


# The Relaxation Station:

## Dr. Dewey's Top Ten Physician 'To Do List' During the COVID-19 Pandemic

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2020




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# #1: Take care of yourself first!



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2

# #2: Love and protect your family




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# #3. Care for your patients

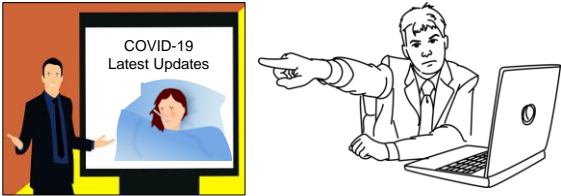


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#4: Learn but avoid overload



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#5: Be flexible and open to change



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#6: Be kind to yourself



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#7: Stay connected

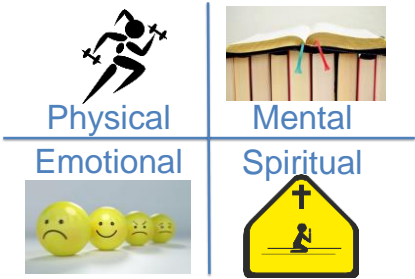


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#8: Build your resilience

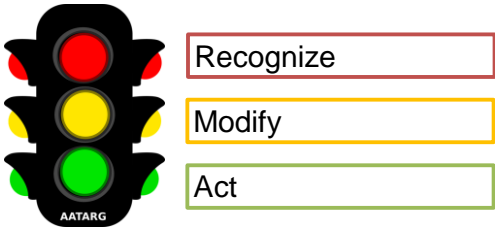


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#9: Manage stressors



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#10: You are not alone - get help



National Suicide Prevention Lifeline: 1-800-273-8255

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Thank you for all you do!  
Be Safe!



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## **Supporting Clinicians Through the COVID-19 Pandemic**

### **Tip Sheet: Protecting the Frontline Physician**



This tip sheet offers suggestions on keep you and your family safe. Assume every patient is a COVID-19 patient until proven otherwise and assume not everyone is taking great care to avoid contamination. Wear your mask and gloves all the time!

- **You are extremely valuable and needed.**

- Do not feel bad at all in protecting yourself and your family.
- Talk to your family and discuss procedures for safety.
- If you live alone or have pets, take the same precautions.
- Separate as much of your home life away from your work life as possible.



- **Preparing for work – what to wear, take and leave home.**

- Use only scrubs – have several pairs on hand – depending on your work load – no less than seven sets if doing seven on/off.
- Use shoes that can be wiped down or washed easily. Shoes should have hard covers/toe boxes so your whole foot is protected and nothing can seep through the top.
- Wear socks that come at least 1/3 up your shin to cover your ankle if materials or specimens are dropped and splattered.
- Avoid taking other objects if not needed. Most with EMRs don't even need a pen these days but if needed, keep one in the scrub pocket.
- If you run on the cold side, wear a turtleneck or undergarment such as a winter weather ski top/bottom made of breathable material and can wash easily.
- Keep as much of your skin covered as possible. Wear a long-sleeved t-shirt. Some will keep skin exposed to wash it quickly after any exposure/splashes.
- Leave the white coats at home or in the office, and don't wear them during rounding or patient care visit.
- Leave the jewelry at home – yes – I even take off my wedding rings, earrings, etc.
- Take your stethoscope.
- Place your cell phone in a ziplock bag.
- Take your home, car and office keys – remove everything else that is extra – like those store rewards chips.

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- Take the smallest wallet with just your drivers liscence and a debit/credit card if you need to stop for gas, groceries, etc.
- Take a lunch you can eat in your office, stock beverages and snacks in your office as well.
  
- **Heading to and from work.**
  - Leave a set of comfortable cloths in the garage – sweatpants, basic t-shirt.
  - Try, if possible, to use one car.
  - Keep wipes and hand sanitizer in the car along with a face mask if you must stop on the way in/out.
  - Wash your hands before leaving home.
  - Once you arrive at work, leave all non-essential items locked in your trunk or glove compartment – out of sight.
  - Place your mask on before leaving the car.
  - Avoid using your hands on any doors, elevators, etc. Use gloves or a paper towel that can be disposed of once on site.
  - When leaving the workplace, if you can, change and shower; but if that is not possible, wash your hands one last time and leave any significantly soiled objects in the hospital. Use the paper towel to dry to close doors and push elevator buttons or don a new pair of gloves.
  - Avoid touching everything - as much as possible. Find paths that allow you to open doors without using your hands. Use the paper towel or gloves if you cannot find a straight, clean path. Use elbows on the elevator button if you don't have anything but then use hand sanitizer on the elbow at the next cleaning station.
  - Discard the paper towel or gloves before you enter your car and place in the closest parking garage waste can. This way you are nearly clean entering the car.
  - Remove your mask once in your car if not stopping on the way home.
  - Use voice controls when possible in the car.
  - When you arrive home, if you have a garage – pull in and decontaminate in the garage. Wash hands or use hand sanitizer and remove shoes before walking into the house.
  - If needed, you can change into the sweats and t-shirt in the garage or make it to the shower in your undergarments.



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- **Decontaminating before entering your home.**

- Use your garage, if able, to decontaminate and clean before entering the house.
- Keep basic plastic trash bags and cleaning wipes available in the garage.
- When you return home, remove clothing in the garage and place in the plastic bag.
- Wipe down car steering wheel and driver seat with a cleaning wipe.
- Wash hands after undressing and cleaning.
- Head straight to the shower – wash hair as well.
- Meditate, prayer and find gratitude in the day while in the shower.



- **Engage with family:**

- Now you are ready to engage with your family.
- Be present. Engage. Have peace of mind you have done everything possible to protect them and yourself.

- **Taking call:**

- If you take call and go in frequently or are on a cycle on/off, you can consider separating from the family for that period of time – sleeping and showering in a guest bedroom for the call period, if that is an option.
- Engaging with family is important and your spouse/partner or significant other also needs you. Determine what cycle works best for all in the family meeting.

- **At the workstation:**

- Avoid touching your face or other body parts with your hands.
- Don't eat or drink at a clinical workstation.
- Wash your hands often.
- Use hand foam to clean phones and keyboards in your workstation.
- When using the restroom, foam in, wash hands, wash after you go, and foam out again to be on the safe side.
- Repeat this before stopping to eat for lunch or a break.



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**Resources:** MH specialists, coaches, psychiatry, primary doctor, etc. Each picture is hyperlinked to the actual webpage. Simply click on the picture.

- American Psychological Association: <https://www.apa.org/> - click on *psychological help center*, then *find a psychologist*.
- International Coaching Federation: <https://coachfederation.org/> - click on *find a coach*.
- American Psychiatric Association: <https://www.psychiatry.org/> - click on *Patient/Families* then click *find a psychiatrist*.
- The American College of Physicians – COVID-19 Resources for physicians. <https://www.acponline.org/>
- The American Medical Association – resources for Physicians. <https://www.ama-assn.org/>
- The National Academy of Medicine – Well-being resources. <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

## Resources

- Find a Psychologist
- Order Free Brochures
- Request a Speaker

Find a Coach

PATIENTS & FAMILIES

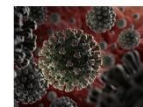


PHOTO: PEXELS  
COVID-19 (2019 novel coronavirus) resource center for physicians  
5/27/2020





## Supporting Clinicians Through the COVID-19 Pandemic

### Tip Sheet: Staying Resilient



This tip sheet offers suggestions staying resilient and supporting each other during the COVID-19 pandemic.

#### What is resilience?

- Resilience is one's ability to experience and adapt to or overcome the situational stresses and hardships of life.



#### How resilient am I?

- Where do you fit on the resilience scale? (Adopted from work by Dr. Gail Wagnild.)
- If you are 5 or below, I suggest you seek help from your EAP program, or get a therapist or counselor to help you. (See resources below.)
- If you are 6 and above and feel you are coping ok, then you can build and maintain resilience.
- There are several different resilience scales:
  1. Conner-Davidson Resilience Scale (self-report scale)
  2. Response to stressful experiences Scale (self-report scale)
  3. Dispositional Resilience Scale
  4. Resilience scale for Children and Adolescents

Resilience Scale									
• How resilient are you?									
1	2	3	4	5	6	7	8	9	10
Total lack of purpose, flexibility, ability to bounce back, always looking back at life challenges, not adapting to stress			Somewhat able to be flexible in situations, bounce back sometimes, have a general purpose and can get on with life challenges, somewhat adapting to stress				Totally able to be flexible, bounce back, and maintain purpose, and get on with life, always adapting to stress		

#### Can some people be more resilient than others?

- Yes and no – yes in that we all have some level of resilience. Starting as toddlers, we demonstrate resilience when we get up to walk for the first time and then fall down. This happens several times and may even result in pain, but we persist to getting up over and over until we are running along. And no, because there is no known genetic link to resilience that makes someone more resilient than the other.
- But more importantly, resilience can be learned and is a trait, behavior/skill to be developed.



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## How do I maintain and build my resilience?

According to Southwick and Charney (Resilience: The Science of Mastering Life's Greatest Challenges, 2012), there are ten resilience factors:

1. Realistic optimism
2. Facing fears
3. Having a moral compass
4. Religion and spirituality
5. Having social supports
6. Having resilient role models
7. Practicing selfcare
8. Maintaining cognitive fitness – challenging yourself and learning new skills
9. Having emotional flexibility
10. Having meaning and purpose in life



## Focus on practicing good selfcare.

- Good sleep hygiene – know your pattern. Make sure to get extra sleep during stressful times. Avoid disturbing the last few hours of sleep as that is when the most REM sleep occurs. Practice good sleep hygiene. Avoid sleeping medication – most cases of insomnia are behavioral based. If you have multiple night awakenings, see your physician. Use cognitive behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR) to induce asleep. Try noise machines, aroma therapy, weighted blankets, sleep socks, soft music, and exercise earlier in the day. Use helpful apps like Headspace, Calm, and BUDDHiFY.
- Healthy eating – eat a balance diet according to the ADA and load up on foods rich in antioxidants. Take supplements if you are running on fumes. Keep healthy snacks – pack and go fruits (e.g. banana, clementine, apple, grapes, all berries - blueberries/raspberries/blackberries, nuts (e.g. snack pack almonds and grains), and vegetables (e.g. carrots, snap peas, broccoli).
- Physical exercise – exercise increases endorphins and gives you energy. So, if you are feeling sluggish and need a quick pick me up – go for a brisk walk or walk up and down the stairs in your house, dance, do aerobics or Tai chi. Avoid working out too late in the evening and these endorphins may prolong time to sleep. But remember, overall, exercise improves sleep – so keep at it. Make sure you are healthy to start exercising and start low and go slow if you have conditions that may cause injury or harm.



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- Prioritize time for selfcare – Placing 'Y-O-U' on the top of the to do list is my number one activity that supports self-care. Do this every day and find time in your day that gives you a sense of control over your well-being. (See my top ten list on our webpage.)

## A focus on having emotional flexibility.

- Emotions are normal. Basic emotions are fear, sadness, anger, grief, loneliness, and anxiety.
- Face the facts, you are human too and therefore you have emotions.
- Recognize and train emotional responses to stressors.
- Emotional intelligence is a major game changer – read anything by Daniel Goleman to help support emotional intelligence of (EI)

## What happens when my resilience runs down?

- You will have difficulty coping and adjusting to acute and chronic stressors
- You will have increased risk of burnout
- You may cope in unhealthy ways – substance use, pornography, gambling, overeating, etc.
- You stop thriving and just try to survive
- You may develop worsening relationships within the family, friends, colleagues
- Patient care may worsen



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*“Finding and living from a place of meaning is the single most important avenue for being resilient.”*

*~ Beth Miller, PhD – The Women’s Book of Resilience: 12 Qualities to Cultivate. pg 168*

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## How do I get started building or maintaining my resilience?

- As with all changes, start by reflecting.
- Take a wellness hour break. Find a place that is comfortable, quiet and when you can be alone without disruptions for at least 20-30 minutes (goal would be an hour).
- Take a mental vacation! Look at pictures of nature or your favorite family holiday or past vacation pictures. Read a magazine or book you like (not work-related journals or required readings), think about a happy and positive memory.
- Reflect on your purpose and meaning and values.
- Identify with you would like to improve or intend to change.
- Start with one thing. Write it down.

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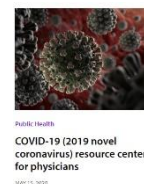
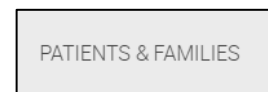
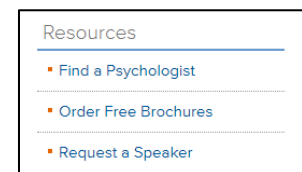
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- Use our B-A-SMARTER goal and objective format. (See tip on goal setting.)
- Work toward achieving that goal that focuses on building and/or maintaining your resilience.
- Once achieved, assure it is habit and then start your next resilient goal.

(See our recommended apps in our tip sheet on Stress Reduction. But know that Headspace® is a free app that is providing a free subscription to all healthcare providers for 2020. Download the app and enter your NPI number to access the free subscription.)

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- The American College of Physicians – COVID-19 Resources for physicians. <https://www.acponline.org/>
- The American Medical Association – resources for Physicians. <https://www.ama-assn.org/>
- The National Academy of Medicine – Well-being resources. <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>



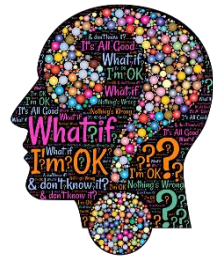
## Supporting Clinicians Through the COVID-19 Pandemic Tip Sheet: Reducing Stress and Enhancing Coping Skills



This tip sheet offers suggestions for managing stress and identifying coping skills during the COVID-19 pandemic which Gov. Coumo described as a “toxic mix.”

### Acknowledge your own emotions:

- Take inventory – describe emotions.
- Use an emotions chart and name all that you feel. (Daylio app)
- Interview yourself and journal your responses.



### Identify the stressors: (circle your stressors)

<b>People Stressors:</b> <ul style="list-style-type: none"> <li>○ People who annoy you</li> <li>○ People who doubt you</li> <li>○ People who lie to you</li> <li>○ People who mistreat you</li> <li>○ People who assume you are stupid</li> <li>○ Other</li> </ul>	<b>Work Stressors:</b> <ul style="list-style-type: none"> <li>○ No PPE</li> <li>○ Dealing with COVID-19 patients</li> <li>○ Academic demands</li> <li>○ Office personal conflicts</li> <li>○ Lack of leadership support</li> <li>○ Lack of control</li> <li>○ Other</li> </ul>	<b>Home Stressors:</b> <ul style="list-style-type: none"> <li>○ Housework</li> <li>○ Yard work</li> <li>○ Chaos</li> <li>○ Meal prep</li> <li>○ Meal clean up</li> <li>○ Repairs</li> <li>○ Other</li> </ul>
<b>People We Love:</b> <ul style="list-style-type: none"> <li>○ Spouse/partner</li> <li>○ Children</li> <li>○ Parents</li> <li>○ Siblings</li> <li>○ Relatives</li> <li>○ Colleagues</li> <li>○ Office team</li> <li>○ Other</li> </ul>	<b>Financial Stressors:</b> <ul style="list-style-type: none"> <li>○ Monthly bills</li> <li>○ Mortgage</li> <li>○ Loss of income</li> <li>○ Overspending</li> <li>○ Loans</li> <li>○ Unpredictable costs</li> <li>○ Food costs</li> <li>○ Shopping</li> <li>○ Other</li> </ul>	<b>World Events Stressors:</b> <ul style="list-style-type: none"> <li>○ Local politics</li> <li>○ International politics</li> <li>○ World economic challenges</li> <li>○ Tragic events</li> <li>○ War</li> <li>○ Other</li> </ul>

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<b>Life Event Stressors:</b> <ul style="list-style-type: none"> <li>Birthdays</li> <li>Holidays</li> <li>Family events/gatherings</li> <li>Weddings</li> <li>Funerals/death</li> <li>Accidents/injuries</li> <li>Other</li> </ul>	<b>Personal Health Stressors:</b> <ul style="list-style-type: none"> <li>Illness</li> <li>Physical limitations</li> <li>Chronic diseases</li> <li>Cancers</li> <li>Hospitalizations</li> <li>End of life</li> <li>Other</li> </ul>	<b>Educational Stressors:</b> <ul style="list-style-type: none"> <li>Lack of access to education</li> <li>Feels of inadequacy</li> <li>Too much information to learn</li> <li>Incomplete information</li> <li>Challenges accessing/gathering information</li> <li>Lack of wisdom</li> <li>Other</li> </ul>
<b>Technology Stressors:</b> <ul style="list-style-type: none"> <li>Lack of needed technology</li> <li>Technology not working</li> <li>Technology too slow</li> <li>Corrupt individuals using technology</li> <li>Lack of appropriate behavior on technology</li> <li>Attacks on technology (virus/malware)</li> <li>Cost for technology</li> <li>Other</li> </ul>	<b>Dysfunctional Equipment Stressors:</b> <ul style="list-style-type: none"> <li>Failed appliances</li> <li>Failed automotive</li> <li>Not enough/appropriate equipment</li> <li>Broken needed equipment</li> <li>Cost for replacement equipment</li> <li>Pipe breaks</li> <li>Other</li> </ul>	<b>Community Stressors:</b> <ul style="list-style-type: none"> <li>Theft</li> <li>Murder</li> <li>Rape</li> <li>Community fees</li> <li>Community rules</li> <li>Electrical outages</li> <li>Street repairs</li> <li>Closures</li> <li>Other</li> </ul>
<b>Faith/Religious Stressors:</b> <ul style="list-style-type: none"> <li>Demands or requirements</li> <li>No accessibility</li> <li>Demoralizing attitudes</li> <li>Conflicts in beliefs</li> <li>Other</li> </ul>	<b>Nature Stressors:</b> <ul style="list-style-type: none"> <li>Bad weather</li> <li>Sudden climatic events (tornados)</li> <li>Global warming</li> <li>Natural disasters (fires)</li> <li>Pests/varmints</li> <li>Other</li> </ul>	<b>Daily Event Stressors:</b> <ul style="list-style-type: none"> <li>Traffic</li> <li>Waiting in line</li> <li>Lost orders</li> <li>Delays</li> <li>Placed on hold</li> <li>Phone trees</li> <li>Wardrobe malfunctions</li> <li>Out of a necessity</li> <li>Other</li> </ul>

## Identify where your stress is in your body and how it manifests:

- Head/neck
- Jaw/teeth
- GI (nausea, diarrhea, intestinal spasms)
- Heart (tachycardia)
- Lungs (shallow respirations)
- Musculoskeletal
- Brain (foggy brain, poor judgment)
- Immune system (illnesses)
- Nervous/mental (anxiety)



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## What are the behaviors you demonstrate when stressed?

- Do you speed up?
  - Lash out at others (anger/yelling)
  - Throw things
  - Work harder
- Do you slow down?
  - Retreat to being alone
  - Get inside your head
  - Ignore other (stonewalling)
  - Work less effectively
- Do you release emotions?
  - Sulk
  - Cry
  - Laugh
  - Get angry
  - Other
- Combination of several
- Other



## How do you manage your stress?

- Ignore it
- Confront it
- Delay it until later
- Manage it in the moment

## Things to do to reduce stress:

- |   |                                   |
|---|-----------------------------------|
| ○ Pray (alone, or with someone else)                      | ○ Sleep                           |
| ○ Talk it out with friends, mentor, confidant, and others | ○ Get coaching, counseling        |
| ○ Exercise  | ○ Complete projects or do hobbies |
| ○ Laugh   | ○ Work                            |
| ○ Journal   | ○ Take a walk                     |
| ○ Make a gratitude list                                   | ○ Listen to music                 |
| ○ Workout   | ○ Play an instrument              |
| ○ Play with your pet                                      | ○ Knit/crochet or craft           |
|   | ○ Bubble baths and aroma therapy  |



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## Do you eat when stressed? Be conscious of eating as a stress reducer:

- Do an observation on the way to the food source – the cookie, brownie, candy, ice cream
- Allow a space in-between your desire for it and recognize the emotion
- Write the emotions or tap out the emotion (see example below)
- Delay eating until you are calm again
- Have no/low calorie foods as options if you do grab something – make a better choice
- Cook meals needed for later in the day/week

## Be conscious of using a substance or process that can result in addictions as a stress reducer:

- Alcohol
- Smoking
- Eating/Sweets/Coffee/junk food
- Controlled substances
- Illicit substances
- Pornography
- Sex
- Computer usage/surfing the web
- Social media
- Video gaming
- Gambling
- Shopping/online
- Other behaviors



## Some stress reduction practices/activities:

1. **Mindfulness-based Stress Reduction** – short mindfulness activities do several of the things listed above can be beneficial. Check out the [University of Massachusetts Center for Mindfulness](#) or try an app like: [Headspace](#), [Calm](#), [BUDDHiFY](#), [Insight Timer](#), etc.
2. **Mapping Emotions** – try using the Daylio app to track emotions and/or recognize gratitude for each day ([Daylio](#) and [Delightful Journal](#) apps)
3. **Emotional Tapping:** a tapping coach helps you tap through emotions and produces healing. Salivary cortisol levels reduce >40% reduction; tapping meridian points 9 – helps to calm down the flight or fight and sympathetic nervous system. Here is an example by Dr. Leslie Cole:
  - Name the emotion(s) – what is it? What does it feel like? Where is it in your body? Describe it clearly and rank how you feel – anxious, etc.
  - Tap them out on the lateral side of the hand and complete the statements with, “But right now, I deeply and completely accept myself.” Then repeat 3 times and end on the closing statement each time.

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- Then on each of the nine points – make a statement of how you felt while tapping and move from hand, to top of head, to furrow of brow, the side of eyes, then under eye over maxillary sinuses, then over frenulum, to just above the chin, to the anterior chest under the clavicles, and finally on the left chest in the mid-axillary line at about rib 4 or the nipple line. Find an app at [The Tapping Solution](#)
- 4. **Workout/Dance** - Work out with the [American Heart Association](#) – free video workouts.
- 5. **Chi Gong** - “Qigong, qi gong, chi kung, or chi gung is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. [Wikipedia](#)” Find free videos on Chi Gong on YouTube or your TV cable network.
- 6. **Tai Chi** – “Tai chi is a system of exercise and movement developed long ago as a martial or training art that is now widely used for health and wellness,” explains Morrill. “It can be practiced by almost anyone and in almost any situation.” Often known as “moving meditation,” tai chi is a series of slow, gentle motions that are patterned after movements in nature. Most of the work is performed while standing and taking small steps, though it can be modified for seated practitioners as well. Learn more with the article titled: *The difference between tai chi and qi gong* at: <https://www.piedmont.org/living-better/the-difference-between-tai-chi-and-qi-gong>. Find free videos on Tai Chi on YouTube or your TV cable network.
- 7. **Heart Math**: <https://www.heartmath.com/> - Proven to help you reduce stress and anxiety by increasing your inner balance and self-security.



**Resources:** MH specialists, coaches, psychiatry, primary doctor, etc. Each picture is hyperlinked to the actual webpage. Simply click on the picture.

- American Psychological Association: <https://www.apa.org/> - click on *psychological help center*, then *find a psychologist*.
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- American Psychiatric Association: <https://www.psychiatry.org/> - click on *Patient/Families* then click *find a psychiatrist*.
- To learn more about Dr. Leslie Cole. webpage: [www.DrLeslieCole.com](http://www.DrLeslieCole.com) and email [info@drlesliecole.com](mailto:info@drlesliecole.com).

## Resources

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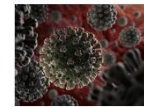
[Find a Coach](#)

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## **Supporting Clinicians Through the COVID-19 Pandemic**

### **Tip Sheet: Supporting Spouses/Partners/Significant Others of Physicians**



If you are a physician who needs support for your family, here are some tips to help you and your family during this time.

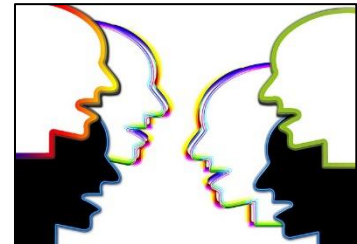
- **Take care of YOU first.**
  - You must be a priority.
  - Everything you do creates a ripple effect of yourself and affects others.
  - Eat well, sleep, exercise, engage.
  - Remind yourself of your purpose and meaning and why you do what you do.
- **Be present with family.**
  - When you are at work, be at work. When you are home, be at home.
  - Engage with everyone in your family including the pets
  - Have family discussions
  - Share emotions and concerns without trying to fix anyone's feelings
  - Declare and demonstrate that family is a priority – state it and spend time with them
  - Share group ideas
  - Appreciate differences
- **Organize family functions.**
  - Delegate and share activities that must get done.
  - Develop a new family schedule and stick to routine as much as possible.
  - Change up routines when needed but just slightly.
  - Think ahead and plan for family time and individual time or pet time.
- **Engage family in decision making.**
  - Include those who can talk – spouse/partner/significant other, adolescent kids, and even kids as young as 2-4 can contribute
- **Do things together and apart**
  - Ideas include family game time, reading time, journaling, scavenger hunts, gardening, chores, etc.



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- Separate if possible, for time alone. For younger kids and infants, have quiet time or sleep when they nap. Make sure to keep them on a schedule but be flexible to avoid feelings of hurt or anger if they are fussy.
- For younger kids – do what you always do – read to them, have fun, laugh, color, etc.
- For older kids do much of the same but engage them more in the discussions and decisions.
- Keep in mind that you don't always have to DO something or TALK about something, sometimes just hanging out with your family is meaningful
- There is an old saying "it's not the quantity of time, it's the quality of time that matters." BOTH quantity and quality time matter. Teens, especially, need to just hang out to allow them to open up about what they are experiencing.
- The best advice ever: LISTEN to your spouse, to your children, to your friends. Listen with no agenda and without trying to fix anything that they are saying.
- **Engage tweens and teens.**
  - Tweens and teens are tech savvy and can contribute to family activities in many ways
  - Engage the tweens and teens in the discussions of what family activities they want to do.
  - Be in their world – allow them to teach you what they like, what are their favorite YouTubers and why, how to use Instagram, Tik Tok, etc.
  - Play and create your own house in Sims.
  - They really want independence and respect – so allow them to call the shots (within reason) for a family activity.
  - Share with each other who you are:
    - Discuss your love languages
    - Share your preferred communication styles
    - Identify introverted and extroverted tendencies
    - Discuss how each person loves to be loved.
    - Discuss faith and beliefs in a sharing format where there are no right or wrong ways/answers.
- **My favorite family suggestions:**
  - Reading:
    - Parents read the five love languages and if you have adolescents, read the five love languages for teens (a must read for any parent with a child at least 10 years old to 21 years old). Read books on marriage and relationships by Gottman or Five Star Families, build individual emotional intelligence by reading Goleman books or Ming Tan's Search Inside Yourself.



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- As a family – read interesting books together with the kids such as the Percy Jackson or Harry Potter series. (even if they read it – read it together as a family – take turns reading sections or chapter especially if you have adolescents in the home)
- Listen to books on tape or audible, etc. Listen together.
- Individual: What are those books you always wanted to read but never had time to? Get them, download them, etc. and include on your individual reading list.
- Game night:
  - Charades, the Game of Life, Trouble, Uno, Cards Against Humanity, Watch your Mouth, Catch Phrase, etc.
  - Wii or PlayStation
  - Other video games on the computer or phone
- Chore Time:
  - Take 20 minutes for chore time – select one area to work on or partner up and see who gets the cleanest room – offer rewards to the winners.
  - Family clean – for communal areas – consider family cleans – for younger kids use the Barney clean up song, for older kids allow them to play their favorite songs.
  - Family cleans can go outside as well.
- TV time:
  - Find fun family shows to watch together – movie time or series time. Binge watch the whole session of Blackish – laugh and talk about how it relates to your family.
  - Watch a foreign movie or k-drama to support time together and includes reading – obviously not for toddlers. 😊
  - But you can teach toddlers new words and songs in different languages – we loved French and Spanish songs in the fun tunes you know and love and watch how fast they pick it up.
  - Autobiographies and documentaries can also be fun, especially if linked to something your child is learning in history or science.
- Crafting time:
  - Build fun together when you become creative and inspired. Use a YouTube video to follow a painting and everyone has their own paper to color or crate.
  - Find things you need as a solution or decoration for your house or the teens rooms and create it from trashed items like cardboard tubes or egg cartons, etc.
  - Color, paint, draw, write/journal outside and use nature as your inspiration



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- Paint fun things like rocks from the garden, poster boards for each room, activity clip boards, or use a canvas and have everyone in the family add to the painting for an extraordinary family-deigned picture for the family room. Get creative and see what the family comes up with.
- Look up activities on the web, Pinterest, etc. to find family activities.
- Family sign-a-longs
  - List and sing songs together
  - Watch favorite musical group videos
  - Dance to each family members' favorite song
  - Try ballroom dancing together or watch YouTube videos to learn hip hop dance moves together
  - Stretch yourself – listen to a song from a genre you don't like as much – share what everyone likes or doesn't like about it
- Family reflections:
  - Share emotions and challenges and just listen to each other.
  - Family sculps – in this activity, each family member has a turn to place every other family member into a pose that reflects how they view that person in the family. This one is a great way for kids to have a voice and parents may learn what their kids are thinking.
  - Journaling together as a family
  - Sharing gratitude each day – making a family list
  - Practice mindfulness activities together
- Exercise together:
  - Dance, ride bikes, walk, do Zumba, Pilates, yoga, Tai Chi, etc.
  - Weight lift
  - 30 second rotation stations – jumping jacks, squat thrusts, burpees, stretching, etc. – each member is at a different station for 30 seconds. When time is up, everyone changes/rotates clockwise to the next station until everyone has completed each station. Select how many rounds the family wants to do and the time. (example: 5 stations are equivalent to 2 min and 30 seconds; thus, two cycles equals 5 minutes)





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- **Stay connected to distant relatives.**
  - Schedule family facetime/zoom nights
  - Create and send happy cards to those family members who live apart from your family unit
  - Play games over the internet together
  - Have Sunday dinners together via the internet (Zoom, Facetime, Duo chat, WhatsApp, WebEx, free conference calls, etc.)
- **Help your spouse/partner/significant other know they too may need help:**
  - When you are in touch with his/her feelings, you can ask if they need help.
  - If they think they could benefit from help, offer/suggest he/she seek counseling, coaching, or see the physician.
  - If he/she is not interested in help, and you don't think he/she needs help, then just be supportive and if they need help, they can always ask you.
  - Don't try to fix them. Leave that to the specialist. You should focus on just being the loving/supportive spouse.
- **Parents with children who have special needs:**
  - Look to your usual support groups.
  - Stay connected and talk things out with those who know how you feel.
  - Use webpages to find support and information related to helping children and parents with developmental disorders. Pictures link to webpages.



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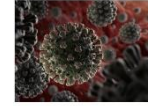
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## **Supporting Clinicians Through the COVID-19 Pandemic**

### **Tip Sheet: Finding Gratitude**



This tip sheet offers suggestions on finding gratitude and supporting overall wellness during the COVID-19 pandemic.

#### **Appreciate what you bring to the table.**

- Everyone has something to offer.
- Reflect on your value and what you bring to the table.
- Say thanks for your knowledge, your skills, her ability to perform, and your willingness to help.



#### **Gratitude is about attitude.**

- What do you say when you see tragic events and the results of the daily COVID-19 death rates?
- Pessimists say the glass is half empty and that is bad, while the optimist says the glass is half full and that is good. Be as Dr. Martin Seligman termed it, “a learned optimist.” Optimist also promotes resilience.
- When we see events in life, we get to choose how we react or respond.
  - To react is to express our gut feeling – anger, fear, or sadness in whatever way we experience it.
  - To respond is to feel the gut feeling and then give thoughtful consideration as to how to express your thoughts and feelings.
  - Many tend to look at the worst possible scenario first – this is just human nature.
  - We can influence our responses to stressors and events through discussion and reframing.
  - Recognize events. Recognize how you feel. Chose how you want to respond.
- Use empathy to connect with the individual(s), family members, and those who are trying to make a difference. How can you connect but keep yourself from feeling overwhelmed? Remember, it is ok to cry when you empathize and feel compassionate toward others. Healthcare providers are human too!
- Encourage your positive attitude while you manage your negative attitude.
- Reframing might look something like this: This is terrible and tragic that so many people lost their lives last month. I am grateful I am not sick and am here doing what I can.
- If you want to read a great book, try Norman Vincent Peal’s, The Power of Positive Thinking.



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## How much gratitude do you have?

- Try this self-assessment from Sansone and Sansone – 2010

	1SD	2D	3SD	4N	5SA	6A	7SA
1. I have so much in life for which to be thankful.							
2. If I had to list everything that I felt grateful for, it would be a very long list.							
3. When I look at the world, I don't see much for which to be grateful.*							
4. I am grateful to a wide variety of people.							
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.							
6. Long amounts of time can go by before I feel grateful to something or someone.*							

Sansone RA and Sansone LA. Gratitude and Well Being: The benefits of appreciation. Psychiatry 2010; 7(11):18-22. (pg 20)

Charlene M. Davis, M.D., M.Ed., MACP – Center for Professional Health, Vanderbilt University Medical Center. © 2018 All rights reserved.

Scoring: Add up scores for Q1, 2, 4, and 5; Reverse scores for Q3 and 6 (1=7 and 7=1); Add all and this is your total GQ Score: \_\_\_\_\_ (38 = 50th percentile; 42= top 13%)

## Does gratitude change anything?

- Yes – finding gratitude can make you happier. Almost 90% of our happiness is due to our internal processing of events/the world. Only 10% is predicted by your external world.
- Keep your positivity through stressors can make you happier and reduce risk/prevent burnout.
- Gratitude promotes well-being
- Maintaining a positive brain results in a 31% more productive brain, more resilience, less burnout, and it increases dopamine – so you have more energy, makes you more euphoric, and turns on your learning centers.
- Allows us to manage expectations and stressors better. Allows us to think better.
- You can train your brain to be happier in just 2 minutes a day! (See below.)
- Consider watching a TedTalk or YouTube video by Shawn Archer – 2017



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## Find those silver linings where you can.

- Even during the COVID-19 pandemic, there is still something positive to see, find, and experience.
- Look for the silver lining or the bright spots in the day or the little bit of happiness in the moment.
- What can you laugh about? We still need joy and happiness in our lives even as we are to pass through this miry place in time.



## How can you focus on the positives in a time like this?

- We must find the positives as it fosters hope. When we have hope, we survive.
- In the book Good To Great by Jim Collins, he interviewed Admiral Jim Stockdale and defined the Stockdale paradox. This is how he and others survived while captives as prisoners of war in the Hanoi Hilton camp during the Vietnam war. It means, we must face the brutal realities of our current situation, while we retain hope that we will prevail in the end.
- Our current situation is like being in a war. Although we are not fighting with guns, we need our unit (meaning our teams and those who support us) and we need great commanders. We need successful plans. We need a process for implementing the mission. We need the tools to execute the plan appropriately in order to be successful. We need recognition for our commitment and service. We need to keep focus on our goals, priorities and purpose of the mission.
- Understanding viewpoints and thought positions is also important – try using the three-lens approach:



- **The Wide Lens:** We are all in this together (families, departments, offices, cities, states, countries, and the world)
- **The Reverse Lens:** We as society have faced past challenges and we survived those. We'll make it through this – although maybe differently.
- **The long Lens:** This event is upon us. What can we learn and do to move everyone and the world forward and protect us in the future?

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*“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”*

*~ Viktor E. Frankl*

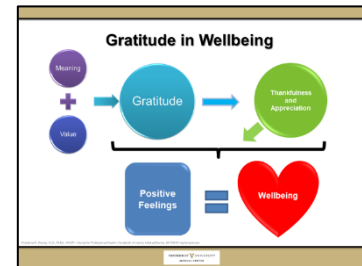
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## What else should I focus on?

- Focus on priorities, personal values, and meaning.
- Go back and think, why did you become a physician, nurse, etc.
- What about those reasons are still true?
- What are your values in life? How are you living your values?
- What are your priorities? Think of this daily – it may just be getting through the day and being protected or sleeping better.



## What tools should I use?

- Journaling:
  - You can start by simply using your own time and/or journal
  - Write gratitude in one of two ways:
    1. Journal or list things you are grateful for in the past day. Set a timer for 2 minutes and write as many as you can.
    2. Write or reflect on at least 3 things you are grateful for and explore them more deeply for at least 2 minutes
    3. Journal about a gratitude or positive experience – explore this one event and write in details what happened, how you feel about it, what you learned about it, why it is demonstrating gratitude, and anything else you want to reflect on from the event.
- Exercising:
  - Exercise to your favorite, most positive music, podcast, prayer, or own personal reflections you create for yourself
- Meditate:
  - Use guided meditation
  - Prayer
  - Walking meditation
  - Body scans
  - Art
  - Music
- Implement random acts of kindness:
  - Send your colleagues a supportive, uplifting email
  - Buy groceries for a poorer/disadvantaged family
  - Pass on a poem or phrase to people you zoom meet with
  - Send card to elderly in a nursing home



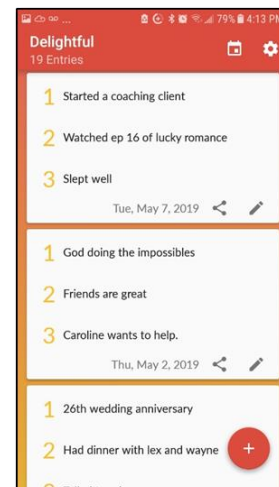
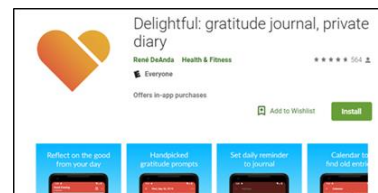
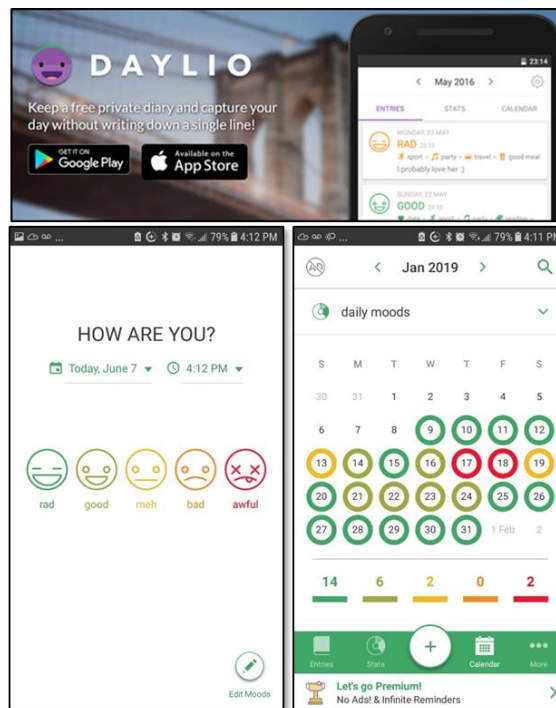
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- Donate money to the American Red cross, YWCA, Food pantries in your neighborhood, etc.
- Create a list of acts of kindness to do each week
- Send flowers, chocolates, fruit baskets, etc. to your administrators
- Write kudos stickers to family members, colleagues, neighbors, leaders, etc.

Thank you  
for...

- Share positive stories, reflections and emotions with others
  - Recall stories from internship – how you never thought it could be as bad and as good.
  - Share dreams of the future
  - Discuss in a small group – how are you feeling right now?
  - Practice mindful listening in pairs for 2 minutes at a time as each person shares a gratitude and positive story
- Count your blessings.
  - Look for your blessings in everyday life.
  - Who is a blessing to you?  
Who are you a blessing to?
- Gratitude apps
  - Daylio: a mood/emotion and/or gratitude tracker (free)
  - Delightful Gratitude Journal: Write three gratitude entries a day (free)





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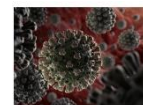
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PUBLIC HEALTH  
COVID-19 (2019 novel coronavirus) resource center for physicians  
10/01/2020



## **Supporting Clinicians Through the COVID-19 Pandemic**


### **Tip Sheet: The Furloughed/Fired Physician**



If you are a physician who has been furloughed or have lost a practice during the pandemic, here are some tips for you to reflect on.

- **You are extremely valuable and needed.**

- Your role as a physician is incredible. You have helped so many patients, family members, friend, and colleagues over your career. They still need you and will need you again when the situation normalizes.
- This pandemic has created problems in the economy of health care as never experienced previously. But it doesn't negate the need for physicians. Just as many patients will still have other healthcare concerns and illnesses.
- You are still, and always, needed
- You are never alone.



**You are  
valuable!**

- **Do not allow the process of being furloughed reflect who you are in spirit.**

- You were created for a purpose and those purposes may change over time. Your role as a physician continues.
- Remind yourself, what you have to offer.
- Remember, your good works of the past.
- Release contempt and anger.
- Find solutions for the here and now.
- Be grateful even in the challenging times.
- Keep things in perspective – balance the realities you face (loss of income) with the hope of prevailing (seek new opportunities)



- **Healing is a process.**

- You must remember that healing takes time.
- There are stages of grief and healing.
- Allow yourself time to heal.
- Make no decisions out of haste.
- Connect with those who are supportive, and caring and loving to vent, cry, yell, and laugh.
- Seek help from specialists.



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- Avoid behaviors that only mask your fears, concerns, anger, and sadness. Go to people before you go to alcohol, smoking, substances, porn, etc.
- Healing is sometimes a delayed response. You may develop deep emotions, hurt feeling, and depression. Recognize these symptoms and get help as soon as you begin to experience them. Please are available to help. Counselors and coaches do online or phone sessions, and physicians offer telehealth.



- **Seek opportunities that support your purpose, meaning and values.**

- If your furlough is a short time frame, give yourself time to heal, then time to reflect on what you need to fill the current void.
  - Consider resting for a while.
  - Find meaningful ways to fill your calendar.
  - Build knowledge, take online courses, expand your hobbies and interests.
  - Find opportunities to volunteer.
  - Donate your skills to special needs populations and philanthropic causes.
  - Be the support for colleagues who are on the frontline – donate meals or snacks to those caring for COVID-19 patients in the ER, ICU, and hospital wards.
  - Train on telehealth or advanced care skills for the inpatient side.



- If you were released, fired, or lost a practice or job, you will have to think for the long haul.
  - Do all the above.
  - Seek out opportunities that are priority areas.
  - Consider if temporary or permanent relocations are needed.
  - Identify and eliminate barriers to next steps for employment.
  - When all else fails, think out of the box. What skills do you have that can be valuable to others? Can you teach, write, do art, build systems, etc. many physicians find great joy in using their individual talents, linked to healthcare, without providing patient care.
  - Seek help as needed for your own mental sanity, financial aspects, family concerns, etc.



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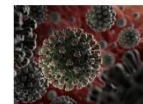
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Public Health  
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## **Supporting Clinicians Through the COVID-19 Pandemic**

### **Tip Sheet: Goal Setting and Keeping**



This tip sheet offers suggestions setting and keeping wellness goals during the COVID-19 pandemic.

#### **Why set a wellness goal during COVID-19?**

- Goals are important for several reasons:
  1. Goals give you the power of control over achievable things in your life, especially during the pandemic when it seems like you have little control.
  2. Goals directly benefit Y-O-U!
  3. According to Stephen Covey, the purpose of goals is “Translating vision into achievable, actionable doing.” (The Power of Goals, 2003.)
- Goals can be a powerful process.
- Goals are the common denominator of successful individuals and organizations.
- Goals around wellness are valuable, if not critical during the COVID-19 pandemic because physicians are under such significant stressors - both at work and at home.



#### **What should I select as my wellness goal?**

- Wellness goals focus on your total wellbeing and provides a pathway for maintaining and supporting wellbeing.
- Take the approach of setting principle-based goals. These are goals that are “the right thing, for the right reason, in the right way.” - Stephen Covey, The Power of Goals, 2003.
- We can also add within the right timeframe when thinking about our current environment during the pandemic.
- Select wellness goals that focus on your individual wellbeing but make sure it is doable during this unprecedented time. For example: You may want to travel the world and that is a good wellness goal, but it is not doable at this time. You can modify it to self-directed learning about your top 5 places to travel. If you use the web, this prepares you for when you can travel and allows you to visualize the location. The process becomes a virtual vacation.
- Some important and needed immediate goals should focus on selfcare and behaviors that enhance resilience. (See our tip sheet on Staying Resilient or the Top 10 Things to do During COVID podcast.)



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## What model should I use?

- We developed a model of goal setting that is likely to support success if done appropriately.
- Set aside 20-30 minutes.
- Determine what you intend to change. Use the B-A-SMART-ER™ model. We developed this model in the Center for Professional Health and it is based on two goal models and educational theory for learning success.
- Review the outline below. Then create your own. Take your time answering/completing each part.

## **Designing the Dream: Intent to Change and Goal Keeping** **B-A-SMARTER™ Goal and Objective Writer**

Evidence shows that writing down goals increases the likelihood of fulfilling them. Review this framework and the example below, as we will use this or similar techniques during the session.

B - Barriers	Identify major barriers or challenges to executing or maintaining your new personal goals and objectives.
A - Accountability	Select someone to serve as an advocate and hold you accountable to the tasks.
S – Specific	Make sure your objective is <i>specific</i> .
M – Measurable	Make sure your objective has a <i>measurable</i> outcome to define success.
A – Appropriate	Make sure your objective is <i>appropriate</i> , something that is attainable – in this lifetime.
R – Relevant	Make sure your objective is <i>relevant</i> to you – personally.
R - Reward	Select rewards to give yourself for being successful. (e.g.: a massage after 4 successes or after 2 weeks of trying)
T – Timely	Make sure your objective is <i>timely</i> – list as either short-term (1-2 weeks), intermediate (2-4 weeks), or long-term (1-12 months).
E – Evaluate	Identify a time to <i>evaluate</i> your goal & objective on a short-term, intermediate, and long-term basis. (e.g. 1 mo, 6 mo, 12 mo, etc.)
R – Re-evaluate	<i>Re-evaluate</i> your goals/objectives and carry over those that worked well, re-adjust those that need modifying, and set new goals to build on the old ones.

- Consider making at minimum two goals. Make one goal for you personally, related you maintaining your wellness and resilience during the COVID-19 pandemic, and consider another one for your family, work, team, etc.
- If handling your own stress is all you can handle at this time, no worries. Prioritize yourself first!
- Start with your intent to change.
- Work through each checklist item. Push yourself to identify all possible barriers along with time.
- Write a completed objective – what will be done in detail based on your checklist items.



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### **B-A-SMART-ER™ Goal and Objective: Personal**

Goal: I intend to change the following:

#### Check List:

- ☐ B - Barriers
- ☐ A – Accountability
- ☐ S – Specific
- ☐ M – Measurable
- ☐ A – Appropriate
- ☐ R – Relevant/ Rewards
- ☐ T – Timely
- ☐ E – Evaluate
- ☐ R – Re-evaluate

☐ Barriers:

☐ Accountability:

☐ Specifics:

☐ Measures:

☐ Appropriate:

☐ Relevant:

☐ Rewards:

☐ Timely:

☐ Evaluate:

☐ Re-evaluate:

Write your complete objective here: My goal is to...

## **B-A-SMART-ER™ Goal and Objective: At Work, Team, Family**

Goal: I intend to change the following:

Check List:

- ☐ B - Barriers
- ☐ A – Accountability
- ☐ S – Specific
- ☐ M – Measurable
- ☐ A – Appropriate
- ☐ R – Relevant/ Rewards
- ☐ T – Timely
- ☐ E – Evaluate
- ☐ R – Re-evaluate

☐ Barriers:

☐ Accountability:

☐ Specifics:

☐ Measures:

☐ Appropriate:

☐ Relevant:

☐ Rewards:

☐ Timely:

☐ Evaluate:

☐ Re-evaluate:

Write your complete objective here: My goal is to...

## What happens when I complete my goal?

- Once you complete your goal, you should celebrate your success and be present in that moment for a while.
- Then determine if you will continue working on it or make a change.
  - If unsuccessful: If you feel the goal was not completed, then re-evaluate it. Did you develop a principle-based goal that would benefit you during the COVID-19 pandemic? If not, start again from the beginning, select something that is for the right reason, at the right time, for the right purpose, in the right way. If it was a principle-based goal, but wasn't successful, review your barriers and other checklist items for areas that can improve or be strengthened and plan to overcome them if you will continue your effort.
  - If successful:
    - If the goal was beneficial and you value it, make it a lifestyles change (example: exercising more or maintaining better sleeping habits).
    - If you completed a goal and feel successful and more in control, then consider if you need another goal. Keep the process going if possible. I personally try to work on 2-3 wellness goals over the course of a year, so I am always focused on my wellness and resilience.
- As a physician we are at risk of burnout, so we should NEVER stop focusing on our wellness and resilience.



## Will completing my goal help me during COVID-19?

- Yes! You may be happier, and you may also reduce your risk of burnout and impairment.
- Goal keeping will help you feel in control. It gives you ownership and once successful you have a sense of achievement. You need all of these to help get you through the COVID-19 pandemic because it will be a marathon and not a sprint.
- Goal setting and goal keeping help us because we directly benefit from the outcomes we design.
- Progress + rewards = success + happiness
- We are usually happier when we are high achieving. Goal keeping allows you to feel successful and gives us a sense of achievement when there may be other challenges (such as over working, stress, fear if contracting the virus or worse, dying from the virus) that reduce your resilience and are not supporting your professional health and wellness.



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**Resources:** MH specialists, coaches, psychiatry, primary doctor, etc. Each picture is hyperlinked to the actual webpage. Simply click on the picture.

- American Psychological Association: <https://www.apa.org/> - click on *psychological help center*, then *find a psychologist*.
- International Coaching Federation: <https://coachfederation.org/> - click on *find a coach*.
- American Psychiatric Association: <https://www.psychiatry.org/> - click on *Patient/Families* then click *find a psychiatrist*.
- The American College of Physicians – COVID-19 Resources for physicians. <https://www.acponline.org/>
- The American Medical Association – resources for Physicians. <https://www.ama-assn.org/>
- The National Academy of Medicine – Well-being resources. <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

## Resources

- Find a Psychologist
- Order Free Brochures
- Request a Speaker

Find a Coach

PATIENTS & FAMILIES



COVID-19 (2019 novel coronavirus) resource center for physicians  
5/27/2020

