



Mindfulness &
Compassion



Joy &
Connection



Meaning &
Purpose

**MEDICINE
INSIDE
OUT**



Perspective &
Creativity



Emotional
Intelligence



Communication

AN INTRODUCTION TO “MEDICINE INSIDE OUT” A FOUNDATION FOR RESILIENCE, ENGAGEMENT AND SELF-LEADERSHIP

In these times of uncertainty and upheaval in healthcare where physician burnout is at an all-time high, it is imperative that physicians optimize the skills that keep them in the driver's seat of their wellbeing and career. Frequently, dedicated physicians respond to a challenging system by abandoning self-care and pushing themselves harder and harder to achieve goals that appear ever more elusive. This behavior is a recipe for burnout and unfulfilled career potential.

This workbook introduces some tools that help to:

- Decrease stress and promote inner calm.
- Deepen joy and connection.
- Expand emotional balance.
- Build constructive communication.
- Cultivate fresh perspective, choice and opportunity.
- Sustain work meaning, purpose and engagement.

These skills are fundamental to not only building resilience and wellbeing, but are also essential ingredients for self-leadership in professional career planning.

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MINDFULNESS AND COMPASSION



The Question:

Can you come off automatic pilot and bring focus and attention to the present moment?

The Challenge: A Hamster on a Wheel

Does this sound familiar?

- An overloaded schedule, with too little time between patients.
- Messages and emails piling up unanswered on your phone.
- Escalating feelings of distraction and chaos as the day goes on.



Distraction and inattention erode personal wellbeing and the ability to perform at your best. Incorporating mindfulness into your day in the form of “Mindful Moments” is a way to maintain equilibrium and be present in the moment for yourself and others.

The Action: Mindfulness and Self-Compassion

1. Seat yourself comfortably in a chair. Close your eyes or let your gaze gently soften.
2. Feel your spine long and supported by the back of the chair.
3. Place both hands on your abdomen with your fingertips barely touching.
4. Imagine a balloon in your abdomen inflating when you breathe in and deflating when you breathe out.
5. Let yourself become aware of your breathing.
 - Feel the air as it flows in and out past the nostrils
 - Feel the movement of the muscles associated with breathing
 - Feel the belly as it moves in and out
6. Practice this for one minute or longer.
7. If thoughts come into your mind, acknowledge these thoughts without judgment, and purposefully bring your attention back to your breath.
8. At the end of this mindful moment, gently bring your attention back to your surroundings and open your eyes.
9. Incorporate this practice into your day at regular moments.

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JOY AND CONNECTION



***The Question:** Where do you find Joy and Connection?*

The Challenge: The Black Cloud

Is this you?

- “As usual, that meeting was a complete waste of time.”
- “So and so never pulls their weight, and I’m sick of always having to pick up the slack.”
- “As always, I have too many patients scheduled.”



All of these statements may in fact be true, but marinating in them is a surefire way to stay stuck and mired in unhappiness. A mindset of negativity has little ability to create choice, problem solve or inspire others. Taking note of joyful moments is a way to begin to interrupt the negative feedback loop that may be playing in your brain.

The Action: Joy and Support

Write down three things (however small) that bring you joy on a daily basis.

Write down three things (however small) that you are grateful for on a daily basis.

Identify and contact two people (personal or professional) who you feel are both trustworthy and supportive.

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EMOTIONAL INTELLIGENCE



The Question: *Do you control your emotions, or do they control you?*

The Challenge: The Amygdala Hijack

Are these some of your triggers?

- Feeling disrespected in a meeting.
- Being berated unfairly by a colleague.
- Having a patient ignore your medical advice.



Being at the mercy of your emotions sabotages the ability to wisely respond, as opposed to simply blindly reacting to difficult situations. Are you aware of what happens in your body when you are emotionally triggered? Do you feel your face get hot, your heart rate go up, and your breath get tight in your chest? Tuning in to your body and creating space between a trigger and a response is a critical skill for creating choice in how you interact with others.

The Action: STOP

S - STOP whenever you feel triggered. Make a conscious choice not to react. This can be seen as a mindful pause, creating a space between trigger and response. This one step alone can make a big difference.

T - Take a Breath, bring your full attention to your breath, which reinforces the mindful pause and calms the body and mind.

O - Observe your own emotional reactions. How are you experiencing them in your body? Allow yourself to breathe into these sensations. Bring kindness and non-judgment to these reactions. Let yourself begin to see them with greater detachment. Also, observe the other person or persons. Remind yourself that they have a body, a mind, thoughts, feelings, uncertainties and struggles just like you.

P - Proceed by bringing to mind ways in which you might respond to this situation that would lead to the most positive and constructive outcome. In addition, you could ask yourself “what would it look like to be a little more (something): a little more patient, a little more understanding, a little more responsible.”

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COMMUNICATION



The Question: *Are you just hearing or listening?*

The Challenge: The Illusion of Communication



Have you ever?

- Tuned out a patient because you were thinking about your next patient?
- Interrupted a colleague because you felt that you had something more interesting to say?
- Realized that you missed what was being said in a meeting because of boredom?

Mindful listening does not mean listening spellbound for hours to whatever your colleagues and patients have to say. It does mean consciously bringing skillful and full attention to interpersonal interactions, so that participants feel heard and respected. In the words of George Bernard Shaw, “The single biggest problem with communication is the illusion that it has taken place.”

The Action: Mindful Listening

You can practice this with another person or by yourself. The idea is very simple. You practice giving your full moment-to-moment attention to another person who is speaking. You bring a mindset of kindness, non-judgment and curiosity to this interaction. If you find that you get caught up in your thoughts, just gently bring your attention back to listening. Practice this for 2-3 minutes. If you are formally practicing this with someone else, they can do the same exercise, allowing you to speak for 2-3 minutes uninterrupted. Note how this impacts you and also impacts the other person. You can share thoughts.

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PERSPECTIVE AND CREATIVITY

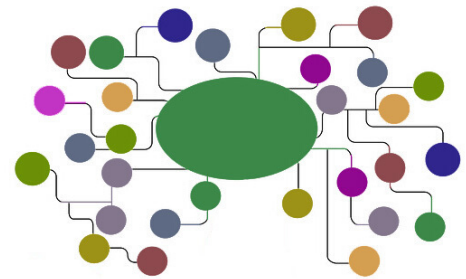


The Question: *In an ever-changing world, can you afford not to bring creative thinking to your career?*

The Challenge: Narrow Thinking

You feel stuck:

- Unsure about what your career options are.
- Unhappy about your specialty.
- Wondering if you should get further training.



One way to stay stuck in inertia is to keep recycling in your mind all of the same options that you may have been considering for weeks, months, or even years. One strategy is to brainstorm, without editing, all possible opportunities you might pursue, be they medical or otherwise. This is a way of getting all your interests and talents down on paper. From this place of creativity, you may find ways to not only look at your current situation from a fresh perspective, but might also find yourself considering avenues that you had previously discarded as being too "unrealistic."

The Action Step: Mindmap a New Future

Key Steps:

1. Identify a central idea that you want to pursue. Eg. Exciting Future
2. Add branches, which represent key themes - use a single word for each branch. (Think creatively about the branches) Eg. Responsibility, travel
3. Add keywords to each branch. Eg. Leadership training, volunteer
4. Color code the branches
5. Include images

Remind yourself that this is an opportunity to get out of a rut, stimulate your imagination, gain fresh perspective and come up with novel solutions.

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MEANING AND PURPOSE



The Question: “What’s it all About?”

The Challenge: The Rudderless Ship

Has your week looked like this?

- Managing unhappy patients living with chronic disease.
- Talking with frustrated families.
- Chasing after lab and X-ray results.

Dealing with situations such as these on a frequent basis can take their toll on the sense of meaning and purpose that are essential to support engagement and commitment to personal and professional fulfillment and success. Identifying your core values and reflecting on your personal mission for your life and career is a way to preserve the integrity of your own being and stay connected to your personal aspirations, even in the midst of a challenge. This is a vital step in the direction of self-leadership.

The Action: Values and Intention

Values Exercise - List your top 3-5 values. *Ex: Integrity, Dedication, Excellence*

Strengths Exercise - List your top 3-5 strengths *Ex: Analytical, Connectedness, Self-Assurance*

Mission Statement

I am _____ (Who are you? Include your values) who will

_____ (What do you do and who for?) so that _____

(What is the impact?).



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NOTES



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NOTES

ABOUT DR. JACQUELINE HUNTLY

Jacqueline Huntly MD is a certified Physician Development Coach Physician. She is President and Founder of Athasmed, LLC, a physician career and leadership development business.

She is board certified in Public Health and General Preventive Medicine. She trained in both Family Practice and Preventive Medicine and practiced for several years in general practice and urgent care. She has been Director of a Women's Wellness center and Co-Director of Women's Health in a large multi-specialty clinic in Pennsylvania.

She has held a number of faculty teaching positions, including most recently as part of the academic faculty of the Family Medicine Residency, Memorial University Medical Center, Savannah, GA, teaching Preventive, Lifestyle and Integrative Medicine and holding an appointment as a Clinical Assistant Professor at Mercer University School of Medicine.

She developed her first coaching business in 2007, initially working part-time as she pursued other interests. She is the President and Founder of Athasmed and works full-time as a physician career and leadership coach and speaker.

