



Self-Care and Resilience for Practitioners

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Learning Outcomes

1. Recognize Depression, Anxiety, and Stress in yourself and others.
2. Learn about the JDR Model for understanding work overload
3. Identify the 6 dimensions of System 3 Thinking for resilience
4. Establish a practice to enhance System 3 Thinking for resilience





Depression

- An unusually sad mood
- Loss of enjoyment and interest in activities that used to be enjoyable
- Lack of energy and tiredness
- Feeling worthless or feeling guilty when they are not really at fault
- Thinking a lot about death or suicide
- Difficulty concentrating or making decisions
- Moving more slowly or sometimes becoming agitated and unable to settle
- Having sleeping difficulties or sometimes sleeping too much
- Loss of interest in food or sometimes eating too much



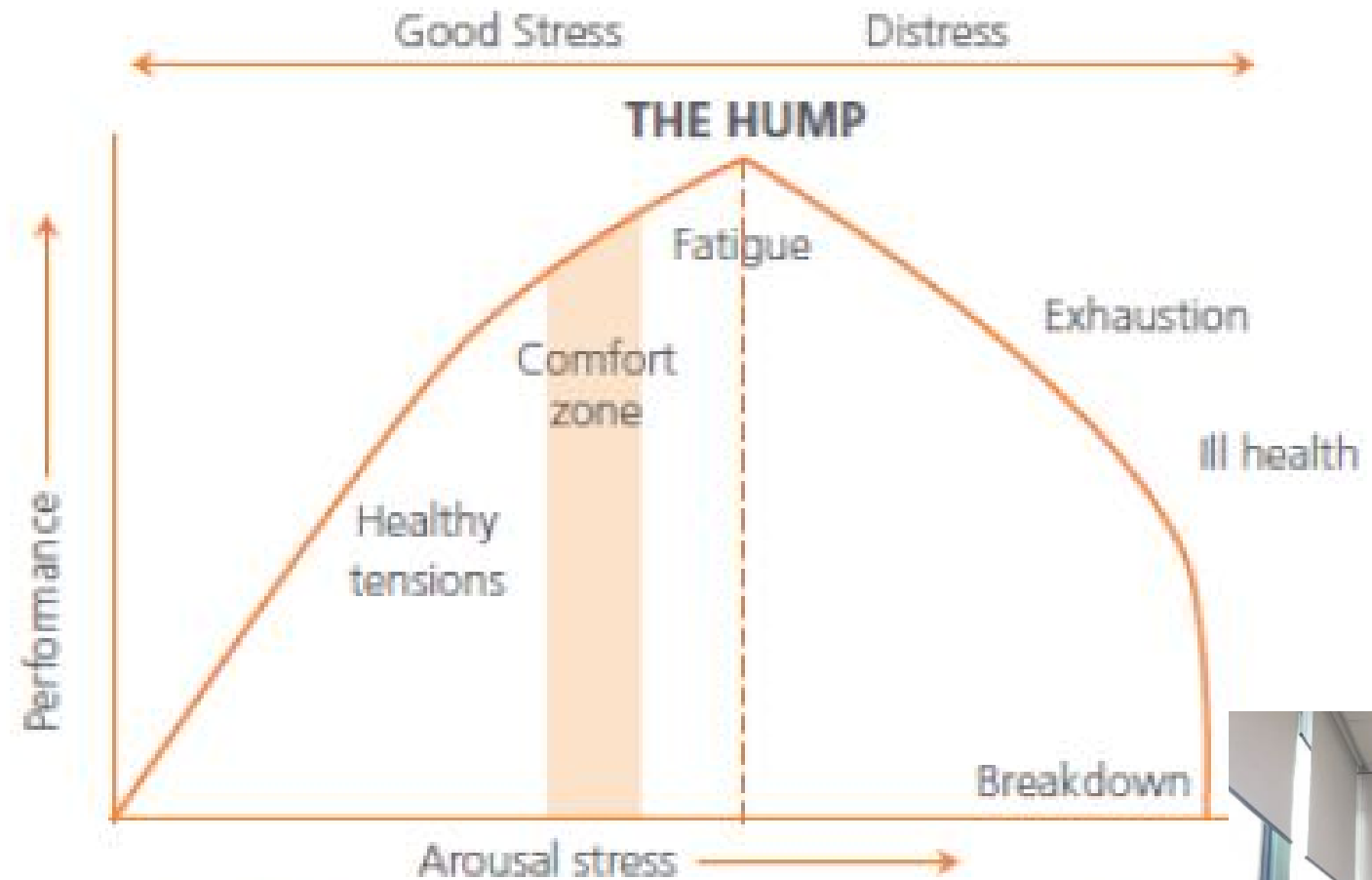
Anxiety



- Pounding heart, chest pains, rapid heartbeat, blushing
- Rapid, shallow breathing and shortness of breath
- Dizziness, headache, sweating, tingling and numbness
- Choking, dry mouth, stomach pains, nausea, vomiting and diarrhea
- Muscle aches and pains (especially neck, shoulders and back), restlessness, tremors and shaking
- Unrealistic or excessive fear and worry (about past and future events)
- Mind racing or going blank, loss of concentration and memory
- Irritability, impatience, anger, feeling on edge, nervous



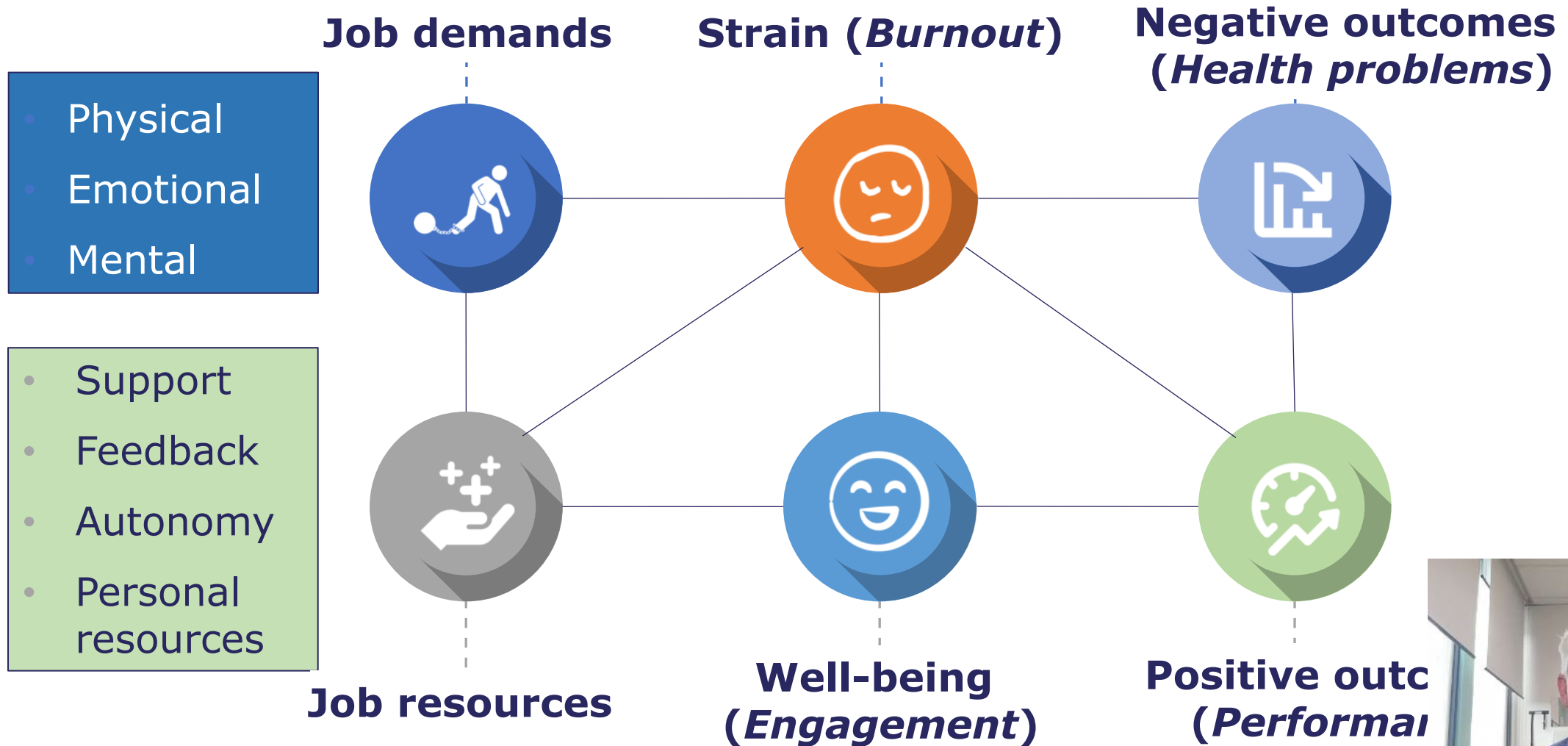
Stress



Source: The American Institute of Stress, <http://www.stress.org/topic-defini>



The JDR (Job Demands – Resources) Model



Thinking, Fast and Slow



System 1 Thinking

- Intuitive
- Experiential
- Automatic
- “Gut Feeling”



System 2 Thinking

- Deliberate
- Rational
- Calculational
- “Look at the Facts”



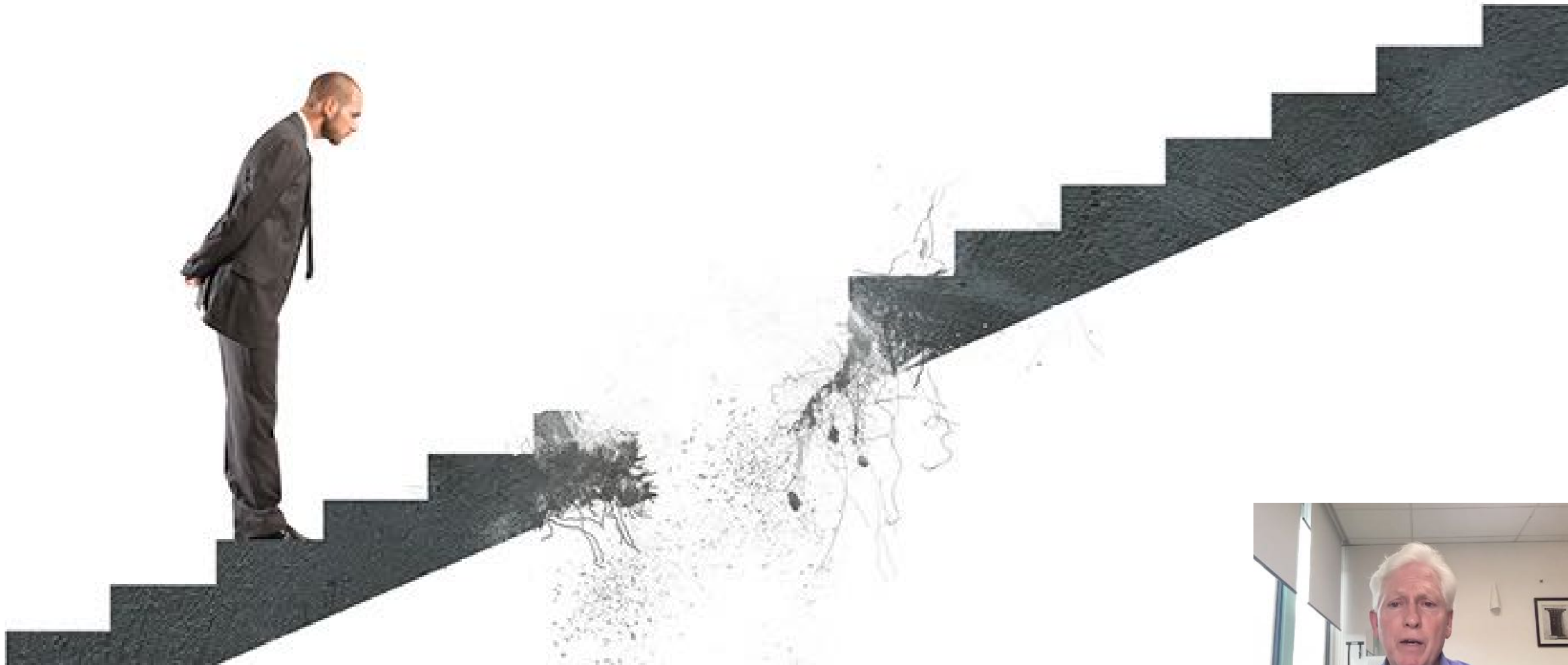
Doubt



Dilemma



Disruption

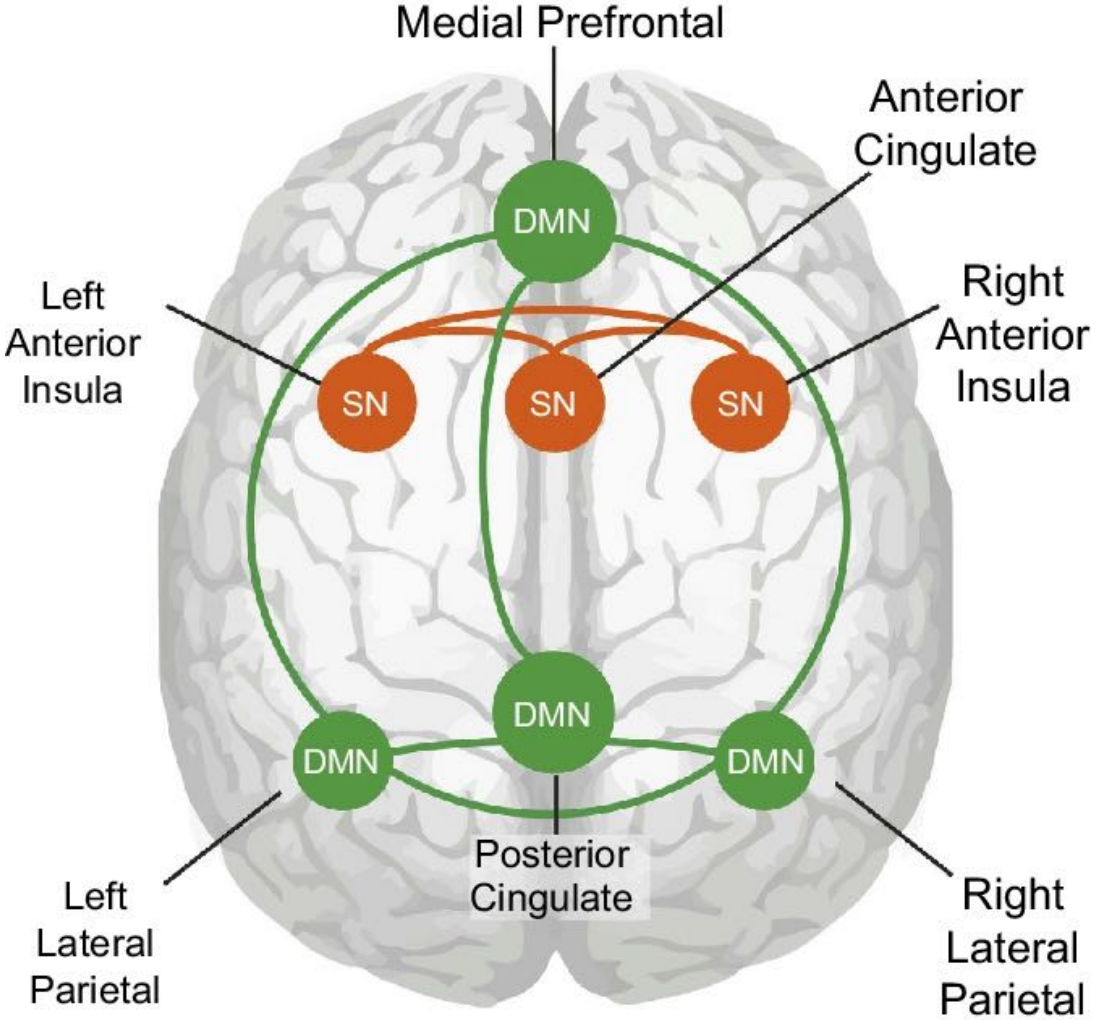


System 3 Thinking

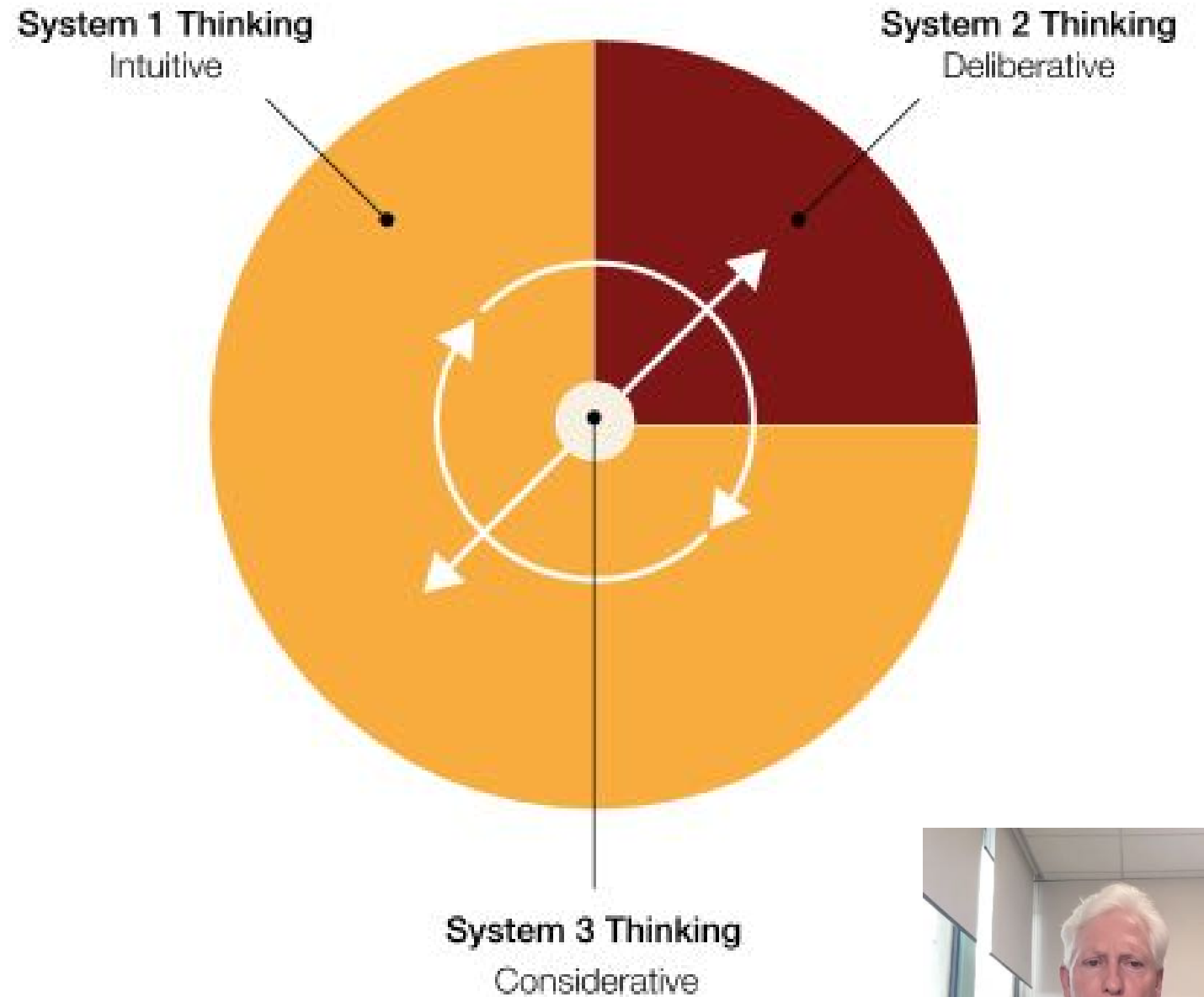
- Balanced
- Compassionate
- Insightful
- “Good judgement”



The DMN (Default Mode Network)



A question of balance



The 6 Dimensions of System 3 Thinking

- Focus
- Experience
- Decisiveness
- Compassion
- Emotions
- Values



Focus

Sustained, focused attention on meaningful tasks and activities; necessary to balance mental activity with mental control



Life Experience

Able to give good
advice, life knowledge,
and life skills



Decisiveness

Recognizing ambiguity
but making quick and
effective decisions



Compassion

Going out of your way to help the physical, mental, or emotional pain of another and of yourself; also associated with fairness, justice, and interdependence



Emotional Regulation

Conscious regulation of feelings and self-control



Tolerance for Divergent Values

being nonjudgmental and accepting of other value systems



The 6 Dimensions of System 3 Thinking



Focus

Am I focusing on the right things?



Experience

How might this be viewed from other people's experience?



Decisiveness

Am I moving forward quickly enough?



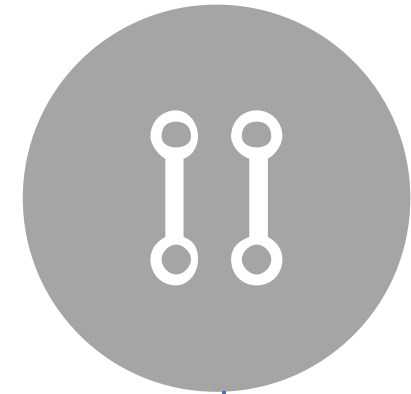
Compassion

How am I displaying compassion towards myself and others?



Emotions

Am I honouring my emotions without letting them overwhelm me?



Values

Am I recognizing the diversity of



Enhancing your System 3 Thinking

- **Focus** 10-20 mins daily mindfulness training
- **Experience** Reflect on lessons from your own life and others' lives
- **Decisiveness** Practice making small, deliberate decisions daily
- **Compassion** Reflect on actions of kindness, fairness, and justice daily
- **Emotions** Cultivate a rich and balanced emotional life and expression
- **Values** Practice curiosity about other beliefs and value systems



Get the book: www.peterjwebb.com
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