A photograph of a tunnel entrance leading to a bright, sunlit forest. The tunnel is dark and arched, with light streaming in from the opening at the end, illuminating the path and the surrounding greenery. The text is overlaid on the right side of the image.

# From burnout to helping out and what I learned in between

Xin She, MD, MPH, FAAP  
Clinical Associate Professor  
Stanford U School of Medicine

The background of the image is a dramatic, high-contrast photograph of dark, heavy storm clouds. The clouds are in various shades of deep blue, charcoal, and black, with some lighter, wispy areas where light breaks through. The overall mood is somber and intense.

# My Anxiety

-Stanford student '22

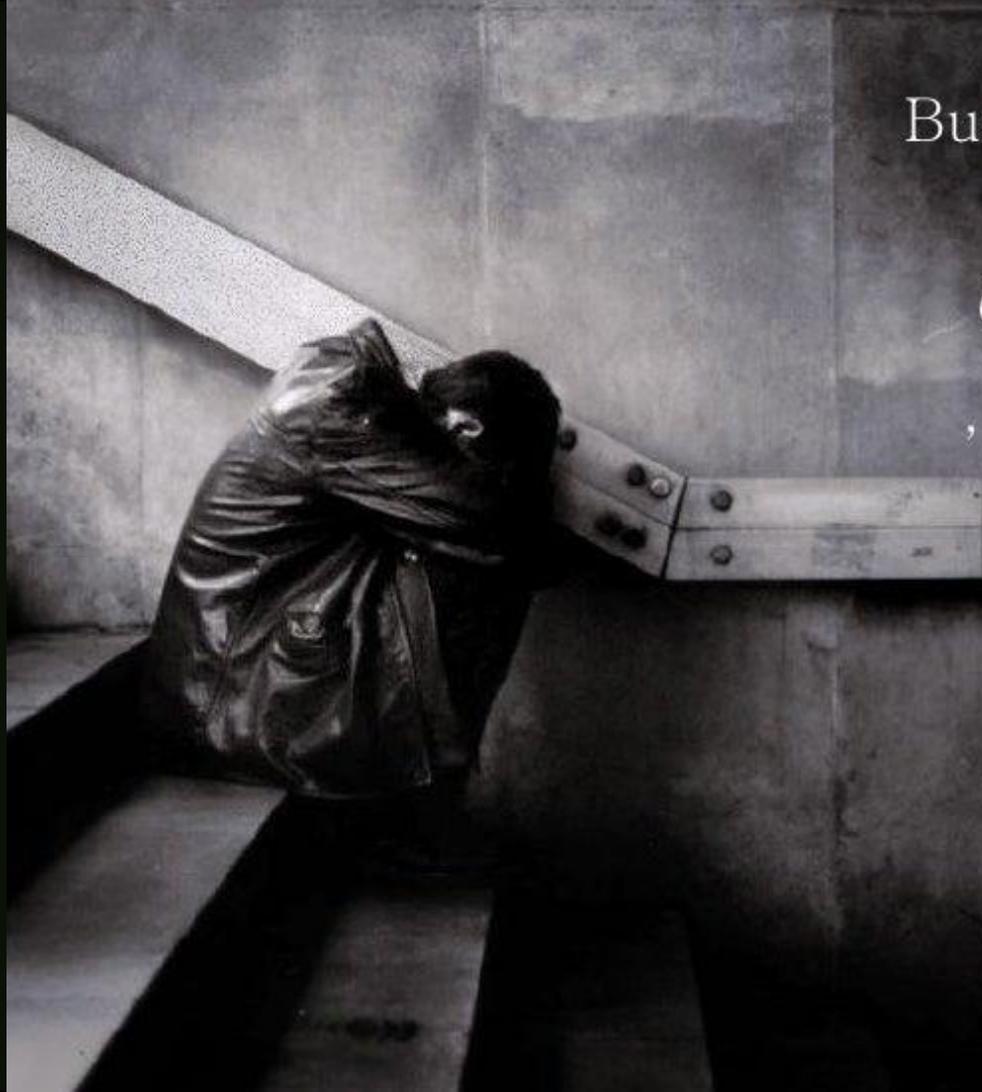


# My Burnout

14

13





Burnout is a state  
of  
*emotional*  
, **mental**, and  
*physical*  
exhaustion  
caused by  
**excessive**  
and prolonged  
*stress.*

# You are not alone

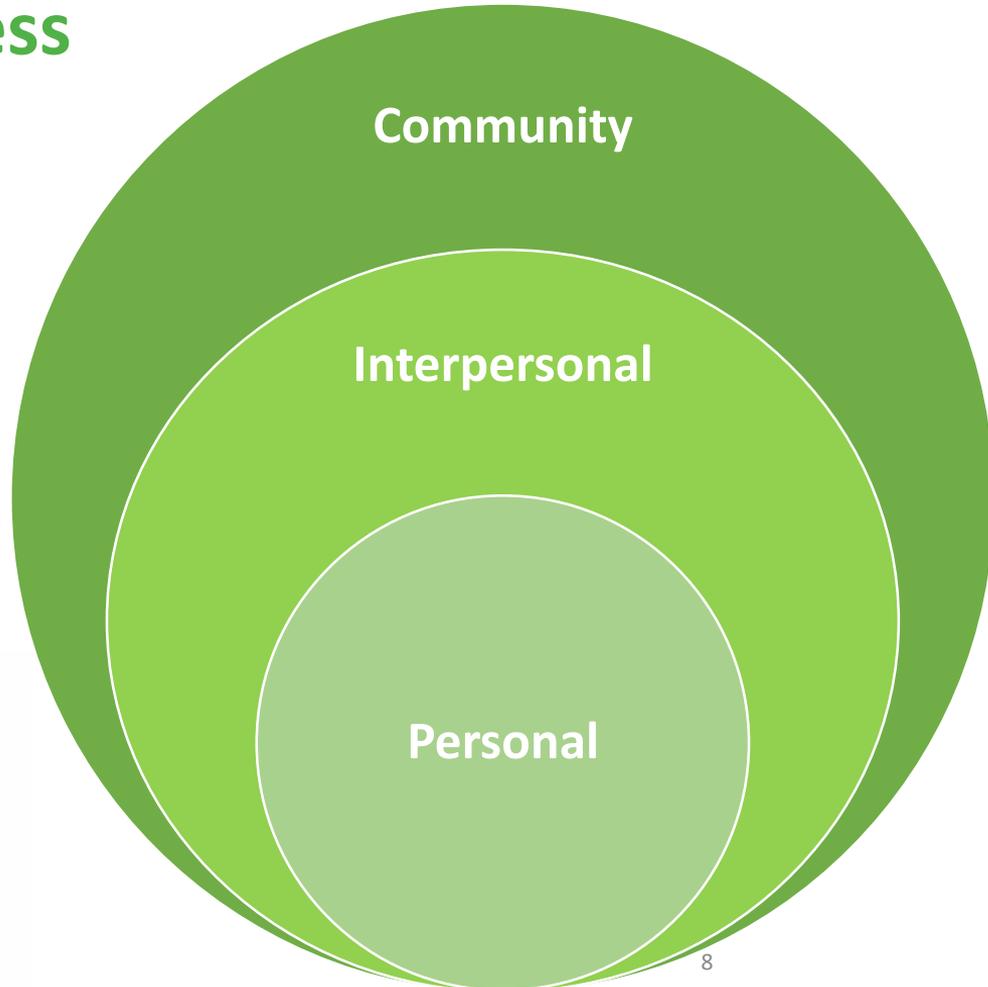




# Objectives

1. 3 levels of wellness
2. Evidence
3. Strategies

# 3 levels of wellness





You can't stop the waves  
but you can learn to surf.

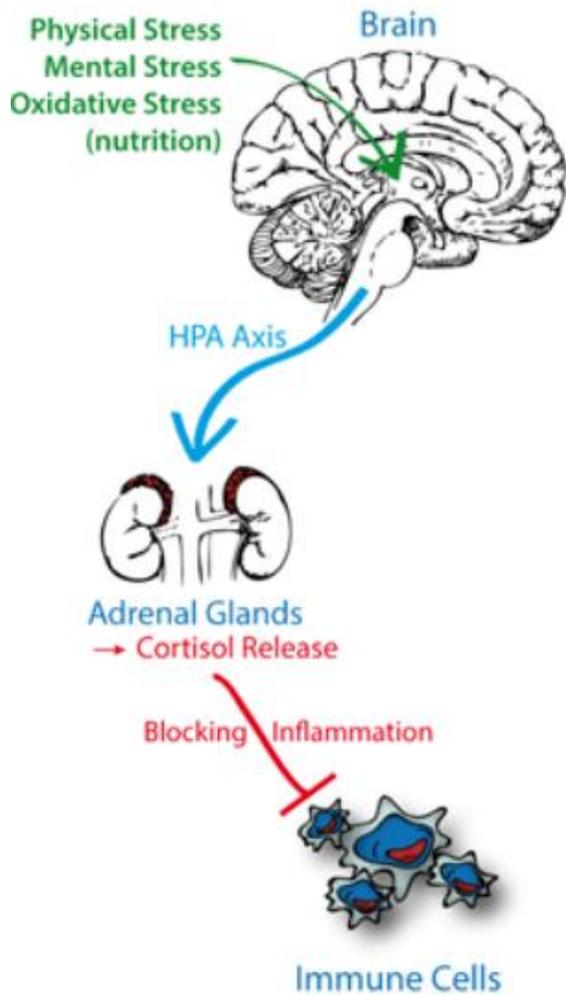
Jon Kabat-Zinn

**Personal**

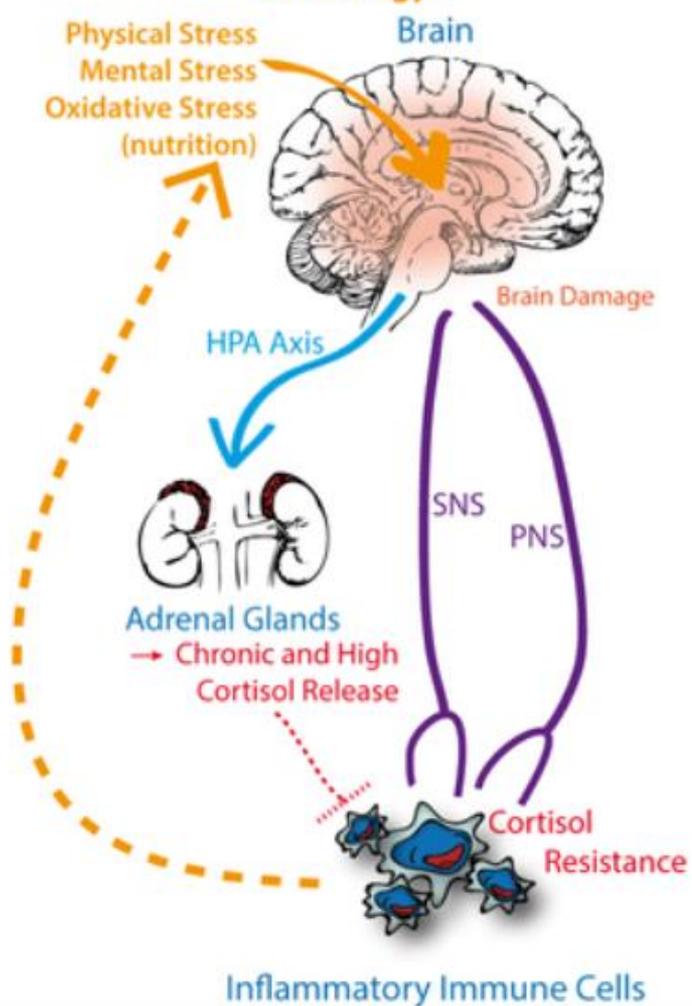
It takes effort.



## Normal Stress Response



## Chronic Stress and Pathology



# Personal Wellness: the science



**Sleep**



**Self Care**



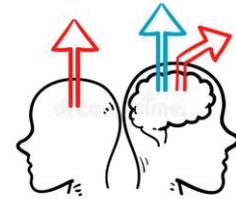
**Self Compassion**



**Social Connections**



**Mindfulness**



**Alignment/flexibility**



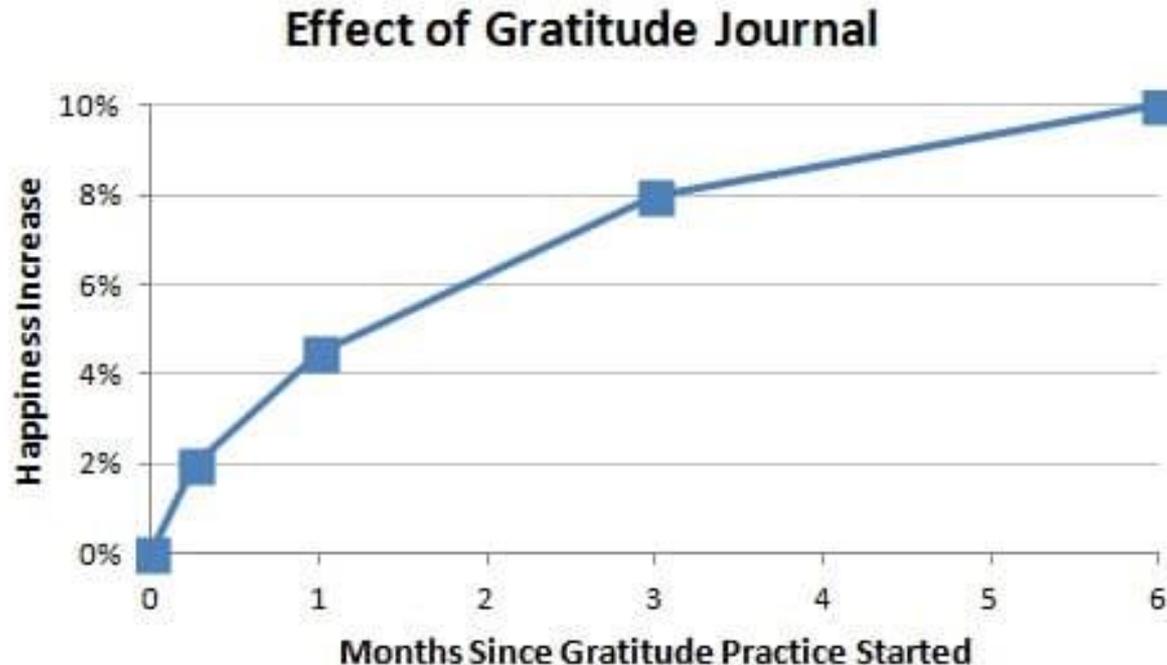
• [Self compassion affirmations](#)

# Activity 1

# Self Compassion

# Take home bonus

Try one new personal wellness habit for 30 days





**Interpersonal**

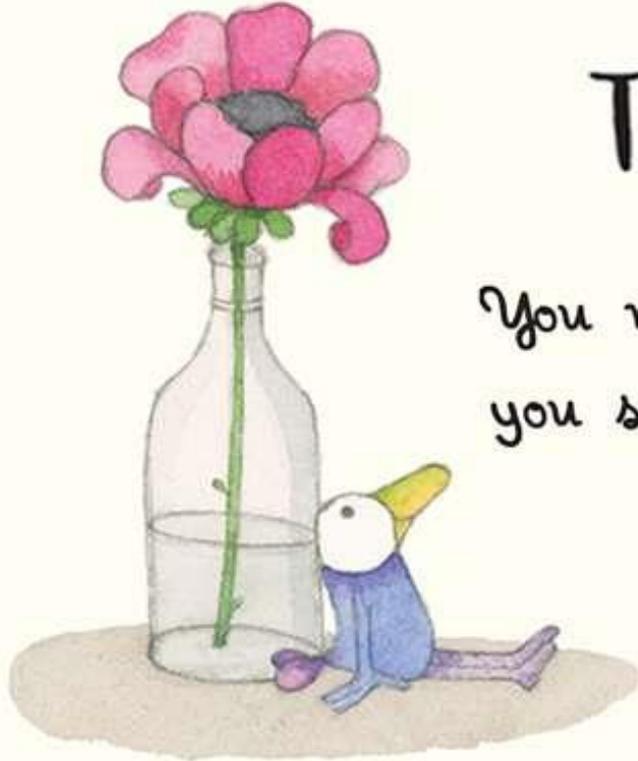
# Science

- The Harvard 75-year happiness study
- Peer support evidence from medicine



## Activity 2

- Send a text to one person you appreciate

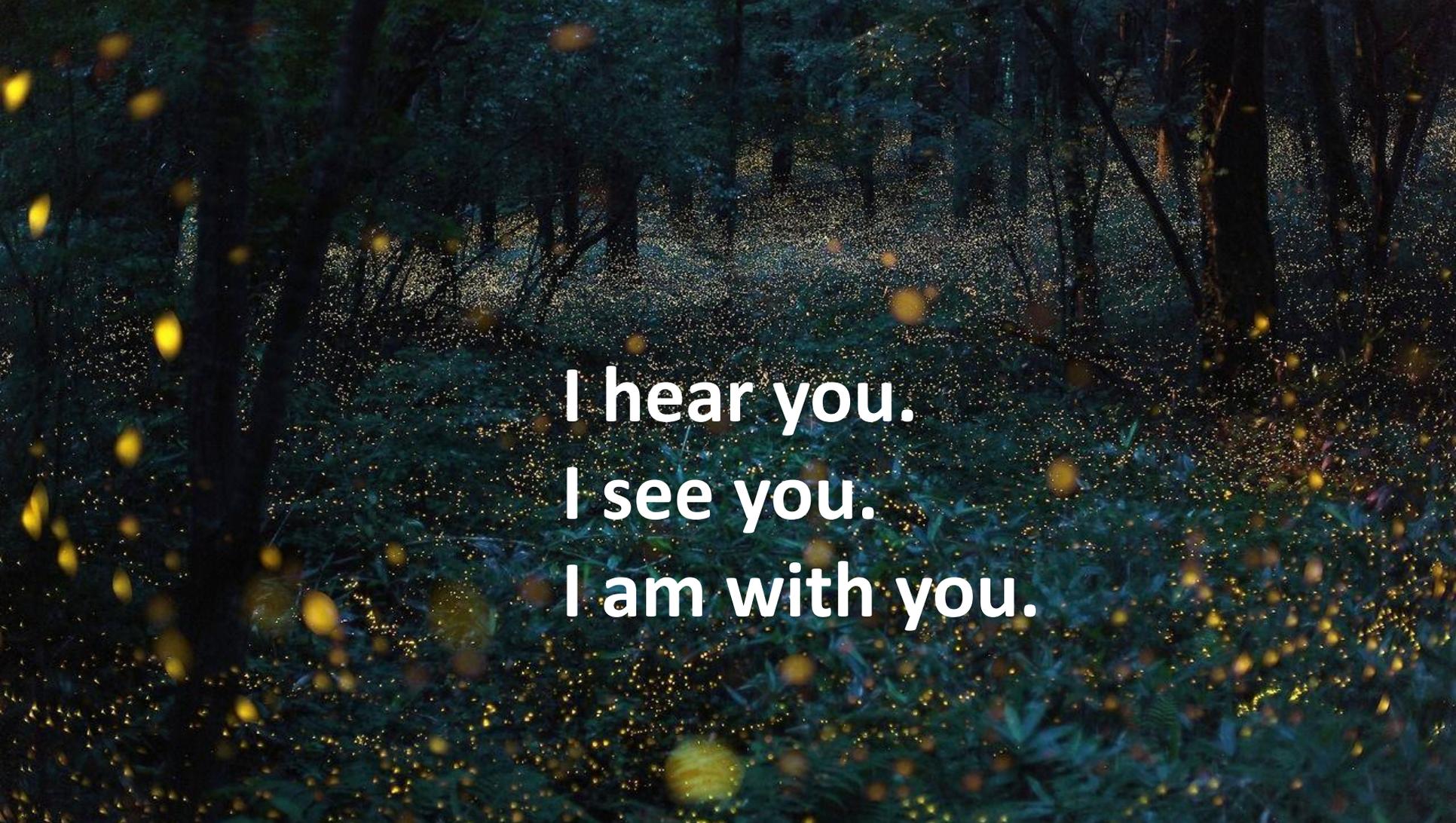


Thinking of you...

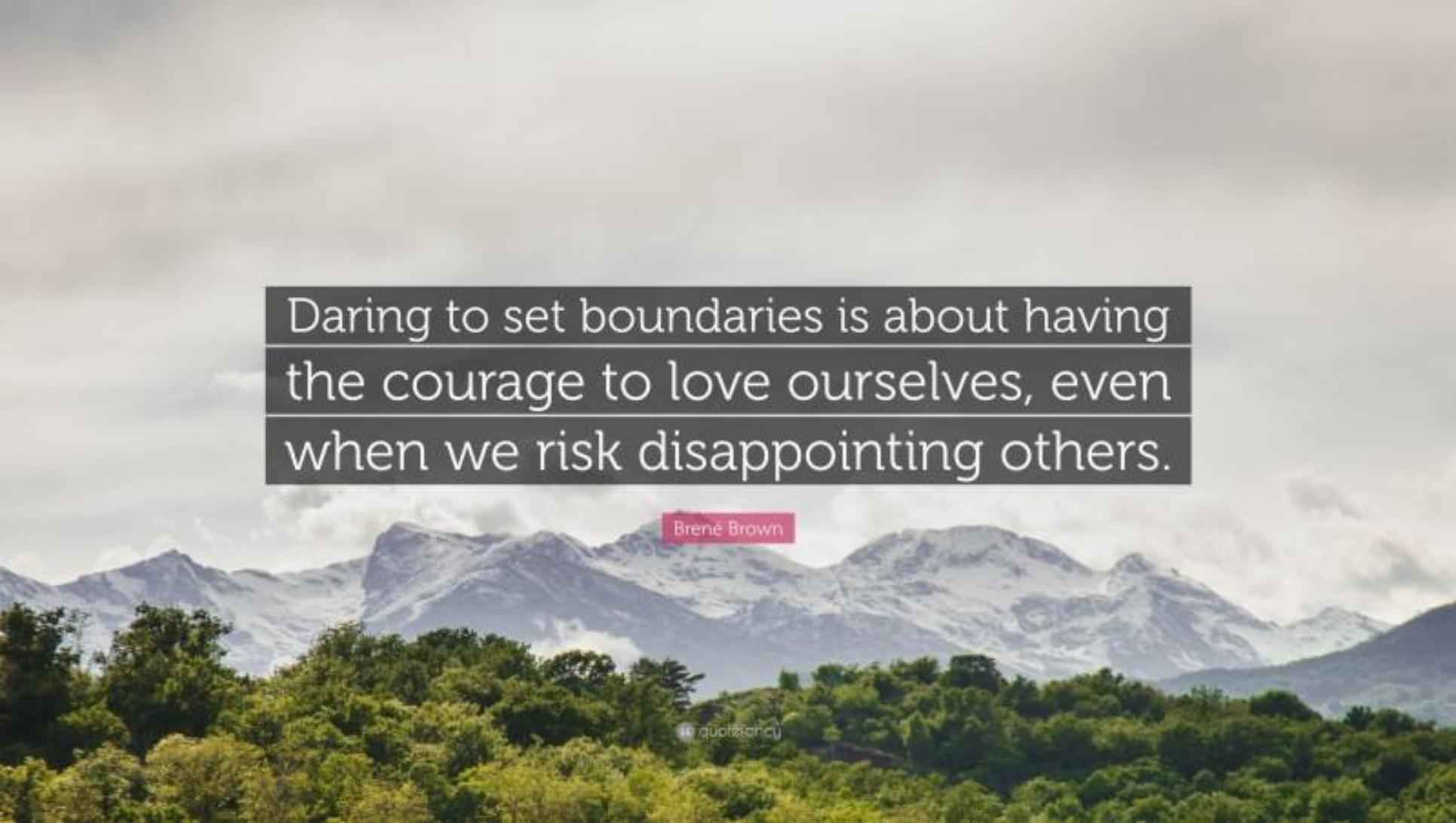
You matter to me. I just thought  
you should know how cool I think  
you are.

**“A friend’s job in these circumstances is not to cheer the person up. It’s to acknowledge the reality of the situation; it’s to hear, respect and love the person; it’s to show that you haven’t given up on him or her, that you haven’t walked away.”**

**-David Brooks, NYT journalist**

A dark, atmospheric forest at night, filled with numerous glowing yellow fireflies. The trees are silhouetted against a deep blue and black background, with the fireflies creating a magical, shimmering effect throughout the scene.

**I hear you.  
I see you.  
I am with you.**



Daring to set boundaries is about having  
the courage to love ourselves, even  
when we risk disappointing others.

Brené Brown

# Setting Boundaries

## 'DEAR MAN' Acronym

D	Describe the Facts of the Situation
E	Express yourself using "I Statements"
A	Assert what you want/need and set clear boundaries
R	Reinforce why <i>THEY</i> would benefit from your assertion
<i>And remember to...</i>	
M	Be Mindful
A	Appear Confident
N	Be willing to Negotiate

# Activity 3

- Practice Dear Man with a partner

## 'DEAR MAN' Acronym

D	Describe the Facts of the Situation
E	Express yourself using "I Statements"
A	Assert what you want/need and set clear boundaries
R	Reinforce why <i>THEY</i> would benefit from your assertion
<i>And remember to...</i>	
M	Be Mindful
A	Appear Confident
N	Be willing to Negotiate



**Alone we can do so little;  
Together we can do so much.**

HELEN KELLER

**Community**

Watch *i share*, a video created by Wellness at Penn and student leaders in partnership with a grant from Higher Education Suicide Coalition (HESPC) to promote sharing with others and getting support in times of stress, distress, and crisis.



HAYDEN MITMAN/FOR PHILLYVOICE

### Welcome to the Reach-A-Peer Helpline!

The Reach-A-Peer Helpline is a peer help line established in 1996 to provide peer support, information, and referrals to any and all students of the University of Pennsylvania. The service is open to all students who v to share a problem, are in need of information, or just want to talk to someone about anything on their mind.

RAPLine offers two services:

#### Helpline

Our phone line is available every night while classes are in session (except holidays) from 9 pm to 1 am. R us at 215-573-2727. Don't be shy!

Melanie Wolff, a senior at the University of Pennsylvania, helps students deal with grief and loss in the peer-support group, Actively Moving Forward.



# Examples

## Virtual Water Cooler Time



## Safe Social events

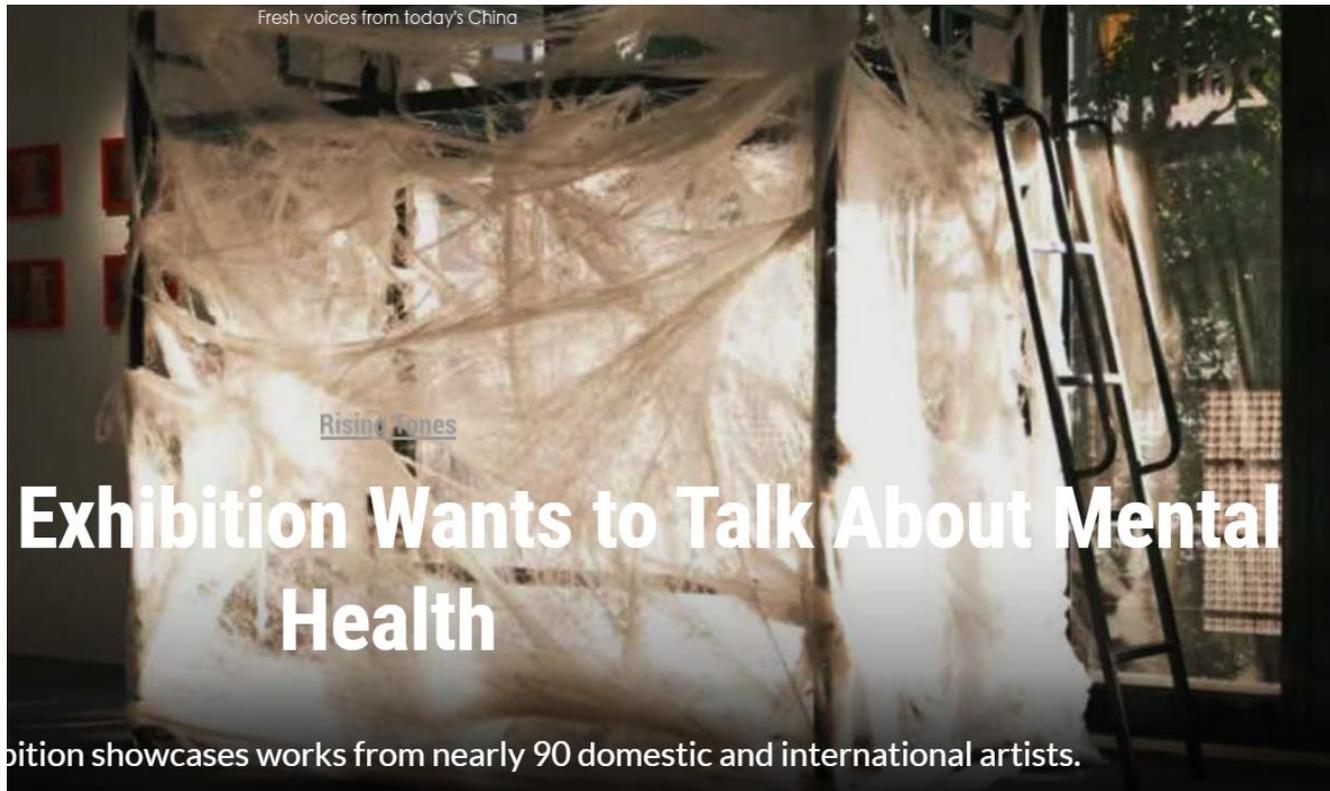


## Common Space Makeover



2021:  
This year I hope to...

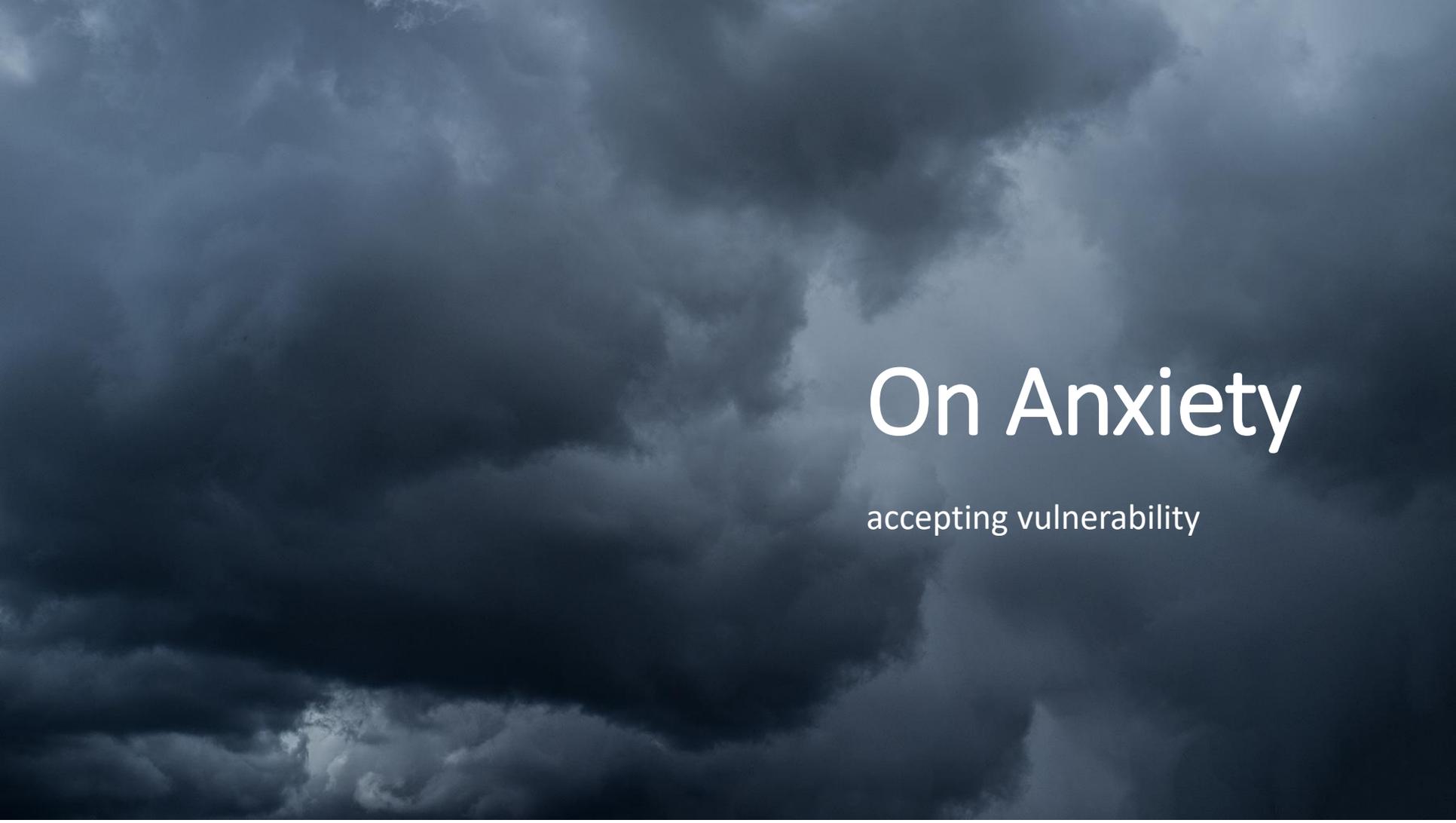
- HUG MY PARENTS
- SEE MY FRIENDS
- ATTEND SOCIAL EVENTS IN PERSON
- GO TO THE GYM
- SEE A NEW ADMINISTRATION MAKE POSITIVE CHANGES
- TRAVEL!!
- SEE MY PARENTS IN IRELAND
- SPEND QUALITY TIME WITH MY PARTNER & FAMILY
- HOST PARTIES
- KEEP MY FAMILY HEALTHY & WELL
- HAVE PEACE OF MIND
- ATTEND CONCERTS & LIVE MUSIC
- GO OUT TO DINNER
- COMPLETE A ROADTRIP ACROSS THE U.S.
- STAY HEALTHY
- SEE MY KIDS PLAY WITH THEIR FRIENDS
- GET OUT AND ABOUT MORE
- ENJOY INDOOR GATHERINGS WITH FRIENDS



## Activity 4

- With your partner, share one idea you have about participating in a community activity for building belonging



A background of dark, heavy, and dramatic clouds, suggesting a storm or a sense of foreboding. The clouds are in shades of dark blue and grey, with some lighter patches where light breaks through.

# On Anxiety

accepting vulnerability

# Thanks!

**ANY QUESTIONS?**

**Contact me at  
[xinshe@stanford.edu](mailto:xinshe@stanford.edu)**

