Be Kind to Your Mind: Combatting Burnout for Health Care Professionals

NNOHA Webinar
March 30, 2020
Acceptance
TAKING BACK YOUR POWER, TIME AND ENERGY
Why acceptance?

- There are always things in our lives that lay outside of our control
- Extremely uncertain times
- Only through accepting what we cannot control can we begin to change the things we can control
- The compounding effect of anxiety
- Action is the antidote to anxiety
What is acceptance?

- Acceptance is NOT giving up, coping out, shirking our responsibilities or not trying hard enough
- Acceptance IS empowering ourselves to choose where we focus our energy, time and attention
- Acceptance is honoring your boundaries
- Acceptance is allowing for this to be difficult
How do we practice this?

- Make clear what you can and cannot control
- We can’t control the outcome of the future
- We can control:
  - How we respond to our thoughts
  - How much responsibility we are willing to take for our own well being
  - What we make this time mean
  - How we use this time
- Control Audit
Control Audit

- Set a timer (5 minutes)
- Draw a vertical line down the center of the page
- Make one column “can’t control” and the other column “can control”
- Take the 5 minute to fill out each column
- Empower yourself to make the decision of which column gets your time, energy and attention
- Take action
Mindset shifts are like muscles...

- The more you work a muscle, the stronger it gets
- Every time you choose to focus your attention and energy on what you can do, control and change, you take back your power
- Muscle memory = new habit formed
When do I use this?

- Not just in this time of crisis!
- To stop the compounding effects of anxiety
- When you feel powerless, stuck or frustrated
- When you are ready to take action but you don’t know how or where to start
- When you know you need to let go of something to move forward, but you don’t know what it is
- Hint: it’s going to be in the “can’t control” column
Additional Support

- Free 30 and 60 minute sessions until May 31st
- The Burnout Prevention Community Facebook Group
- The Burnout Prevention Webinar
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