

# Finding Respite in a Whirlpool: Wellbeing During Trying Times & Beyond

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Before, During, After Plan	Build a plan for what you can do before, during, and after work to help yourself sustain and thrive using the following 5 "Ingredients"
Ingredient #1: Basic Needs	<ul style="list-style-type: none"> <li>• <b>Basic Needs:</b> sleep, eating/hydrating, physical/mental health, relationships, housing, financial health</li> <li>• Self-assessment: when might we mute our basic needs? Sometimes muting needs is highly adaptive (e.g., when caring for a patient), but sometimes we mute them for no good reason (e.g., watching TV when we clearly need to sleep). Are you using the restroom when needed? Drinking enough water? Sleeping regularly?</li> </ul>
Ingredient #2: Self-Compassion	<ul style="list-style-type: none"> <li>• <b>Self-Compassion:</b> treating yourself like you would treat a good friend; noticing your struggle without being critical <a href="https://www.youtube.com/watch?v=BTQP7XzDxjl">https://www.youtube.com/watch?v=BTQP7XzDxjl</a></li> <li>• <i>The Mindful Self-Compassion Workbook</i> by Neff &amp; Germer is a great self-guided book to increase self-compassion (and decrease depression and anxiety)             <ul style="list-style-type: none"> <li>◦ How much time you could realistically give a friend each day for 1 month? Can you commit to giving yourself that amount of time each day?</li> </ul> </li> </ul>
Ingredient #3: Social Connection	<ul style="list-style-type: none"> <li>• <b>Take Inventory</b> of your needs and the people in your life who are best able to meet those needs. You wouldn't go to a hardware store to buy bread! One of the biggest mistakes we make is thinking that any one person can meet several (or all!) of our needs. Make a list of all social and work supports in your life. What are they good at versus not so good at? Are there any vacancies?</li> <li>• Take Inventory of what you are good at versus not so good at. Is there anything you could improve/practice?</li> <li>• <b>Helping Behaviors:</b> Ask open-ended questions, validate (and <u>not</u> as a prelude to "but"), avoid fixing or problem-solving unless specifically asked for this</li> </ul>
Ingredient #4: Emotion Regulation	<ul style="list-style-type: none"> <li>• <b>Name It to take It!</b> Labeling emotions will help you to down-regulate</li> <li>• <b>Deep breathing:</b> Consider a few deep breaths whenever you wash your hands/use the restroom. The Calm app and a variety of YouTube videos can teach you good technique.</li> <li>• <b>Grounding:</b> Work to stay in the present by engaging the 5 senses</li> <li>• <b>Containment:</b> limit intense news or social media</li> <li>• <b>Use humor, music, or art</b> to calm yourself or pump yourself up</li> <li>• <b>Social Connection:</b> Connect with a supportive colleague/friend/loved one</li> </ul>
Ingredient #5: Meaning-Making	<ul style="list-style-type: none"> <li>• Identify what <b>makes your life worth living</b> and shift priorities accordingly</li> <li>• Think about <b>past adversities</b> you weathered. What helped you to cope? Did you discover anything good about yourself?</li> <li>• Make a point to <b>celebrate/mark time, losses, successes</b></li> <li>• <b>3 Good Things:</b> Identify 3 good things that happened today, how they made you feel, and your role in making them happen. (Check out The 3 Good Things app)- just a week or two of this will improve wellbeing!</li> <li>• <b>Engage your creative side:</b> consider a <b>written or photo journal</b> to capture your experience</li> </ul>