

It should be about You!

Resilience

Tracy Sanson MD, FACEP





Disclosure

I do not have any relevant financial relationships with a commercial interest to disclose



Why yes, I'm a bit stressed.
Why do you ask?







IMPORTANT







Work harder on yourself
than you do on your job.

Jim Rohn

As the door closes behind you, people
look at each other and say

- “Wow, working with her is great. She’s so ____.”
- “She’s really something, isn’t she? She’s so ____.”

“She’s so ____.”

“He’s so ____.”

One Statement



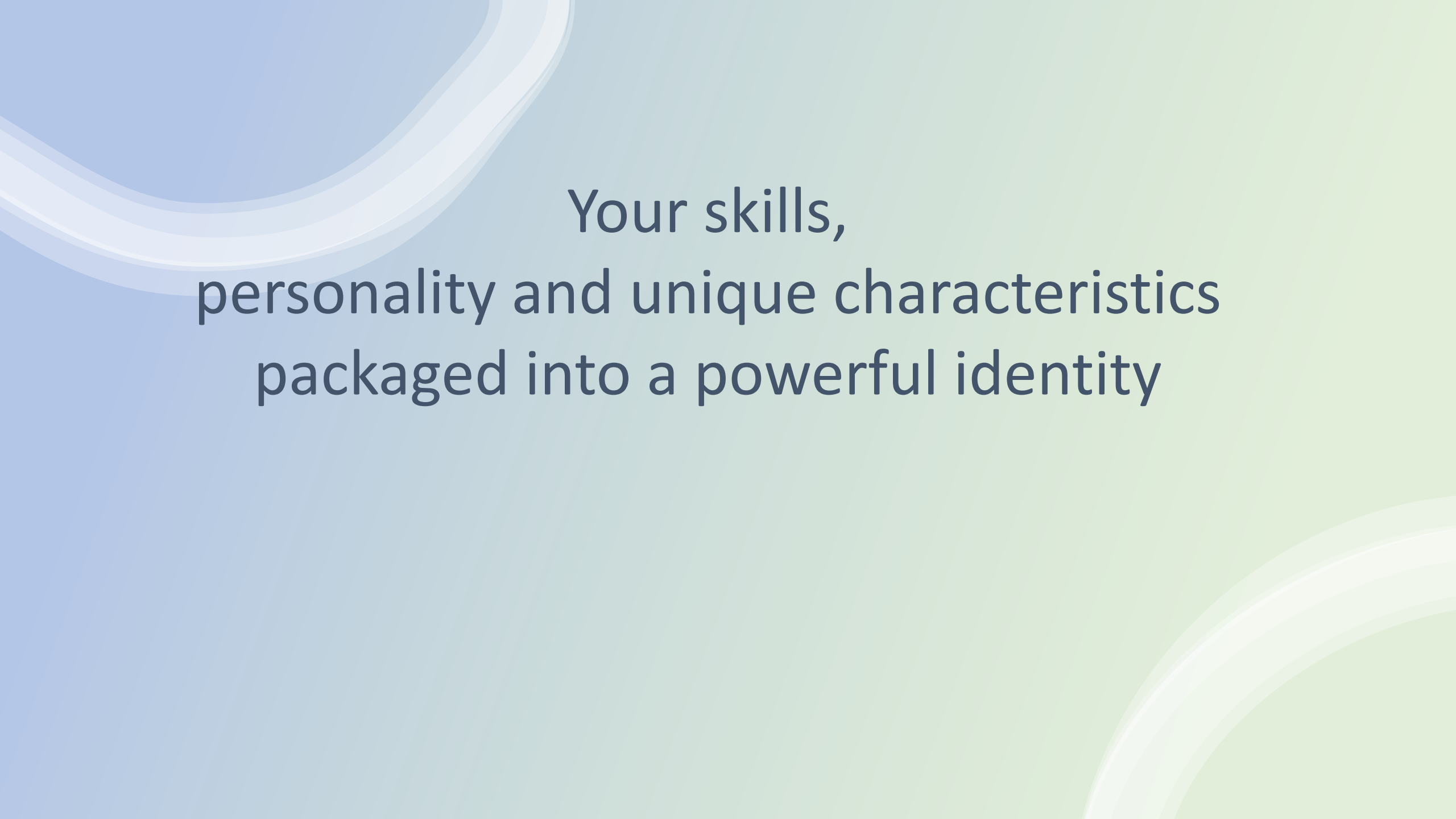
Powerful, clear idea
that comes to mind




Positive



Represent values, abilities
and actions that others
associate with you



Your skills,
personality and unique characteristics
packaged into a powerful identity

- 
- Who you are
 - What you do
 - What makes you different, how you create value for your target market

mit makes



As the door closes
behind you, people
look at each other
and say?

One Statement

A close-up portrait of a woman with short, blonde hair. She is looking directly at the camera with a serious expression. Her right hand is raised, with her fingers resting near her temple. She is wearing a light-colored, textured blazer over a blue collared shirt. The background is dark and out of focus.

Rigorous Quality Control

















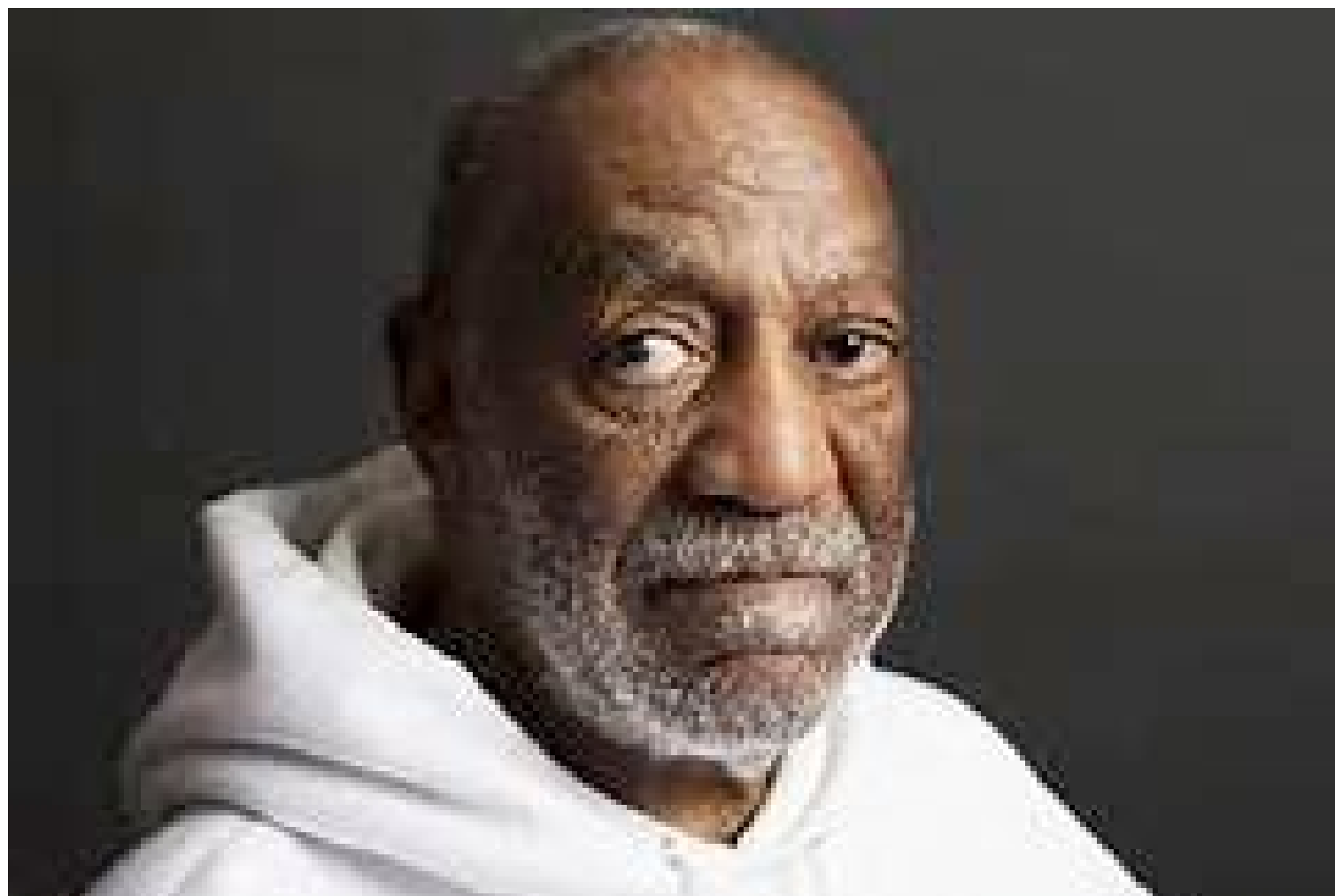


UBER



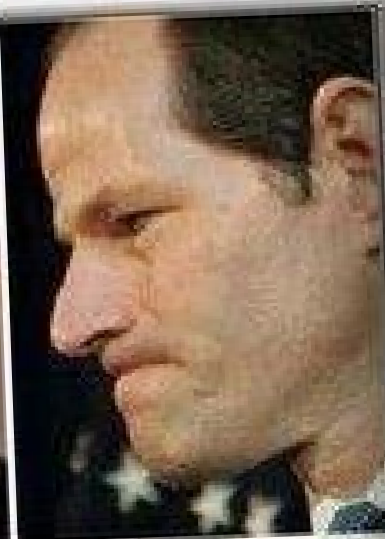
UNITED













What is that one statement?

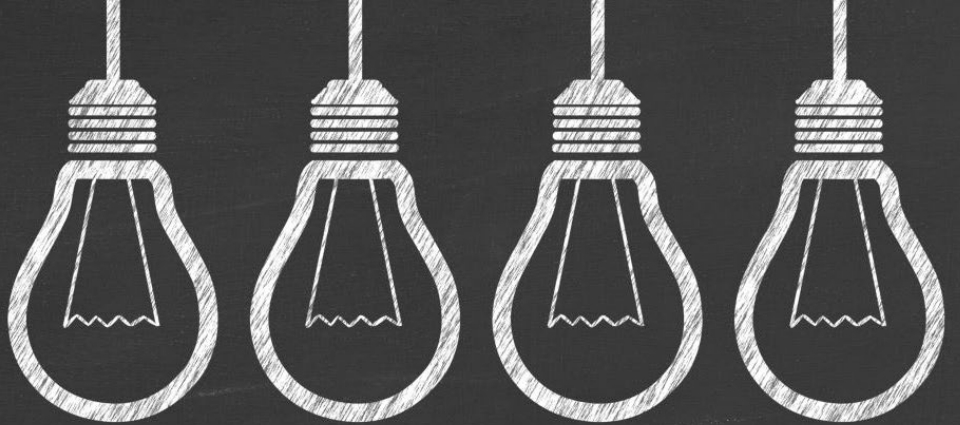
Attitude issues

Discipline issues

Relationship issues

WEAKNESS

STRENGTH




-
- Knowledge
 - Skills
 - Behavior

Everything affects your Brand


- The way you talk, walk, dress
- Your customer service & presentation skills
- How you negotiate & meet obligations
- How you follow through on promises
- How you treat people





*A **Bad tired** is when you
have spent all you
have, but it meant
nothing to anyone.*



The background features two large, overlapping, curved lines. One line is a light blue color and the other is a light green color. They are positioned in the top-left and bottom-right corners of the image, creating a sense of movement and depth.

***A Good tired is when
you have spent
everything you have
and you accomplished
something!***



Has anyone
told you yet today
just how absolutely,
positively, incredibly
amazing you are?

No matter
where you are in
life,
We can all agree



I'm shaped
to be part
of
something
significant!



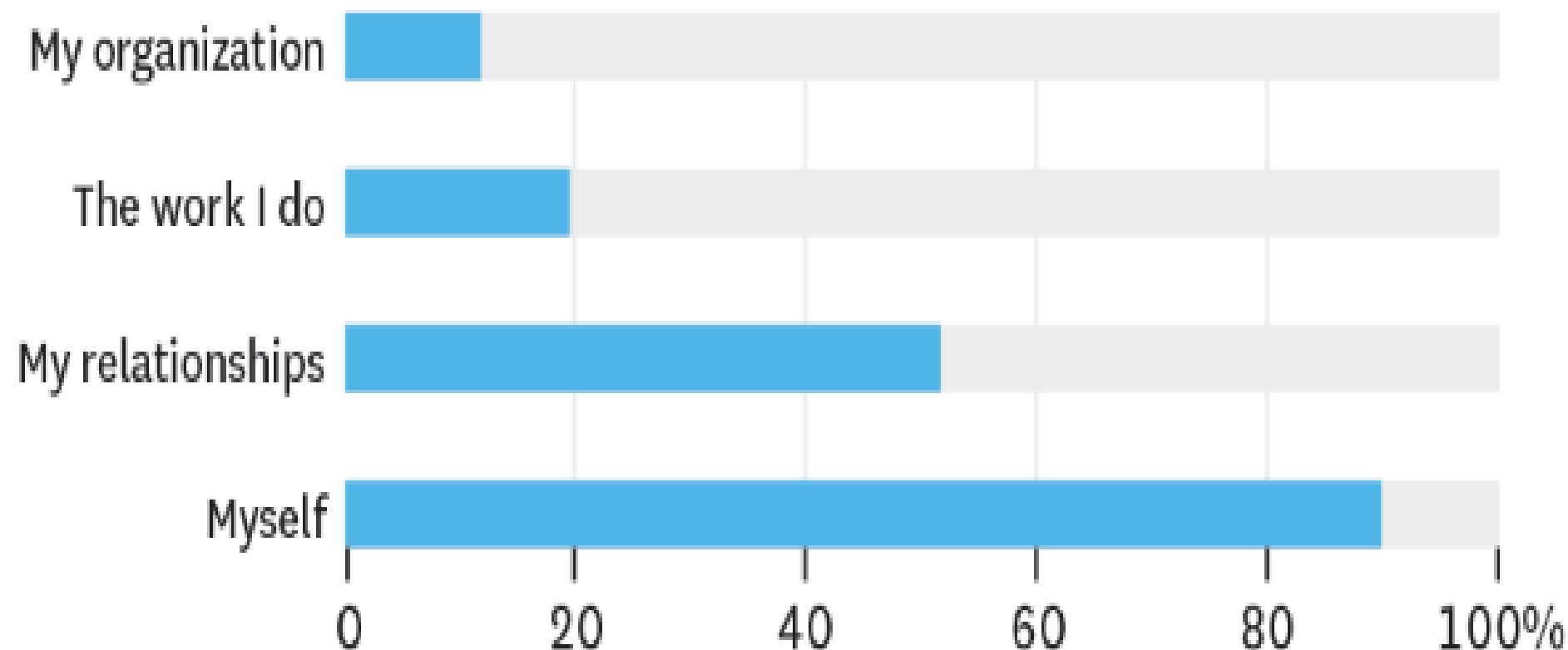
**TO CATCH THE SQUIRREL, YOU MUST
BECOME THE SQUIRREL.**

A person wearing a blue jumpsuit with a police-style badge on the chest is sitting on a medical gurney in the center of an ambulance. The ambulance interior is cluttered with various medical supplies, equipment, and debris scattered on the floor. There are overhead lights, storage cabinets, and a stretcher visible in the background. The overall scene suggests a state of disarray or failure.

I'M SORRY, I TRIED

WHERE DO YOU GET YOUR RESILIENCE FROM?

Survey responses from 835 British employees.



SOURCE "TOUGH AT THE TOP," BY SARAH BOND AND GILLIAN SHAPIRO

HBR.ORG

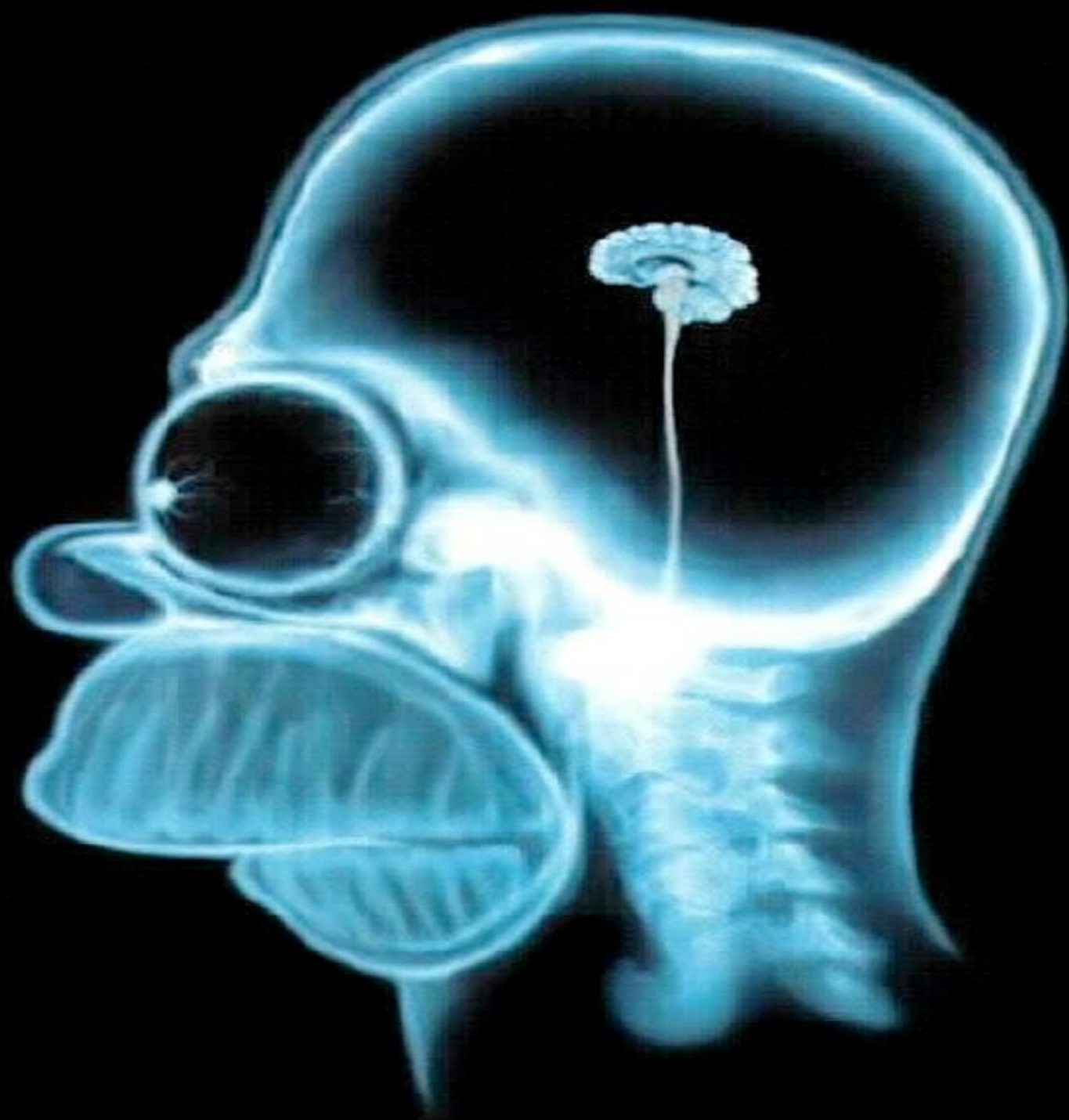


Look at me!

—

Brain looks
for threats,
negatives






FRIZZ





FIGHT





Automatic Negative Thoughts




A dark stage with three spotlights illuminating the words 'Fears', 'Flaws', and 'Failures'. The spotlights are positioned above each word, creating a bright glow. The background is dark and textured.

Fears

Flaws

Failures


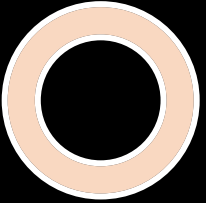



DO YOU EVER FEEL
LIKE YOU'RE NOT
GOOD ENOUGH?




AM I
GOOD
ENOUGH?





The negative
negative
screen s





The negative screams
screams

The
**positive
whispers**



**THE PERSON WHO
DOESN'T MAKE MISTAKES
IS UNLIKELY
TO MAKE ANYTHING.**

UNDERSTANDING YOUR TRIGGERS



HALT

HUNGRY







guilt

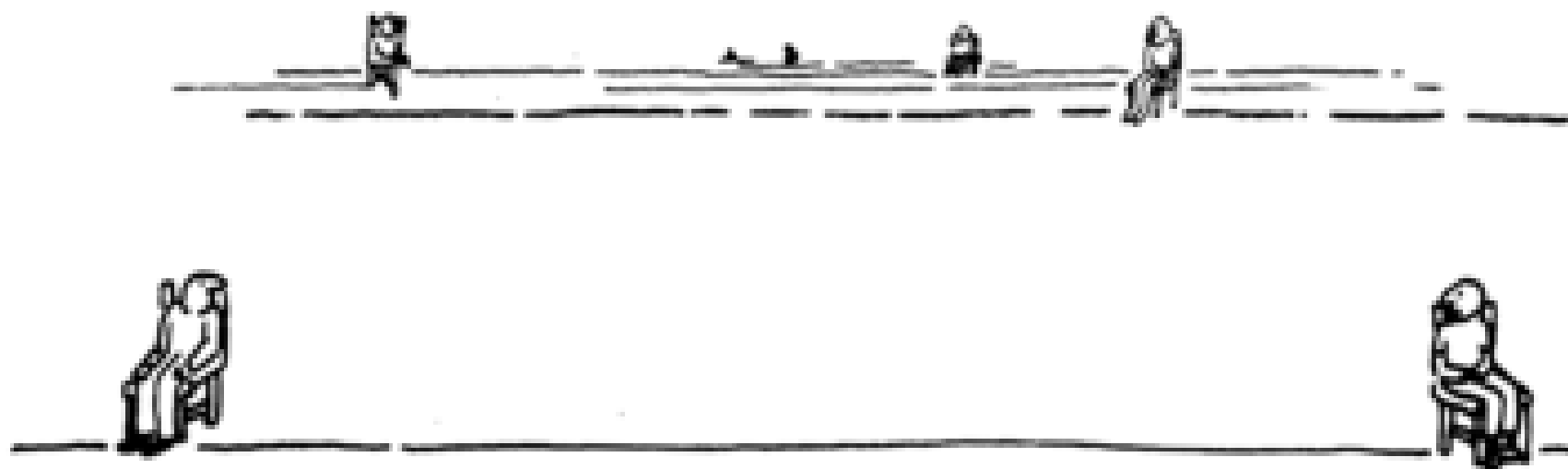
insecure



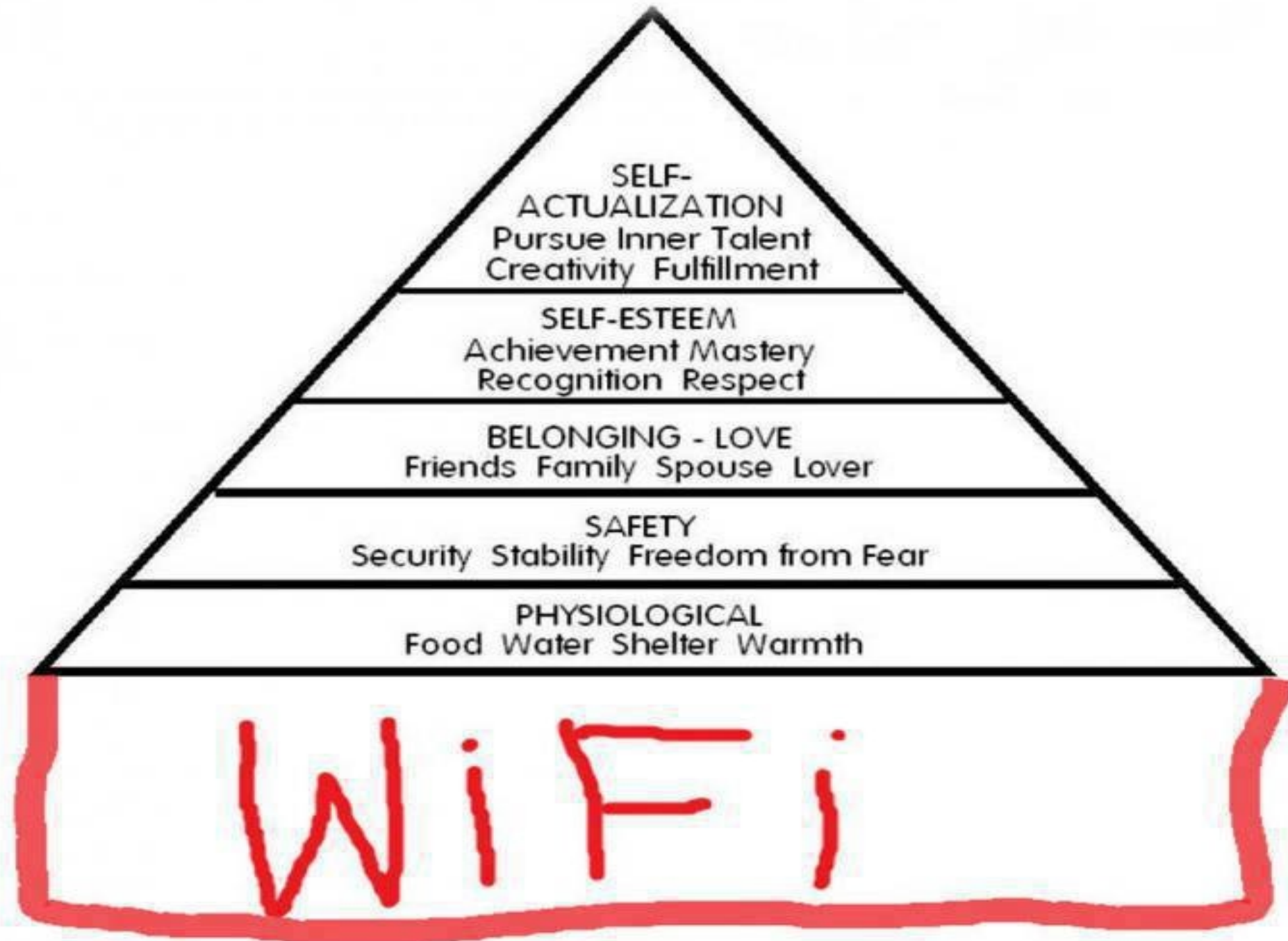




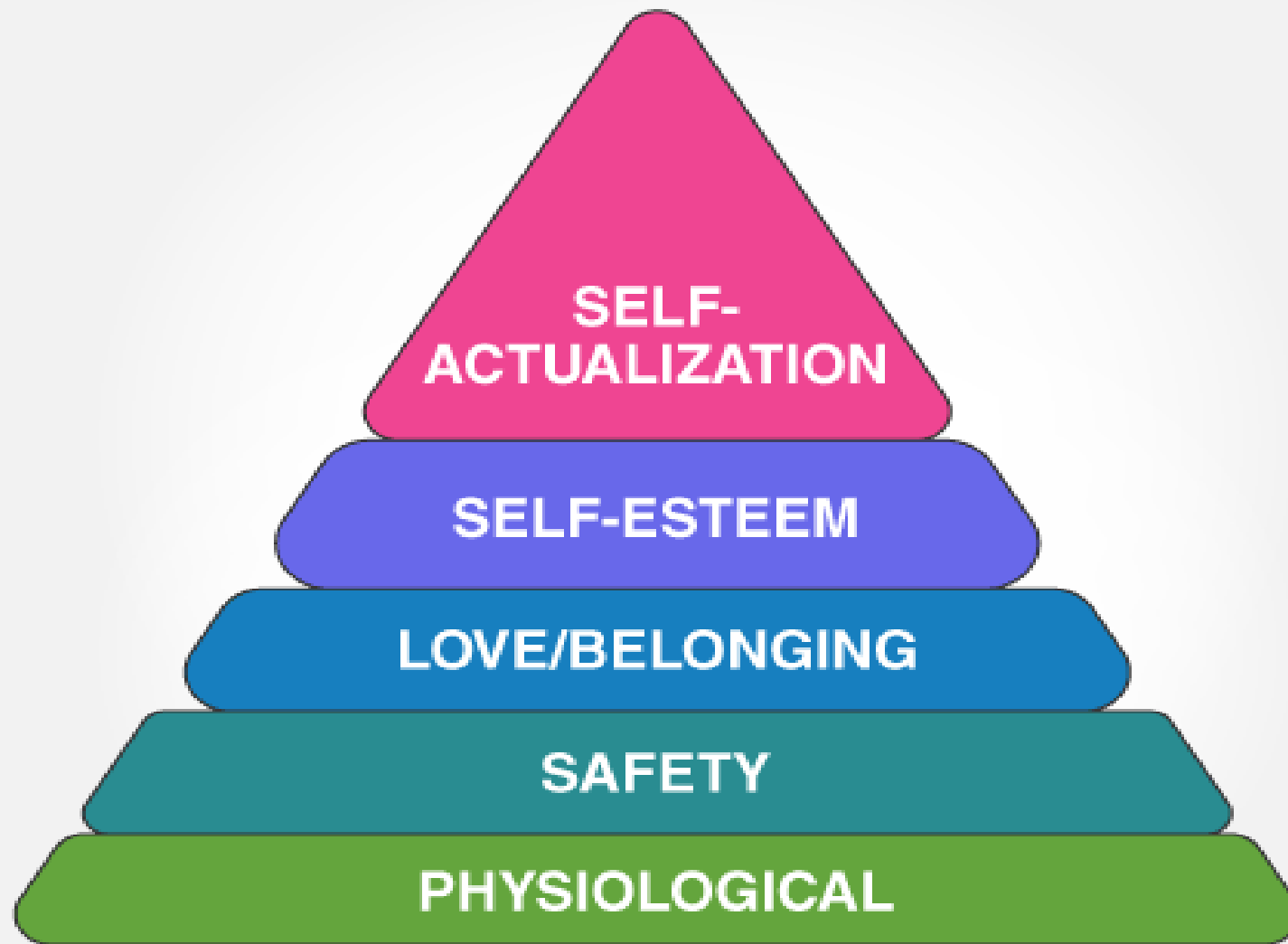
FEAR OF INTIMACY SUPPORT GROUPS



©1994 by Ben



MASLOW'S HIERARCHY OF NEEDS



- ▶ The need for development, creativity, growth.
- ▶ The need for self-esteem, power, control, recognition.
- ▶ The need for love, belonging, inclusion.
- ▶ The need for safety, shelter, stability.
- ▶ The need for air, food, water, health.



H·A·L·T

Am I

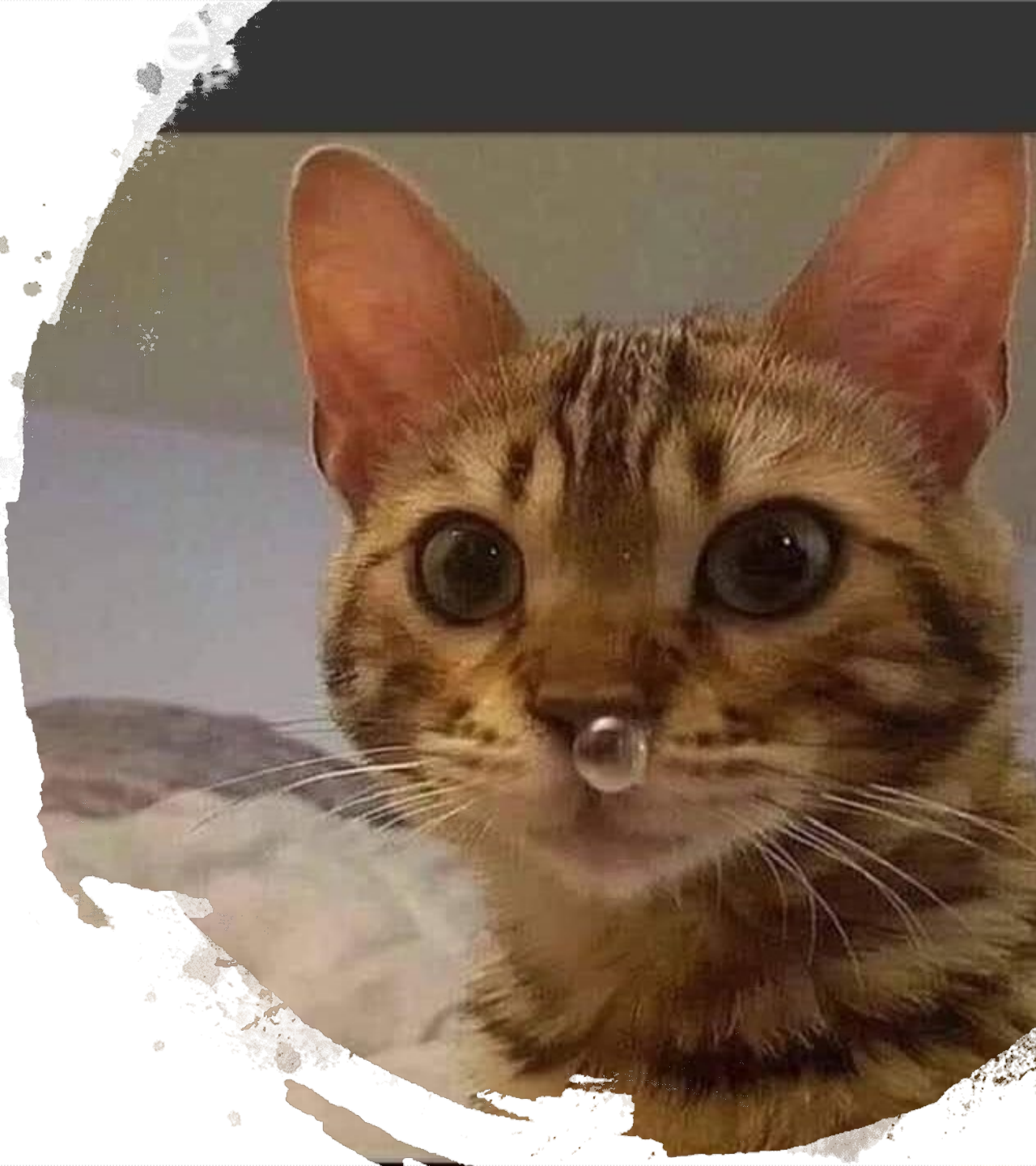
Hungry

Angry

Lonely

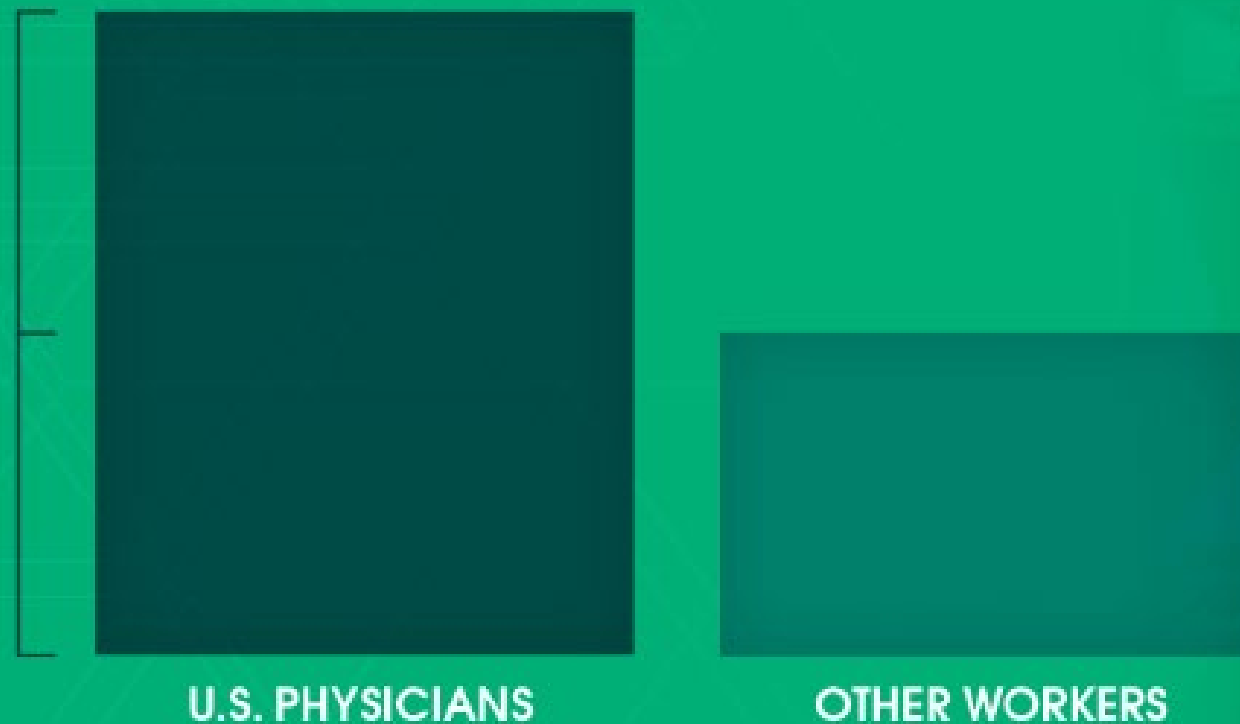
Tired?

Stress



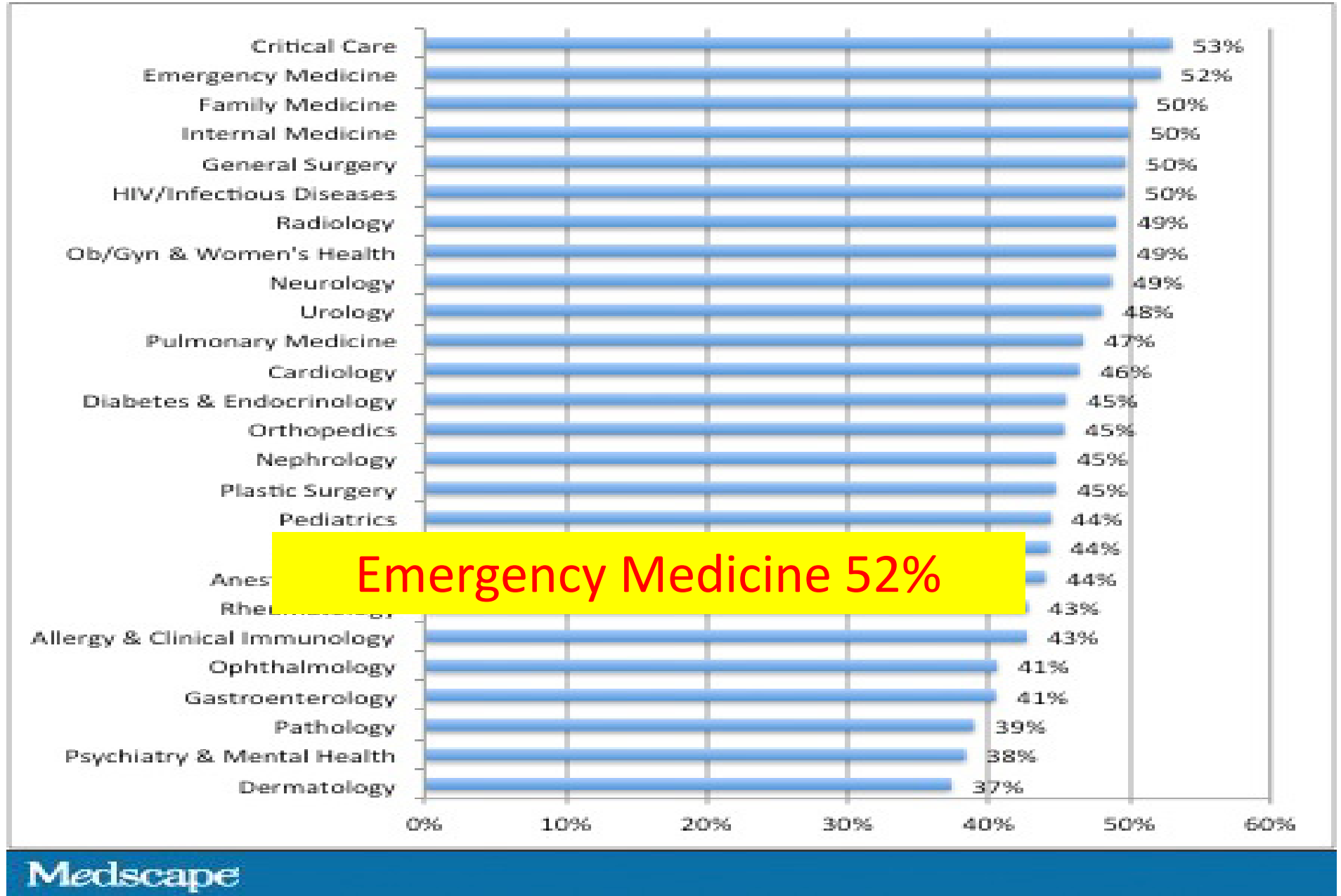


BURNOUT is nearly **2X**
as prevalent among **U.S. physicians**
than among workers in other fields.



Medical trainees experience higher rates of
DEPRESSION and **BURNOUT**
than those of age-similar individuals
pursuing different careers.





Burnout By Specialty



What do we fear
most?

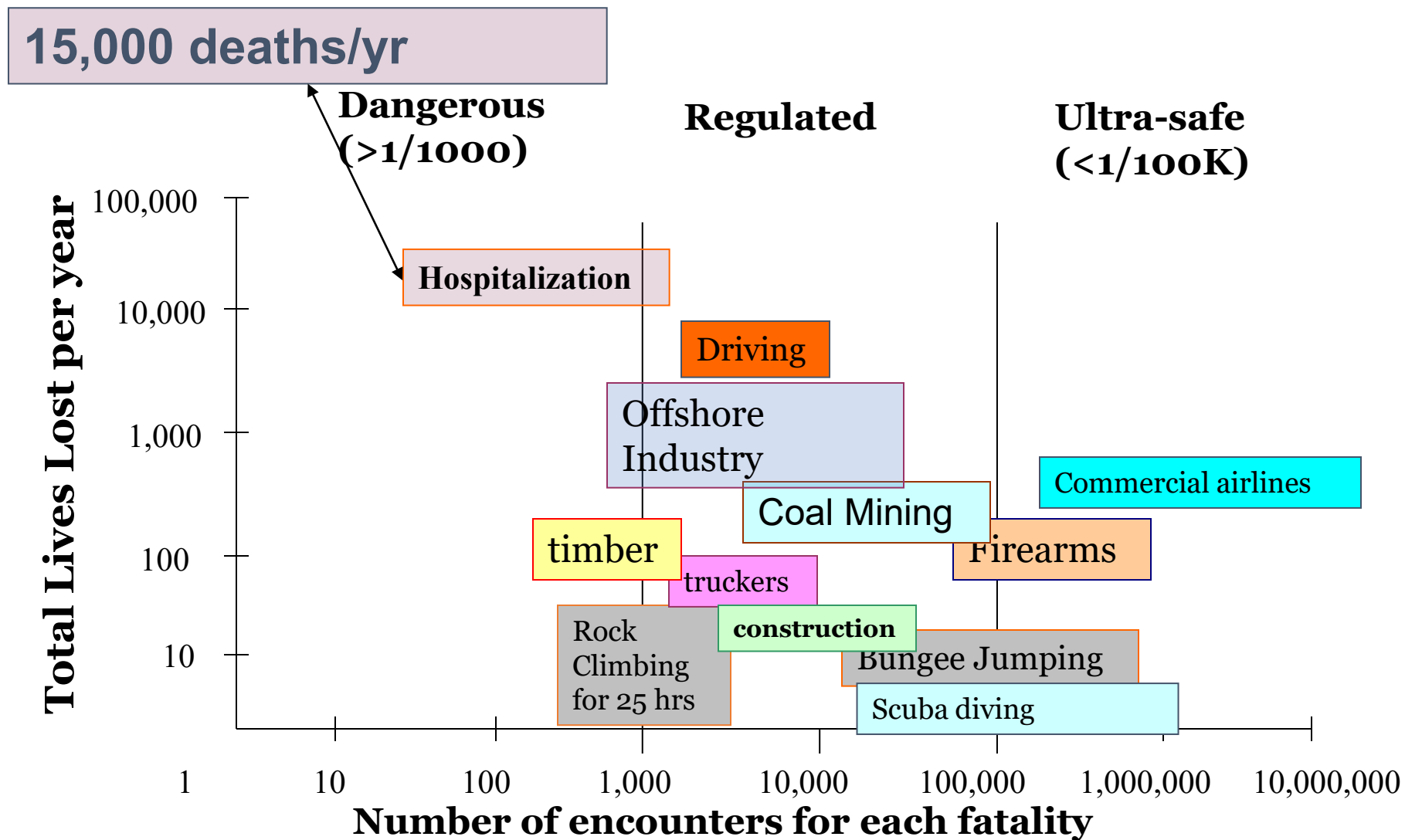
- Being a patient
- Having a family member in the hospital

Harvard School of Public Health 2002 Survey

“More than 1 in 3 doctors reported errors
in their own or a family member’s medical care”

Risky Activities

Adapted by Dr. Philip Hebert





Remember!

***“Every system is perfectly designed to
get precisely the results it gets.”***

Dr. Paul Batalden

© Kirk B. Jensen, MD, MBA, FACEP

Social Isolation

Sleep Deprivation



Pressure to excel

Self Neglect



Exhaustion

Cynicism





walking into work like



Hang in there!
It gets better!



Thank you.

THERE'S
NOTHING
MORE
DANGEROUS
THAN A
CLOSED
MIND



Anna Parini







145
140
135
130
125
120

Tues.	Chg.	Pct. chg.
142.78	1.64	1.2%
141.12	1.98	0.21
140.14	1.98	1.4%
138.16	1.98	1.4%



What to do

when it all

falls apart

HEALTHY SELF

HEAL THY SELF

DON'T START WITH ME, TRACY

A beagle dog with brown and white fur is sitting at a table. In front of the dog are several cans of Blue Moon beer. The dog has a white patch on its chest and muzzle, and its ears are floppy. It is looking directly at the camera with a calm expression. The background is a wooden fence.

**IT WAS THUNDERING AND LIGHTNING,
AND I THOUGHT I WAS GOING TO DIE**



“Hope is not a strategy”



**Never
hope for
it more
than you
work
for it.**

The Resilience Factors

1.

Sturdy Role Models

Inner Moral Compass

6.

2.

Cognitive Flexibility

Religious/Spiritual Resources

7.

3.

Active Problem Solving

Physical, Mental, and
Emotional Training

8.

4.

Realistic Optimism

Meaning in Adversity

9.

5.

Social Support

Responsible for Personal
Emotional Wellbeing

10.

IT'S ALL ABOUT
RELATIONSHIPS



12

WHAT GIVES
you
MEANING?



trans·ac·tion·al

/tranˈzakSHən(ə)l, tran(t)ˈsakSHən(ə)l/ 

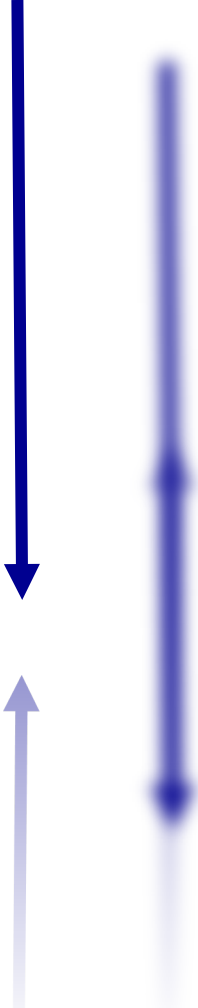
adjective

relating to the conducting of business, especially buying or selling.

"access to transactional data such as records of purchases"

- relating to exchange or interaction between people.

"transactional models of social evolution"



The diagram features two vertical arrows. On the left, a thin blue arrow points downwards from the top edge of the frame to a light purple arrow pointing upwards. On the right, a thick blue arrow points downwards from the top edge of the frame to the same light purple arrow. The text 'To Building Relationships' and 'To Making Art' is positioned below the light purple arrow.

To Building Relationships
To Making Art

Uncover
sometimes
hidden,
purpose

- Trap of focus on completing the task
- Forget the end result

Energy

- ✓ Comes from legacy and community
- ✓ Not from a paycheck or performance program

LEAVING A LEGACY







**ARE YOU
LAYING BRICKS
OR BUILDING
CATHEDRALS?**

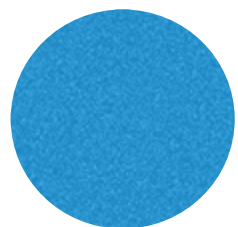
Family

Travel

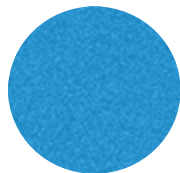
Sports

Reading

Work



Family



Travel



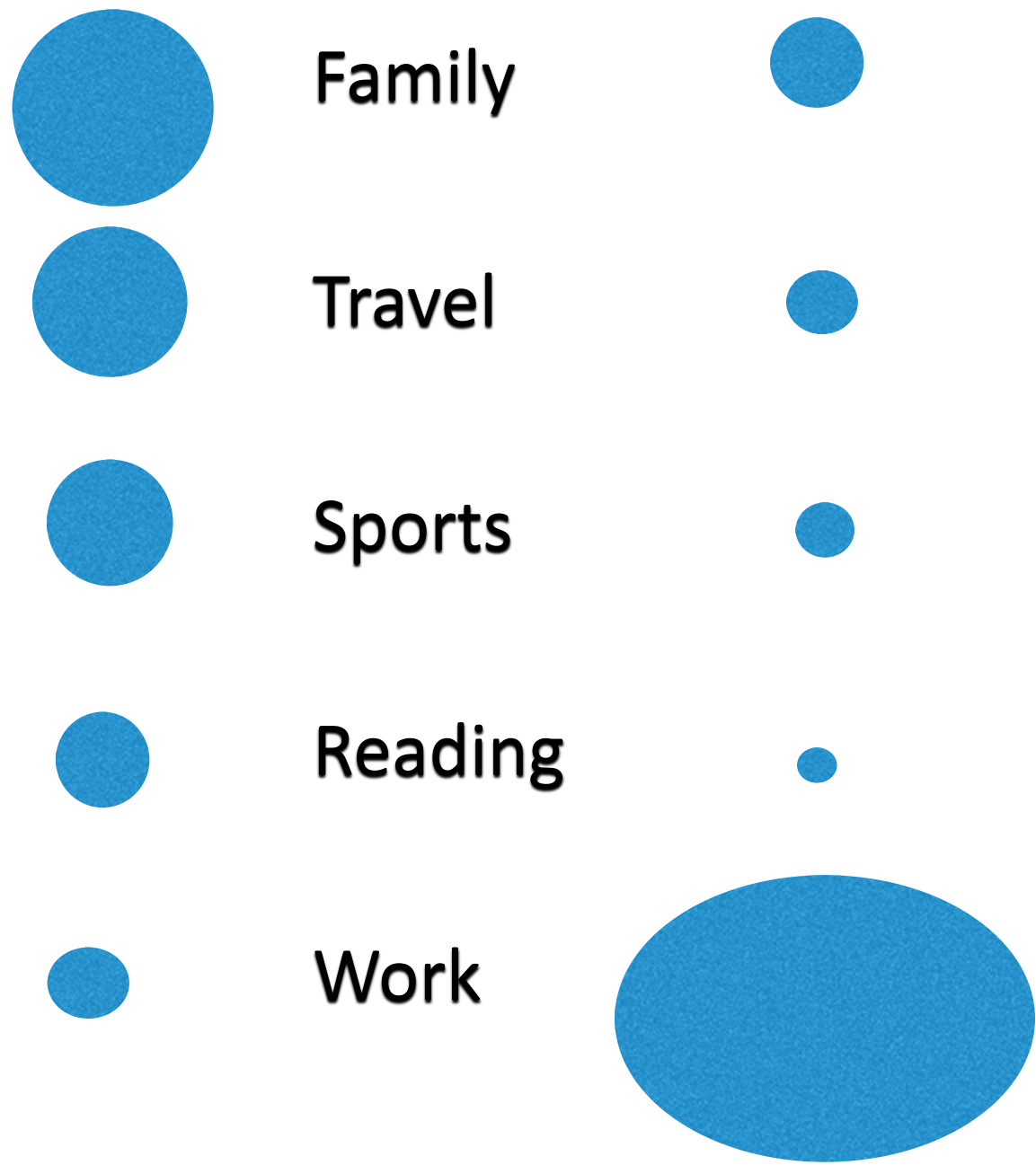
Sports



Reading



Work



My life is far from how I want it to be

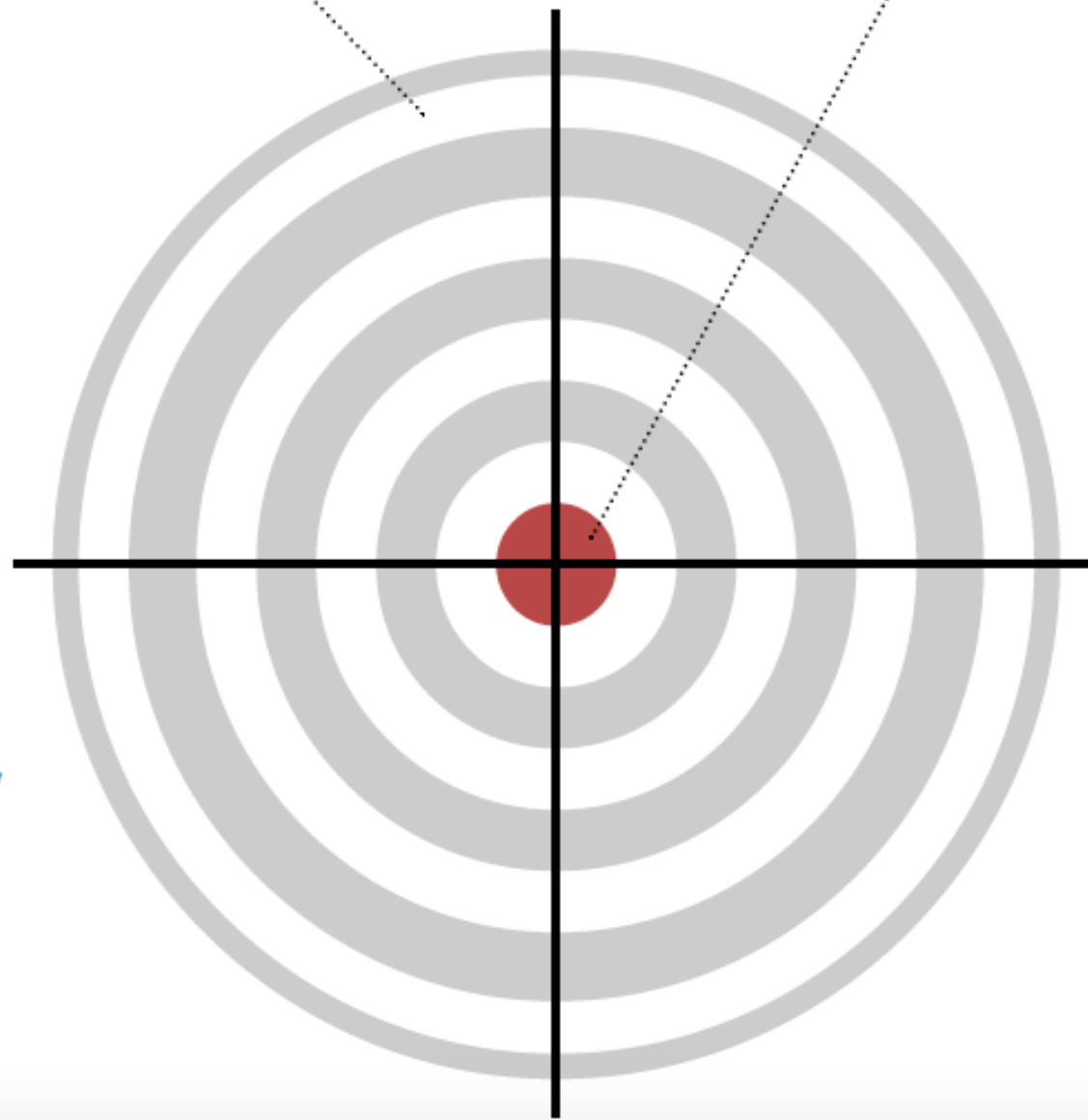
My life is just as I want it to be

Work/Education

Leisure

Personal growth/
health

Relationships



GRACE

Yet

Either/Or

- I can't do it
- I'm not good enough

IF YOU ARE TEMPTED TO SAY
"I CAN'T"
HAVE THE COURAGE TO ADD
"YET"

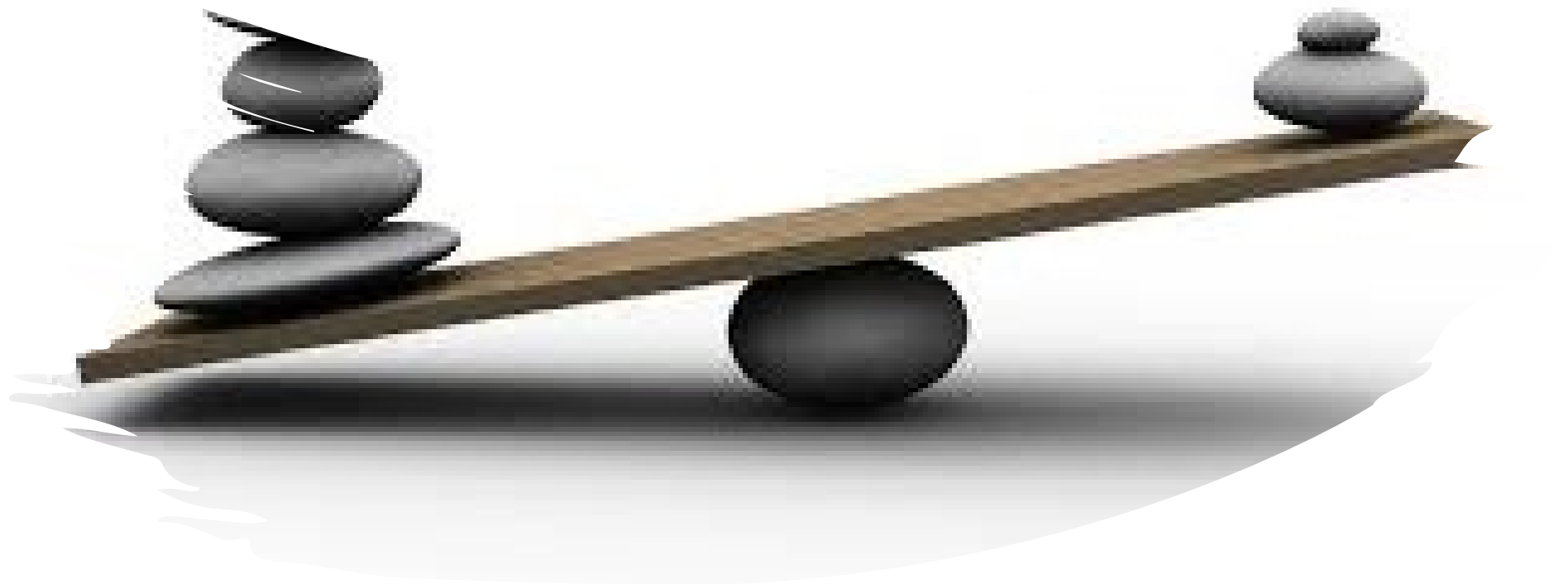




Pick one aspect of your life
to be your best



Strive to be better in the rest



Life is Fluid



Work-Life Balance does not mean
an equal balance

You will go through stages of life
months out of the year,
days of the week,
even hours of the day
when you'll have to spend
more time and effort to focus on
one aspect of your life versus another

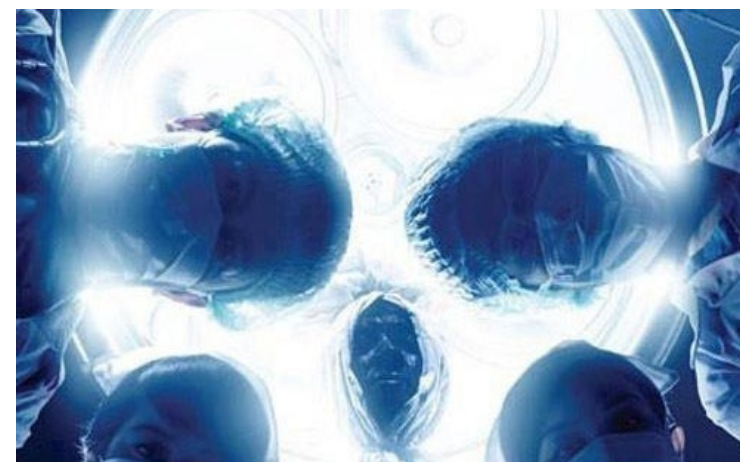
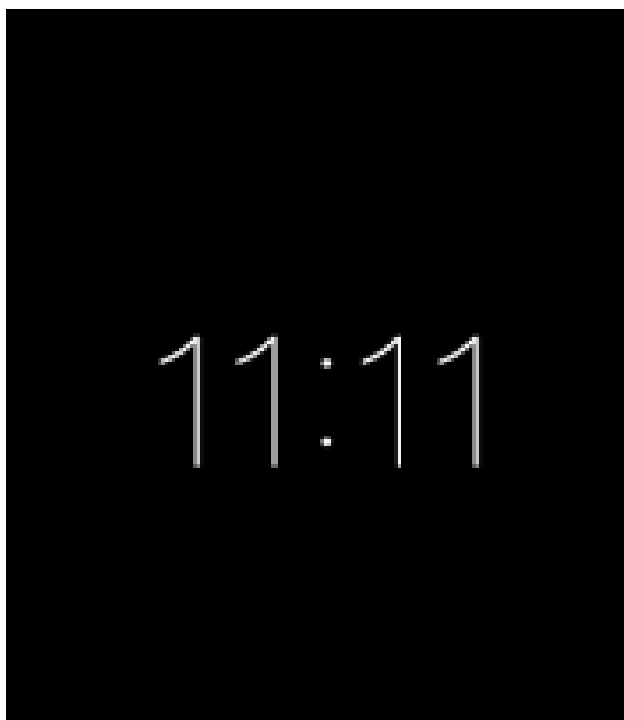
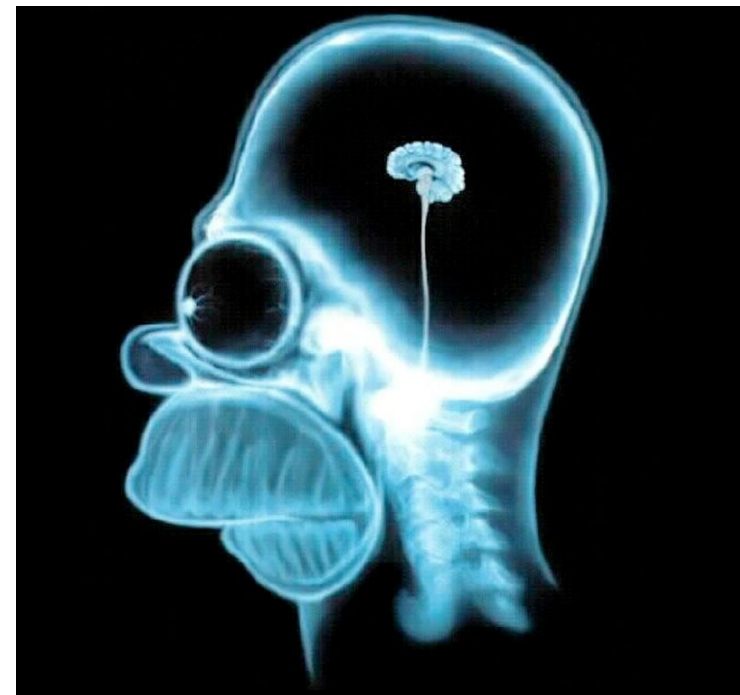




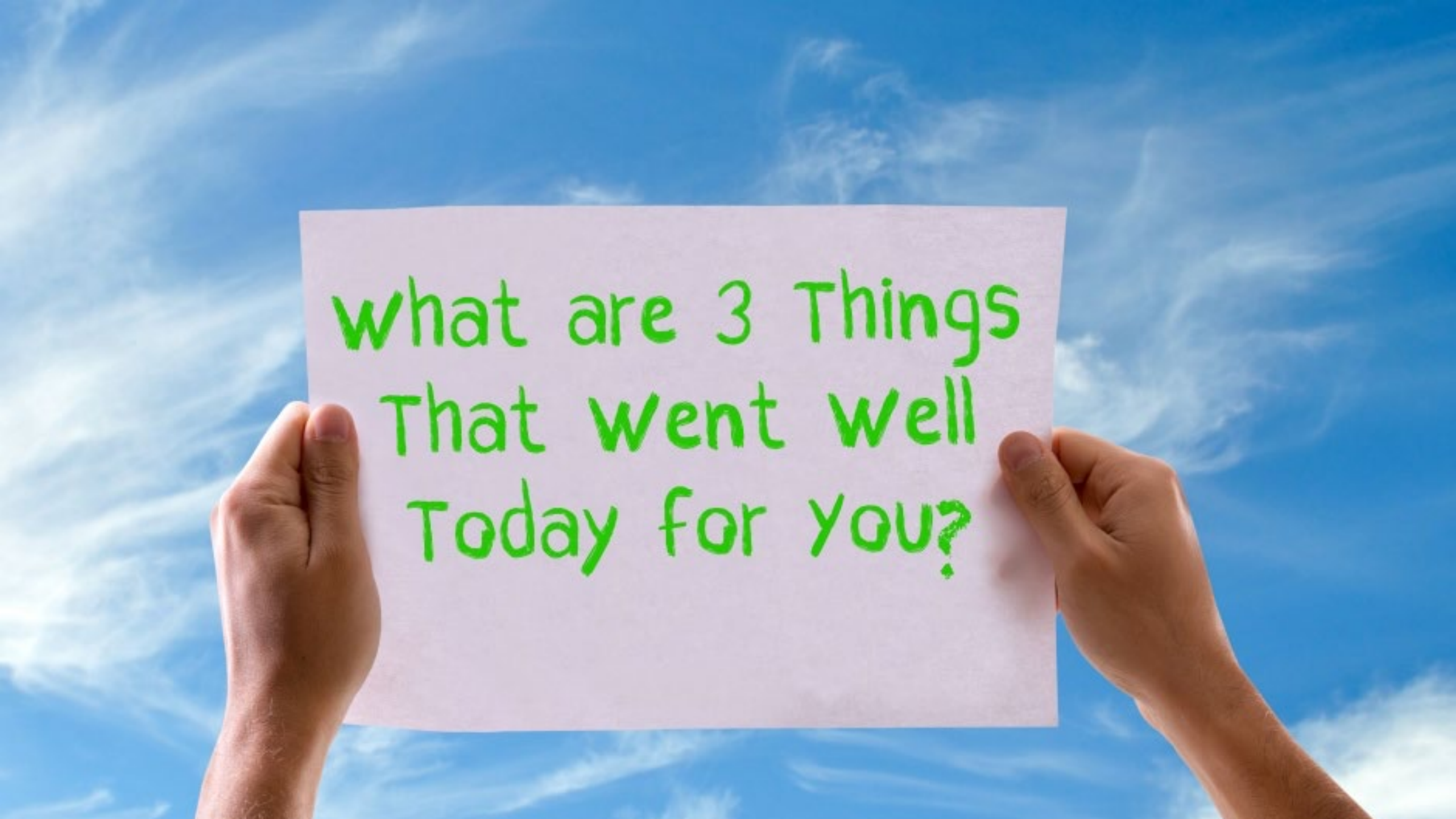


Freeze
Flee
Fight

Retrain




11:11

A pair of hands holds a white rectangular sign against a bright blue sky filled with wispy white clouds. The sign contains green text asking for a reflection on the day.

What are 3 Things
That Went Well
Today for you?





A photograph of a long, arched tunnel, possibly a subway or a large underground passage. The tunnel is illuminated by a bright light at the far end, creating a strong perspective. The walls and ceiling are made of curved, ribbed material. A semi-transparent circle is overlaid on the left side of the image, containing the text.

—
Am I Worthy?
Will I belong?



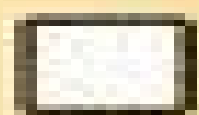
Is this helpful?



Reschedule

REFLECT

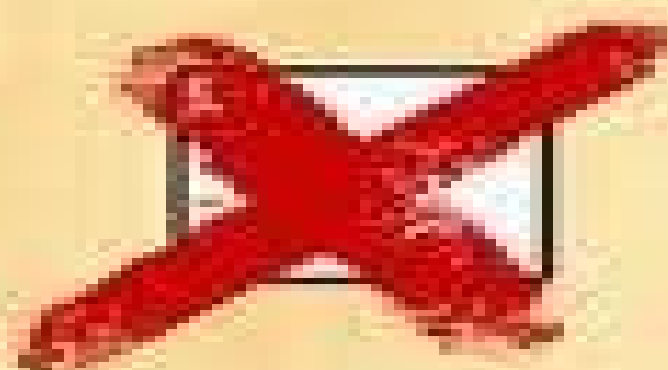
My job is:



Rewarding



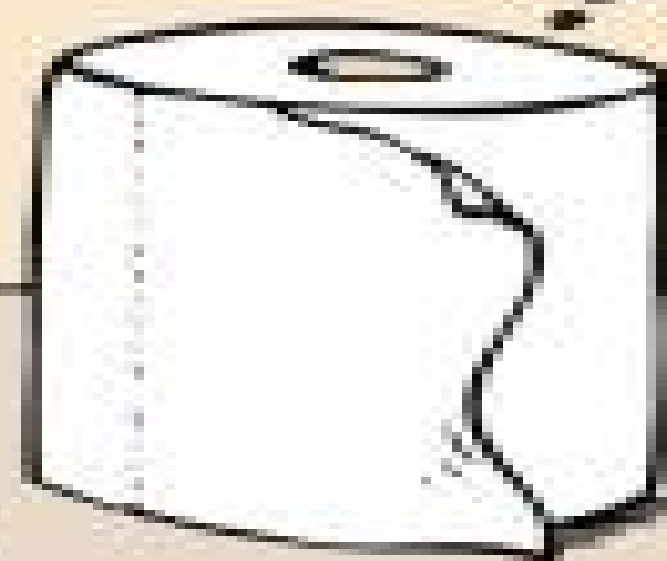
Satisfying



**SLOWLY
CRUSHING
MY SOUL**

SOMETIMES
I FEEL
THAT I
HAVE THE
WORST JOB
IN THE
WORLD!

YA...RIGHT!



THE PECKHAM

A single, dark teal puzzle piece is centered against a light gray background. The piece has a complex, interlocking shape with several tabs and blanks. In the center of the piece, the words "Your Role" are written in a clean, white, sans-serif font. The word "Your" is on the left and "Role" is on the right, separated by a small space.

Your Role



HIGHER
PURPOSE



final

thoughts

Rejection
Is Never
Personal



I'M SORRY, I TRIED



Has anyone
told you yet today
just how absolutely,
positively, incredibly
amazing you are?

A decorative curved line in the top right corner, transitioning from light blue to light green.

The negative screams

The positive whispers

My life is far from how I want it to be

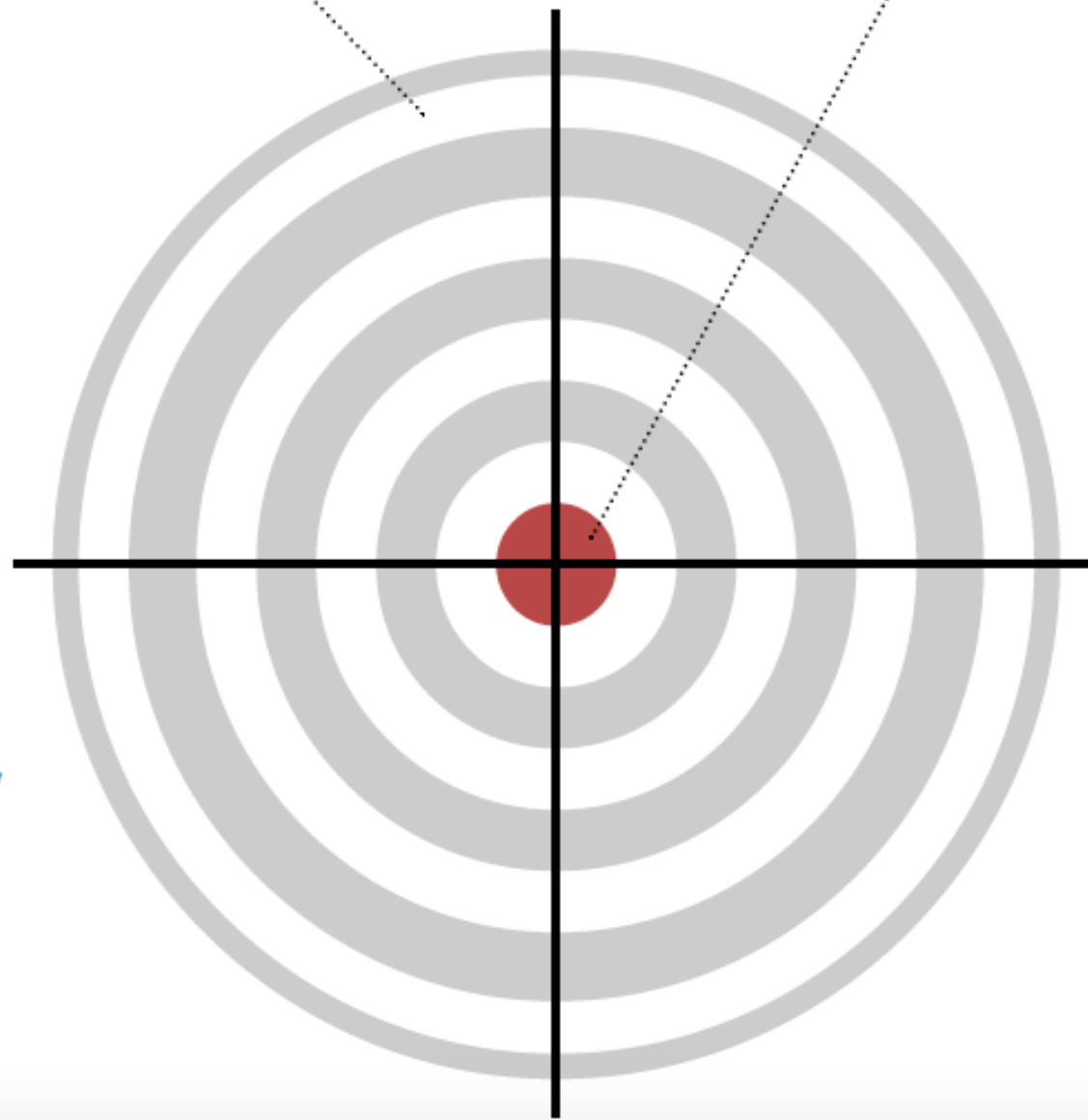
My life is just as I want it to be

Work/Education

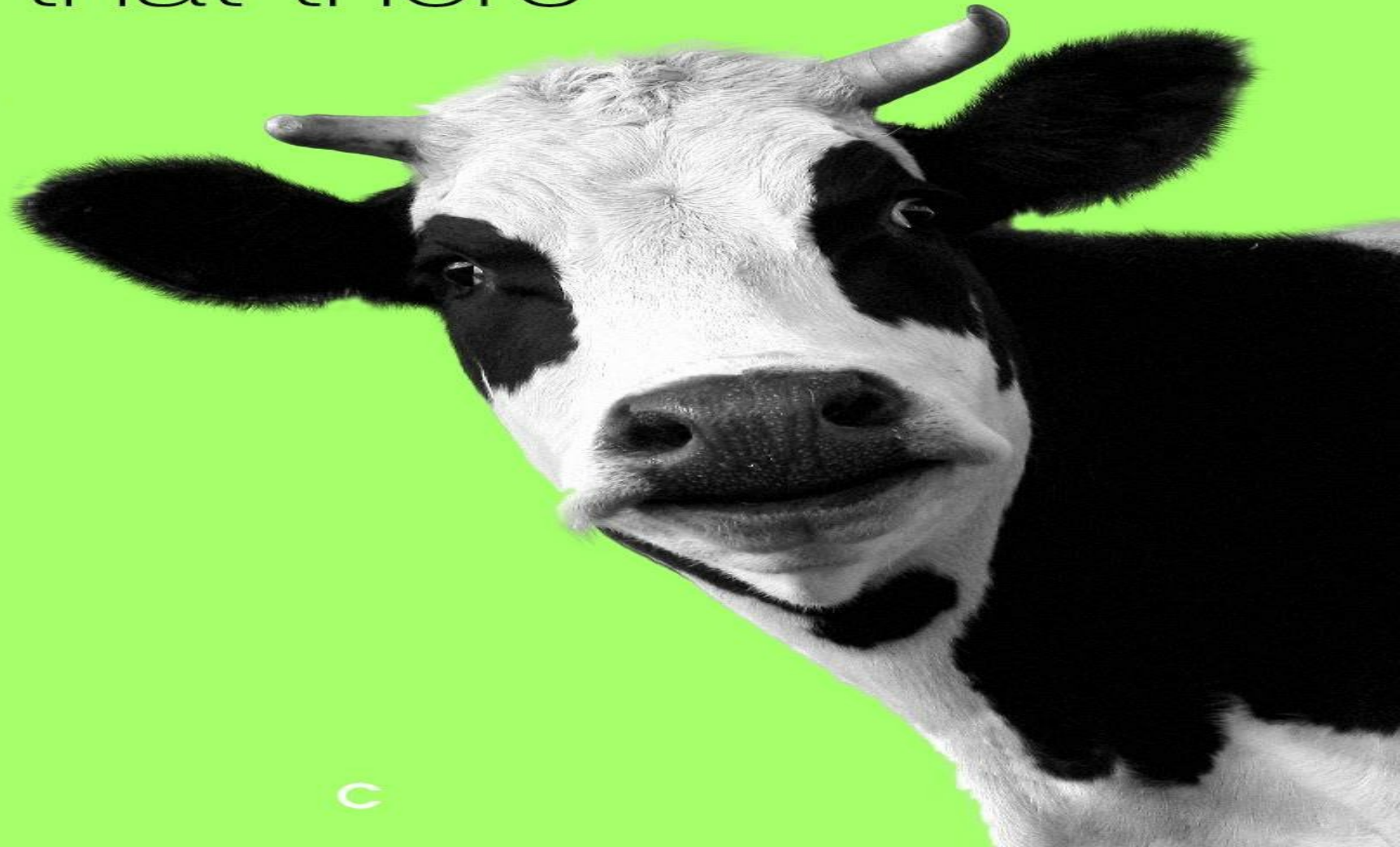
Leisure

Personal growth/
health

Relationships



When I see cows, I will make
an announcement to the rest
of the car that there
are cows.





*When was the last
time you noticed a
cow?*

A black and white cow with a white diamond on its forehead, standing in a green field under a blue sky with clouds.

A Purple Cow

Would really stand out

Would be remarkable

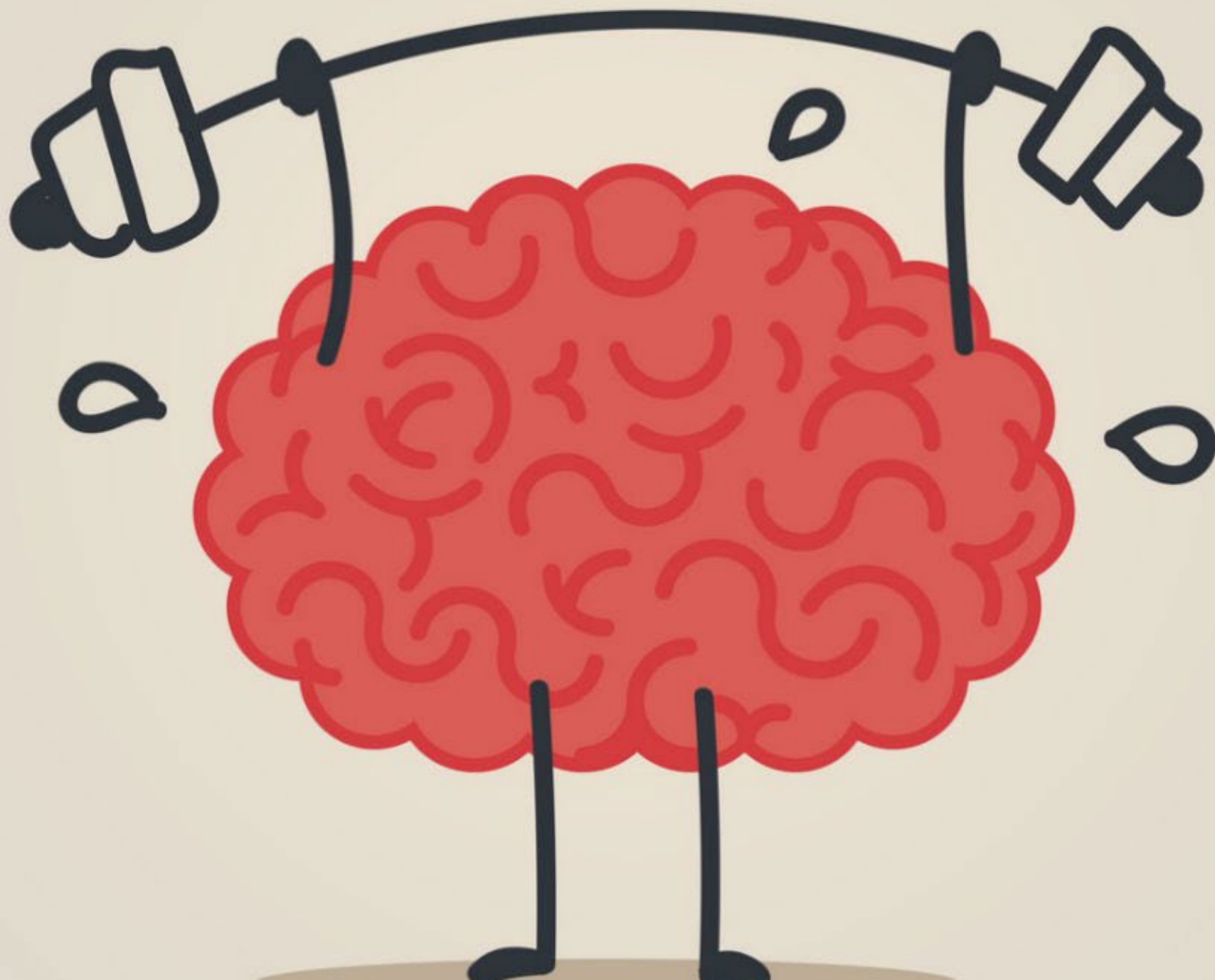
Worth talking about

Worth paying attention to

Boring stuff becomes invisible

Oh this is
bullshit...





- The opposite of depression is not happiness, but resilience.
- Engagement & meaning appear to be the strongest contributors to living a happy life.
- You can strengthen happiness and resilience by practicing.
- Resilience is a choice to weather a storm and make the best of it. It is a skill to be learned and nurtured.

YOU CAN HAVE
EVERYTHING
IN LIFE YOU WANT,
IF YOU WILL JUST HELP
ENOUGH OTHER PEOPLE
GET WHAT THEY WANT.

~ZIG ZIGLAR





Caring for those called to care.

Thank You!

✉ DrTracy@TracySansonMD.com

🌐 TracySansonMD.com

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