

Handout Dr. Knutson

Micro practices for burnout, only a few minutes to implement. Mindfulness while using hand sanitizer washing hands, deep, breathing, visualization exercises, calmness for related activities. Whether one is hungry, thirsty or tired, and allowing time to focus on the bodily needs., Coffee breaks, taking an extra walk down the hall. Not reacting to an email, focusing on energy. Visualization, calm spaces between activities. Simply naming emotional responses. shift them from mind activities to a thinking state. This increases self-awareness and self management. Preventing feeling overwhelmed. Writing. Writing gratefulness or thankfulness lists. Shifts positivity.

Compliments to a coworker. Recognition of accomplishments. Recognition of positive occurrences and accomplishments during the week. Built-in wellness moments energize. They reset a positive tone. Small, empowering, single actions to move forward.

Think DBT: dialectical behavioral therapy.

One mindfulness

Two interpersonal effectiveness

Three emotional regulation.

Four distress tolerance

Mindfulness: observing, describing, participating, not judging and doing one thing at a time.

Interpersonal effectiveness: identifying needs, constructing personal boundaries, maintaining stable relationships, balancing priorities and demands, wants, insures mastering self-respect.

Emotional regulation: recognizing and labeling emotions as they are being experienced.

Distress tolerance: impulse control, and self soothing. Visual imaging, prayers, relaxation, breathing exercises, focused detention.

Expressive arts, music, dance movement, art, drama therapy, writing journaling.

Introspection, expression and coping that bypass intellectual rationalization.

Coping skills: emotional and spiritual activities getting outside, programs they find important activities that promote self reflection, meditation, reading, socializing.

Workplace activities, tidying the workspace, take a walk during breaks, socialize, and talk with others, actively engage in supervision, take regular breaks, participate in peer

supervision, Arrive and leave on time avoid toxic, complaining advocate for needed resources.

Physical activities: dancing, doing yoga, taking a walk. Get 7 to 9 hours of sleep per night prepare and eat, healthy meals, take vacations or time off when needed get a massage, Psychological activities., Be curious. Create a plan to reduce stress, pay attention to thoughts, feelings, judgments, and attitudes, practice, receiving from others, set boundaries and saying no to extra responsibilities, discontinue complaining, and gossiping, focus on the things that are within ones control.

Goals

Mindfulness.

Self-awareness

Balance

Flexibility.

Physical health.

Social support.

Spirituality.

Expressive arts

Making art.

Physical health,

Movement

Progressive muscle relaxation.

Breathing: pursed lip breathing, diaphragmatic breathing breath, focused techniques, lions breath, yoga pose, alternative nostril breathing, deep breathing.

Nutrition Common healthy eating patterns, nutrient dense, decrease sugars and fats, varieties of fruits and vegetables, greens, dairies, proteins, herbs and spices, maintaining gut health, eat regularly -increase intake of healthy fats, eat seeds and nuts, decrease added sugars-to slow carbohydrates rather than no carbohydrates, eat foods that will support sleep such as tryptophan, bananas, potatoes, almonds, seeds, oats, etc Mindful eating.

Sleep. regular bedtime, sustaining from alcohol, caffeine, and nicotine before going to sleep, rituals, exercise, healthy diet, use the bedroom for sleep or sex only. If you don't fall asleep after 20 minutes, get out of bed. Make your bedroom quiet, relaxing, and dark. Keep the room cool. Turn off electronic devices 30 minutes before, discontinue eating large meals before bedtime, reduce fluid intake, trying to use high-performance-mattresses and pillows, choose quality bedding, block out light, use pleasant aromas.

Self compassion.

Spiritual wellness activities

AND Dr. K.s favorite: HUMOR!!!!

Integrate humor, whenever possible!