

Preventing Burnout - TUC Rep Connect 6.10.22

Videos

- ▶ Brené Brown on Blame
- ▶ Brené Brown on Empathy

Images

The infographics in the presentation come from psychotherapist Lindsay Braman:

<https://www.patreon.com/lindsaybraman/posts>

Blog/Updates

For a bit more on what we discussed in the session, check out my blog:

<https://www.miriamfine.com/blog-1> I will soon be sharing more of this stuff via social media - you can find me via www.linkedin.bio/miriamfine and if you're interested in more of this you can sign up to my newsletter (roughly monthly) via the contact page on my website www.miriamfine.com.

Podcasts

- By The Book – This is a comedy podcast where 2 friends choose one self-help book each episode, live by it for 2 weeks, and weigh in on whether it actually changed their lives. It's a lighthearted way to start hearing about various ideas – this episode explores the idea of getting to know your inner narrator ('What to say when you talk to yourself'): <https://www.stitcher.com/show/by-the-book/episode/what-to-say-when-you-talk-to-yourself-200144613>
- Unlocking Us with Brené Brown – Shame researcher Brené Brown hosts different guests for interesting discussions about different elements of the human experience. Highly recommend this episode: Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle <https://www.stitcher.com/show/unlocking-us-with-brene-brown/episode/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle-78571329>

Mindfulness & Self-Compassion

- RAIN (mindful self-compassion) resources: <https://www.tarabrach.com/rain/>
The website also has lots of other resources including guided meditations.
- Exercises: <https://self-compassion.org/category/exercises/#exercises> (This whole site is a really useful resource - Dr Kristin Neff is one of the leading researchers and teachers of mindful self-compassion).
- Insight Timer App (free)
This app has loads of recorded meditations you can listen to – you can search by length or by theme – and also has a timer with a nice bell if you want to just quietly meditate for a set time. You can also be friends with people over it and encourage each other to keep going.
- Mindfulness Moments for Clinicians in the Midst of a Pandemic

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Hedderman, E. & O'Doherty, Veronica & O'Connor, S.. (2020). Mindfulness moments for clinicians in the midst of a pandemic. Irish Journal of Psychological Medicine. 1-14. 10.1017/ipm.2020.59. Available from:
https://www.researchgate.net/publication/341552307_Mindfulness_moments_for_clinicians_in_the_midst_of_a_pandemic

Supplementary Table 1. Mindfulness moments for clinicians (MMFC).

Practice	When
Affectionate breathing* https://self-compassion.org/wp-content/uploads/meditations/affectionatebreathing.mp3	Feeling distressed, anxious, angry or sad.
Compassionate body scan* https://self-compassion.org/wp-content/uploads/meditations/bodyscan.MP3	Experiencing physical or emotional discomfort.
Compassion with Equanimity* https://chrisgermer.com/wp-content/uploads/2017/09/Compassion-with-Equanimity-Germer.m4a	Caring for a patient whilst feeling empathic distress and fatigue.
Compassionate words to self* https://center4msc-wpengine.netdna-ssl.com/wp-content/uploads/2016/03/Compassionate-Letter-Myself.pdf	Experiencing negative emotions e.g. low mood, despondency and anxiety.
G.R.A.C.E** https://www.huffpost.com/entry/compassion- b_1885877	In a stressful clinical situation.
Gratitude*** https://www.youtube.com/watch?v=g73ykQkGCnl	Experiencing negative emotions e.g. low mood, despondency and anxiety.
R.A.I. N*** https://www.tarabrach.com/meditation-the-rain-of-self-compassion/	Feeling insecure or unworthy.
Savouring**** https://ggia.berkeley.edu/practice/savoring_walk	Experiencing negative emotions e.g. low mood, despondency and anxiety.
Self -compassion break* https://chrisgermer.com/wp-content/uploads/2017/04/Self-Compassion-Break-13-min.mp3	Feeling distressed and/or coping with a difficult situation.

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Soles of the feet* https://center4msc-wpengine.netdna-ssl.com/wp-content/uploads/2016/03/Soles-of-the-Feet_2017.pdf	Feeling emotionally overwhelmed and needing to ground oneself.
3 minute breathing Space***** https://www.youtube.com/watch?v=rOne1P0TKL8	Feeling emotionally overwhelmed and needing to ground oneself.

* MSC (Neff *et al.* 2013) and Center for Mindful Self-Compassion.

**Halifax (2012).

***Brach (2017)

***Brach (2015)

**** Greater Good Science Center.

*****MBSR (Kabat-Zinn, 1990) and MBCT (Segal *et al.* 2002).

Supplementary Table 2. Mindfulness moments for clinicians (MMFC): modified practices.

Starting all these practices with a few slow, easy breaths releasing any unnecessary tension.
Lowering the gaze or closing the eyes.

Practice	Modified version (adapted by the authors)
Affectionate breathing.	Feeling the inbreath nourishing the body and noticing how the body relaxes with the outbreath. Feeling the rhythm and movement of the breathing.
Compassionate body scan.	Starting with the toes on your left foot and noticing if there are any sensations in your toes. Perhaps giving your toes an inner smile of recognition or appreciation. With the same sense of interest, curiosity and kindness, moving your attention slowly throughout the body. Being kind, appreciative, compassionate and respectful to the body.
Compassion with Equanimity.	Bringing to mind the person you are caring for - visualising both of you. Feeling the struggle in your body. Repeating the following words: 'I am not the cause of this person's suffering, nor is it entirely within my power to make it go away. Moments like this are hard to bear, yet I may still try to help if I can'. Inhale fully and deeply, drawing compassion inside your body. As you exhale, sending compassion to this other person. Continue breathing compassion in and out. 'In for me and out for you'.
Compassionate words to self.	In your mind, speak to a dearly loved friend who is struggling with the same concerns as you. Now say those words to yourself. Alternatively think of an imaginary friend who is unconditionally wise, loving and compassionate. Speak to yourself with his/her voice.

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G.R.A.C.E.	Gather your attention by pausing and focusing on the breath. Recall your intention by remembering why you have chosen to relieve the suffering of others and to work in this way. Attune to yourself and your patient by noticing and reflecting on what you are both thinking, feeling and sensing right now. Consider what is needed. Engage, enact ethically and end by breathing out to explicitly recognize internally that the encounter is over.
Gratitude.	List 3 things you are grateful for in your life. They may be relatively insignificant things you usually overlook such as buttons, warm water or a genuine smile.
R.A.I. N.	Recognize what is happening by acknowledging the thoughts, feelings, and behaviours that are affecting you. Allowing them simply to be there, without trying to fix or avoid anything. Investigate your experience with curiosity and kindness. Nurture your vulnerable self.
Savouring.	Recognise any pleasant experience that occurs in your day, no matter how small. Allow yourself to be drawn to it. Linger with it. Let it go.
Self-compassion break.	Beginning to sense into your body. Acknowledging that you are experiencing some emotional pain/stress. Reminding yourself that difficult experiences are part of life. Deciding to be kind to yourself because you are struggling right now.
Soles of the feet.	Noticing the sensations in the soles of your feet where they connect to the ground. Each time the mind wanders, just come back to feeling the soles of the feet again.
3 Minute Breathing Space.	Recognising and acknowledging your current thoughts, feelings and physical sensations. Bringing your attention to the sensations of the breath in the body. Slowly expanding this awareness into the body as a whole.