



Wake Up, Make the Shift and Choose Resiliency

A PRESENTATION BY REV PAUL GRIEGO



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Please refer to the works cited section of this presentation.

Today's goals:

1

A story

2

Provide evidence based strategies

3

Make you think

4

Sow the seed

5

Change your life, improve self-awareness and foster resilience in less than 25 minutes



Limitations...



**I am not going to solve all your problems
and completely change your
perspective in less than an hour,**

But...

Sow the seed...



Be Different



Key terms needing to be defined today

- 1 _____ Healing
- 2 _____ Wholeness
- 3 _____ Forgiveness
- 4 _____ Resilience
- 5 _____ Space



Healing

“Medicine is traditionally considered a healing profession, but it has neither an operational definition of healing nor an explanation of its mechanisms beyond the physiological processes related to curing.” (Egnew)

“Healing may be operationally defined as the personal experience of the transcendence of suffering. Physicians can enhance their abilities as healers by recognizing, diagnosing, minimizing, and relieving suffering, as well as helping patients transcend suffering.” (Egnew)



Wholeness

“wholeness is discovered as the illness experience unfolds.” (Egnew)

“The study respondents did not associate wholeness with physical health or cure of disease. “You can find a degree of wholeness as a person,” Saunders observed, “whether you get better or not, whether you are suffering or not, and I certainly have seen people finding a wholeness as they die.” Inui emphasized that he was “resisting the notion that healing was curing or fixing,” whereas Siegel maintained that “you can be healed and still have a physically sick body.” Hammerschlag concurred, saying that “... it’s possible to be in health and to be healed without being cured.” “As far as I can see,” Cassell noted, “you can heal somebody. You can be complete about it. I’m not convinced that you make a bit of difference in the bodily disease.” Thus, healing is independent of illness, impairment, cure of disease, or death.” (Egnew)

Forgiveness

“How do you know if you have forgiven? You tend to feel sorrow over the circumstance instead of rage, you tend to feel sorry for the person rather than angry. You tend to have nothing left to remember to say about it at all. You understand the suffering that drove the offense to begin with. You prefer to remain outside the milieu. You are not waiting for anything. You are not wanting anything. There is no lariat snare around your ankle stretching from way back there to here. You are free to go. It may not have turned out to be a happily ever after but most certainly there is now fresh Once upon a time waiting for you from this day forward.” (Pinkola-Estes)

Resilience

Resiliency: an individual's ability to manifest adaptive positive coping strategies that are matched to the situation while minimizing stress or distress (Mallack, 1998).

Resilience: cultivating a quality of internal stability, awareness, and flexibility that supports a person facing difficult challenges to navigate in a way that reduces the long term detrimental effects.

You can learn to be resilient - it is not something that you are or are not



**What do all these things
have in common?**

They involve a SHIFT



Space

For the purpose of this presentation, space relates to the place we are freeing up within ourselves to allow these shifts to happen.

Self-awareness

Perspective

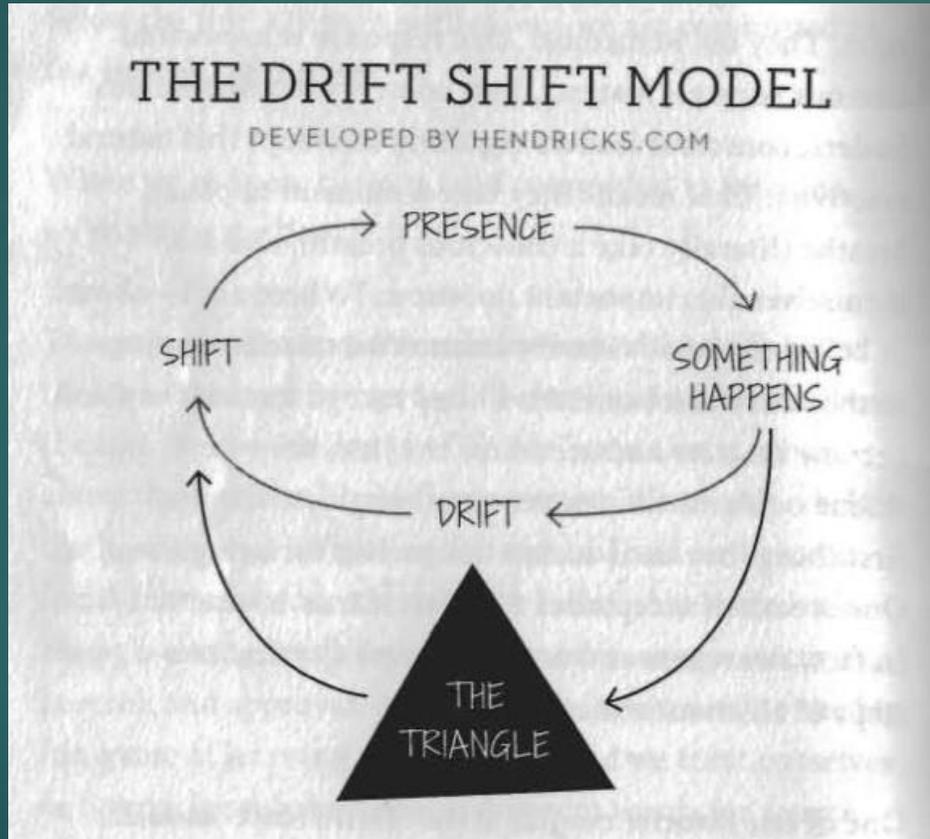
Creativeness

Curiosity/wonder



**What are you going to
do about it?**

Drift Shift Model



Presence

Being in the zone

Being in the flow of things

Self-aware

Creative space





Something happens...

Can be anything that causes us to “drift” out of presence

ie. Something changes, our energy goes flat, our body and breath constrict while become triggered and/or reactive



Start with the premise that suffering is inevitable and things are going to happen

The Archbishop Desmond Tutu says, “Discovering more joy does not, I’m sorry to say, save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken.” (Abrams, 12)





Said another way--

“Not to say that conscious leaders don’t go below the line and get defensive, closed, and invested in being right. They do. Remember, this response is hardwired into our survival instinct.” (Dethmer, 67)

***We are hardwired to react to situations

Drifting

Not if we will drift, we will. The question becomes how long will we stay drifting or will we relegate ourselves to the drama triangle?

Here are some examples of drifting:





Shift

Recognize you are in a reactive space and ask yourself: “am I willing to shift?”

The shift moves us from being:

closed → open

defensive → curious

committed to being right → committed to learning

EVERY SITUATION HAS AN OPPORTUNITY TO BE A LEARNING EXPERIENCE, WHEN WE'RE READY FOR IT TO BE



**Two skills to practice how
to help yourself shift:**



Conscious Breathing

Whenever we're in a threatened and defended state, we hold our breath or breathe shallowly. A conscious breath shifts our breathing pattern and breaks the hold of our reactivity. Four conscious breaths with a four second inhale and a four second exhale deep into our belly literally shift our blood chemistry and breathing pattern. (Dethmer, Chapman & Warner Klemp, 71)



Change your posture

When we are defensive and more interested in being right than in learning, we assume certain body postures. Most of us with a moment's thought can identify a defensive posture. We literally require certain postures with certain defensive thoughts. (Dethmer, Chapman & Warner Klemp, 71)



Shift happens

Once we have shifted our biology and neurology we are available to shifting our perspective.

Trying to shift our perspective while still being amped on adrenaline and cortisol is impossible.

Take baby steps, have grace for yourself and others.

Antibodies



Building Resiliency



- Resiliency can be built and the negative effect of stressors can be minimized by developing *antibodies* to compassion fatigue.
- Begin with where you're at in your life right now.
- Antibodies are slowly incorporated and allowed to build up over time.
- You may already do some of these things very well. What is the next step?



What are the five antibodies?

- Intentionality
- Self-Regulation
- Self-Validation
- Connection
- Self-Care



Intentionality

- Principle based rather than demand driven - why did you choose to become the professional that you are today?
- What is your “purpose”?
- What is your passion that drives you?



Intentionality

Write down 2-3 sentences that represent your purpose.

This can become the foundation of your personal mission statement.

Self-Regulation

- Knowing the difference between the suffering another person is going through and your empathy for that person.
- Moving from **reaction** to **intention**.

Self-Regulation

- Body Scan meditation
- HeartMath
- Set a reminder on your phone to check in with yourself randomly throughout the day
- Write down your “triggers” and warning signs
- Before you begin your workday, maybe after you park in the parking garage, stop and ask yourself, “*Why am I doing what I am doing?*” After you hear your answer gently remind yourself that you choose to do this work. Take a deep breath, breathing in both responsibility and freedom
- Notice where you clench, hold tension in your body, and relax those areas
- Develop the self awareness that asks “*Why did I just say that?*” “*Why did I just do that?*”
- Create a ritual for leaving your work at work



Self-Validation

- The reactions and validations of other people (co-workers and patients/families) do not determine **your** self perception and behavior.
- Again, this goes back to your intentionality - having a sense of potency balanced with humility.

Self-Validation



- Keep a “Remember” file
- Ask yourself, “Does what I’m doing now further align with my mission/purpose?”
- Remind yourself that your best is all you can do
- Find a mirror, stand in front of it, and look at yourself. Notice the first three things that come to mind. Would you classify them as positive? If not, try again
- Identify 2 situations in your personal or professional life when you find yourself “caving in” to the demands of a client or peer. Before this happens again think of ways you can remain relaxed and validated in these situations
- Write a Top 10 list of the best qualities about yourself. Post it where you will see it regularly

Connection



- Compassion Fatigue can cause isolation - develop and utilize a support network.
- We begin to think that no one “gets” it or that we can’t tell anyone without traumatizing them too.
- We can have an increased sense of isolation due to our fear that sharing will make us appear weak or incompetent to our peers.

Connection



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- Identify 2-3 support people with whom you can have honest/meaningful conversations about your work
 - Teach others how to listen to/help you
 - Use Mines and Associates and other hospital resources
 - Go out of your way to practice gratitude by thanking or complimenting a coworker, someone who provides great customer service in a store, or someone in another area of your personal life at least once a day
 - Send a SEED to a coworker in recognition of something they have done for you or a patient/family
 - Check in with coworkers

Self-Care

- What refuels you and gives you energy and joy?
- Self-care involves making time to nourish physical, emotional, and spiritual needs in healthy ways.

Self-Care



Physical: exercise, diet, rest, massages, walk your dog, schedule your yearly physical...

Emotional/Psychological: connect with friends, family (you enjoy), pets and other loved ones, journal, say “no” to extra responsibilities, set boundaries, eat lunch, laugh, cry, let emotions out...

Spiritual: pray, meditate, spend time in nature, sing, yoga, create something, practice gratitude, walk a labyrinth, attend a worship service, write a lament psalm...



Ah-Hah moments

- What are you taking away from this?
- What are you going to do now?



Concluding thoughts

- This is your own journey, as much as you put into this work, the more you will get out of it
- Shift happens, MAKE THE SHIFT
- Take baby steps, give yourself as much grace as you so freely give to everyone around you
- Commit to self-awareness in whatever capacity that looks like for you

Questions or Thoughts?





Works Cited

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