



## **Don't Be a Dropout: How to Be Cool and Avoid Burnout ... “Saved by the Bell”**

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# Presenter Disclosures

**John Martucci, DPM, AACFAS**

Nothing to disclose

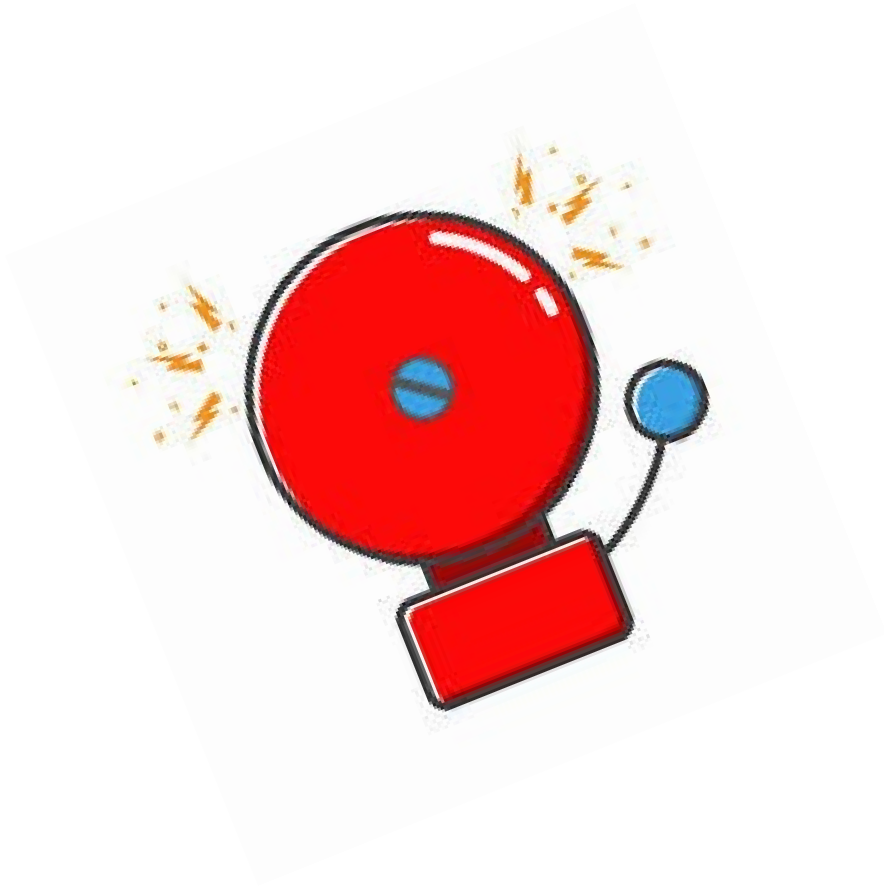
**Allison Ventura, PhD**

Nothing to disclose

# Are you... cool, calm, collected? Or... cynical, chaotic, collapsed?



# Residency!



- Countless paperwork
- Difficult schedules
- Picky insurances
- Demanding patients
- “Dynamic lifestyle”...
  - moving, marriage/partnerships, family, loans, buying homes, starting careers!

# Residency “Symptoms”

- Often neglect their own self-care
- Disrupted sleep (< 6 hours night)
- Exhaustion
- Work through illness
- Anxiety, depression, addictions
- Headaches/stomach aches
- Irritability
- Numbness
- A decreased sense of purpose
- Emotional disconnection
- Difficulties with personal relationships
- Suicidal ideations/ actions



# Occupational Hazard ?!



- Paradox for residents:
  - Empathically supporting those in pain
  - Compromises their ability to do the very thing that motivated many to enter the field in the first place
- Common? ....
  - Yes!
  - and it's rising bc of COVID... AND the changing medical field

# Assess Yourself!



# How is your well-being?

- During the past month have you...
  - felt burned out from your work?
  - worried that your work is hardening you emotionally?
  - often been bothered by feeling down, depressed, or hopeless?
  - fallen asleep while sitting inactive in a public place?
- Find work meaningful?
- Have time for personal/family life, complete administrative tasks?
- Feel supported?



# RESPONDER STRESS CONTINUUM

READY	REACTING	INJURED	CRITICAL
Sense Of Mission	Sleep Loss	Sleep Issues	Insomnia
Spiritually & Emotionally Healthy	Change In Attitude	Emotional Numbness	Hopelessness
Physically Healthy	Criticism	Burnout	Anxiety & Panic
Emotionally Available	Avoidance	Nightmares	Depression
Healthy Sleep	Loss Of Interest	Disengaged	Intrusive Thoughts
Gratitude	Distance From Others	Exhausted	Feeling Lost Or Out Of Control
Vitality	Short Fuse	Physical Symptoms	Blame
Room For Complexity	Cutting Corners	Feeling Trapped	Hiding Out
	Loss Of Creativity	Relationships Suffering	Broken Relationships
	Lack Of Motivation	Isolation	Thoughts Of Suicide
	Fatigue		

# The Maslach Burnout Inventory

## Dimensions and items to measure the MBI

Dimension	Item statement
Emotional exhaustion	1. I feel emotionally drained from my work (E1). 2. I feel used up at the end of the workday (E2). 3. I feel fatigued when I get up in the morning because I have to face another day on the job (E3). 6. Working with people all day is really a strain for me (E4). 8. I feel burned out from my work (E5). 13. I feel frustrated by my job (E6). 14. I feel I am working too hard at my job (E7). 16. Working directly with people puts too much stress on me (E8). 20. I feel like I am at the end of my rope (E9).
Depersonalization	5. I feel that I treat some of my clients as if they were impersonal objects (D1). 10. I have become more unsympathetic toward people since I took this job (D2). 11. I worry that this job is hardening me emotionally (D3). 15. I don't really care what happens to some of my clients (D4). 22. I feel my clients blame me for some of their problems (D5).
Personal accomplishment	4. I can easily understand how my clients feel about things (P1). 7. I very effectively deal with the problems of my client (P2). 9. I feel I am positively influencing other people's lives through my work (P3). 12. I feel very energetic (P4). 17. I can easily create a relaxed atmosphere with my client (P5). 18. I feel exhilarated after working closely with my clients (P6). 19. I have accomplished many worthwhile things in this job (P7). 21. In my work, I deal with emotional problems very calmly (P8).

# Burned out?

# Or

# Being Burned?

## Physician Burnout



# How do you achieve *Wellness* when caring for others?







# SAVED BY THE BELL



# Which bell do you listen to?



# Mindfulness as Self-Care



# Mindfulness Tools for Residents

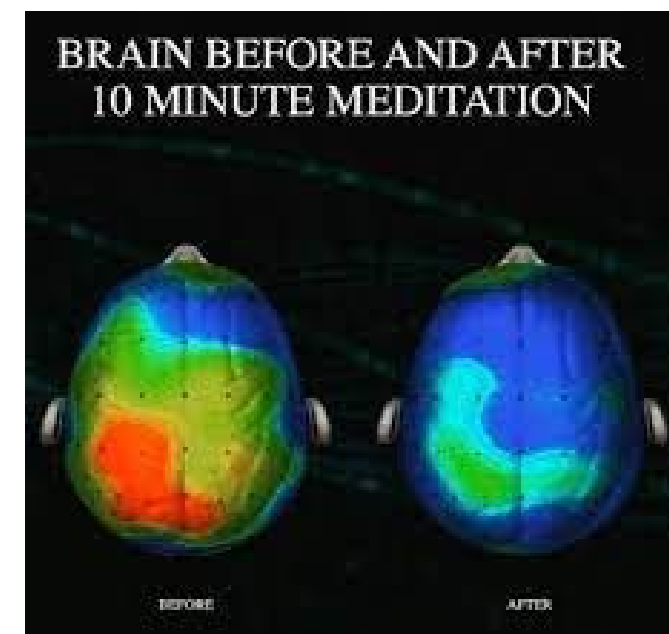
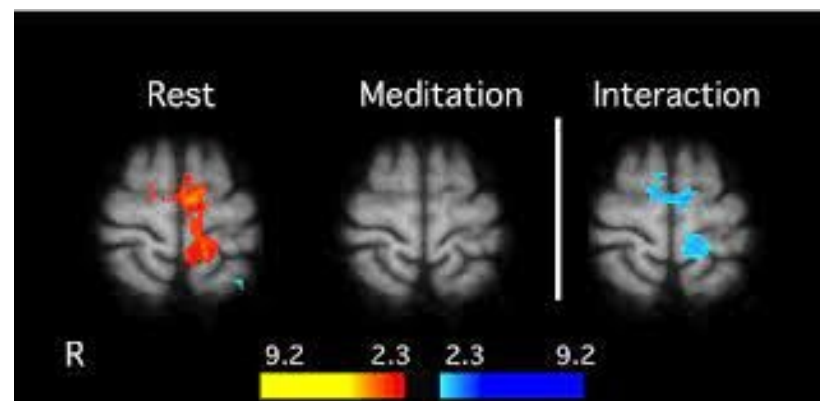


[Mindfulness Tools for Residents - YouTube](#)

[Mindful Practice for Medical Clinicians - YouTube](#)



# The Brain changes with Mindfulness



# Empirically supported benefits of mindfulness

- Reduced Rumination
- Stress Reduction
- Boosts Working Memory
- Increases and Improves Focus
- Less Emotional Reactivity
- Improves Cognitive Flexibility
- Improves Relationship Satisfaction
- Improves Immune Function
- Increased Well-Being
- Reduces Psychological Distress
- Faster Information Processing
- Decreased Task Effort
- Decreases Distraction During Tasks

# Mindful Awareness Arises When We ...

- Deliberately attend
- To the immediate present moment experience
- With curiosity, openness, and acceptance

**= Self-regulation → Mindful Action → Good Medicine**



# Mindfulness Exercise



# Why Mindfulness for Physicians?



[Mindfulness for Physicians - YouTube](#)

[Mindful Practice for Medical Clinicians - YouTube](#)

# Are you mindful?



- ...to how you are feeling? thinking? behaving?
- ...to your energy levels? Amount of sleep?
- ...to what is happening in the room with the patient both internally & externally?
- ...to spill-over from personal life?
- ...to establishing work-life integration?

- Simply **BEING** with what **IS**.

# How can you be Mindful?

- Where can you be more mindful?
  - Emotions
  - Thoughts
  - Body sensations
  - Interactions with others (conversations)
  - Patients
  - Family & friends
  - Every day activities
  - Self-care



# Mindfulness Activities



- Breathe 3min, 3x day
- Listening/conversations
- Coffee breaks
- Put down the phone
- Go outside & “just be”
- Gratitude
- Commit to “being there” in activities
- Mindful exercise
- Mantra of the day
- Savor your meals
- Enjoy the pleasant experiences



# Mindfulness Programs

- Case study.....
  - My husband



# Well-being/ Self-Care ... Intentional & Mindful



**Behavioral &  
Physical**

**Cognitive**

**Spiritual**

**Emotional**

# 10 Commandments of Wellness

- I. Thou shall not expect someone else to reduce your stress.
- II. Thou shall not resist change.
- III. Thou shall not take thyself in vain.
- IV. Remember what is holy to thee.
- V. Honor thy limits.
- VI. Thou shall not work alone.
- VII. Thou shall not kill or take it out on others.
- VIII. Thou shall not work harder. Thou shall work smarter.
- IX. Seek to find joy and mastery in thy work.
- X. Thou shall continue to learn.

# Mindfulness Exercise



# Which bell do you listen to?



