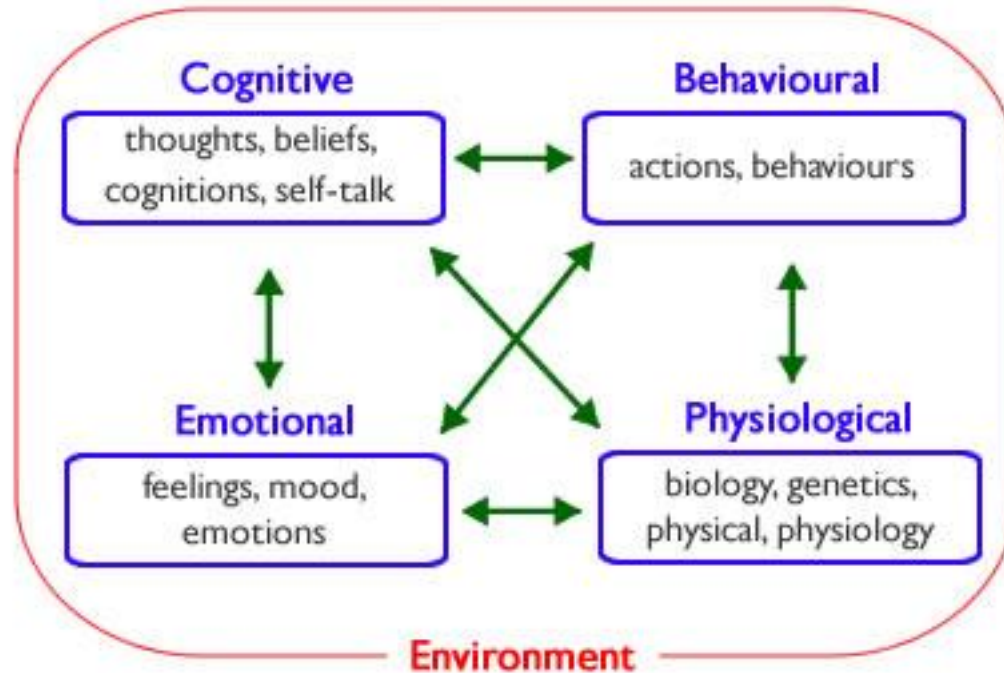
Self-Care and Wellness for the Practitioner

Dr Suzanne Meenan
Principal Clinical Psychologist & Neuropsychologist
Beacon Hospital

“The number of healthcare professionals presenting with stress, anxiety and burnout increased by more than a third in 2020 and 83% of these were doctors”

Practitioner Health Matters Programme, 2021

The Concept Of CBT



What Does Burnout Look Like?

- **Physical and emotional exhaustion**
 - Chronic fatigue, insomnia, impaired concentration and attention, loss of appetite, anxiety, depression...
- **Cynicism and detachment**
 - Loss of enjoyment, pessimism, isolation, detachment
 - Compassion fatigue
- **Feelings of ineffectiveness and lack of accomplishment**
 - Feelings of apathy and hopelessness, increased irritability, lack of productivity and poor performance

What Are The Signs For You That Your Anxiety Is Out Of Control?

- **Physical symptoms**

- Headaches
- Muscular tension
- Backache and/or neck ache
- Tiredness and sleep problems
- Digestive problems
- Raised heart rate

- **Psychological symptoms**

- Feeling that you can't cope
- Irritability and mood swings
- Finding it hard to concentrate
- Feeling less motivated
- Finding it hard to make decisions

Why Is It So Hard To Say No?

Work

- Demands
- Control
- Support
- Role
- Relationships
- Change

Personality

- Perfectionism
- Difficulty relinquishing control
- Difficulty saying no
- Difficulty asking for help

Personal

- Absence of home life balance
- Outside work pressures
- Poor physical health

Different Presentations of Anxiety

- **Generalised Anxiety Disorder**

Anxiety about a wide range of situations and issues, consistent feeling of anxiety

- **Health Anxiety**

Obsessive and irrational worry about having a serious medical condition

- **Obsessive Compulsive Disorder**

One has certain thoughts repeatedly (obsessions) or feels the need to perform certain routines repeatedly (compulsions)

- **Social Anxiety**

Long-lasting, overwhelming fear of social situations

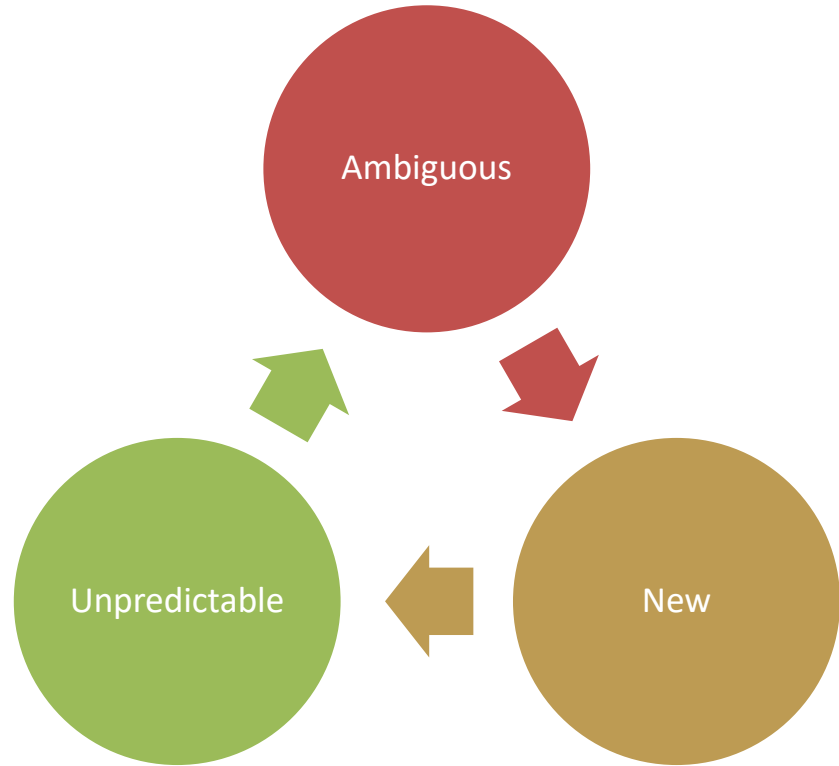


Thinking ahead allows us to feel a sense of control – that we can anticipate obstacles or problems and plan accordingly

Living with Worry and Anxiety: Triggers

Real problems (actual problems that need solutions right now) **versus**
Hypothetical worries (catastrophizing or worst-case scenario thinking)

We need to understand what we can and cannot control



Compassion Fatigue: The Cost of Caring for Others

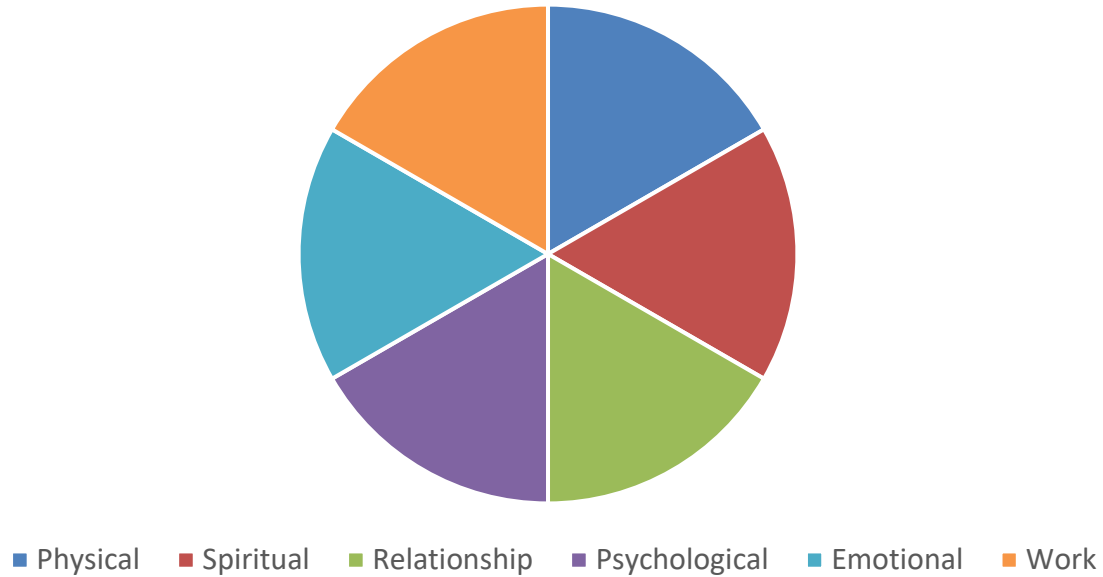
Can include

- Deep physical and mental tiredness
- Poor concentration, loss of optimism, lack of motivation, anger
- Reduction in the capacity to empathise with patients and those around them
- Deterioration in relationships with patients' family, other members of staff, and sometimes personal relationships outside work
- Desensitization to the suffering of others



What Are The Best Forms Of Self Care For A GP?

Types of Self Care



What Is Psychological Wellbeing?

Ryff & Keyes (1995) Model of Psychological well-being involves 6 components:

- ✓ Autonomy
- ✓ Environmental mastery
- ✓ Personal growth
- ✓ Positive relations with others
- ✓ Purpose in life
- ✓ Self-acceptance

Types of Self Care



- Physical
- Spiritual
- Relationship
- Psychological
- Emotional
- Work

What Does Relaxation Look Like To You?

- Guided imagery
- Progressive Muscle Relaxation
- Deep breathing
- Reframing negative thoughts into positive thoughts
- Yoga
- Warm baths
- Massage
- Mindfulness



When you wake up, begin the day with a five minute meditation

Close your eyes and tune in to where your body touches the ground. Acknowledge the solid, stable earth beneath you. Allow yourself to feel supported.
Breathe.

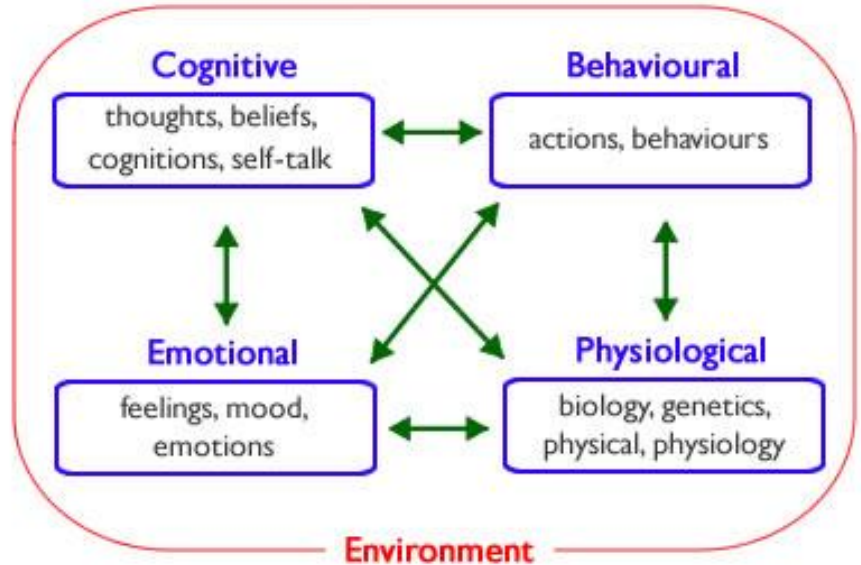
Cultivate health prognosis, resilience,
athletic performance...



Esther Perel

2 Ideas For Regulating Stress – Reminder Of CBT Model

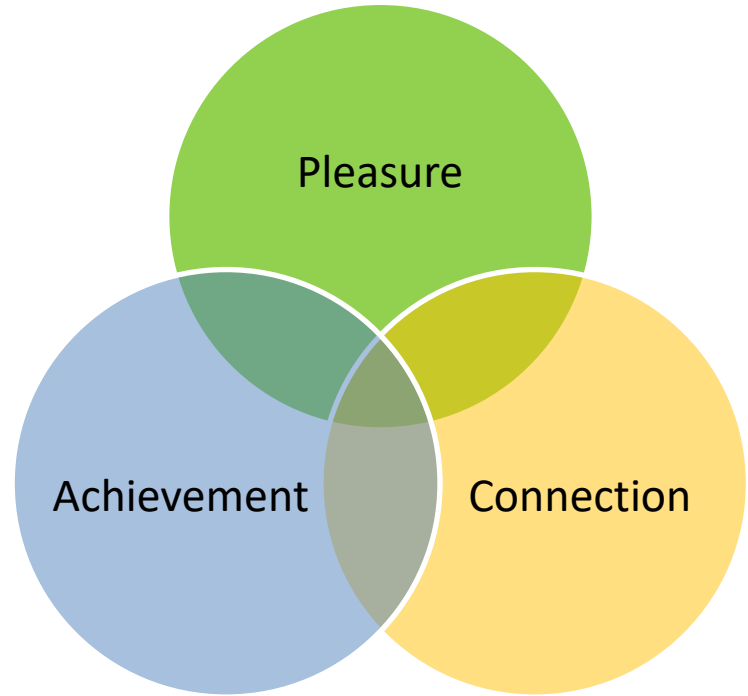
1. Don't just say "I'm stressed"!
2. Try to put your feelings into words. If you are not aware and accepting of your own feelings, then you won't connect with the feelings of the people around you.



When your emotions overwhelm you just let it RAIN

R	A	I	N
Recognise the event and emotion	Accept the experience just as it is	Investigate with gentle and curious attention	Non-identification by letting the experience pass

Key Takeaway: What Creates A Sense Of Wellbeing?



Thank you