



Personal Wellness

Angela Oglesby, MD
Assistant Professor
Associate Program Director
West Virginia Rural Family Medicine Residency
May 14, 2015

Objectives

- 1. Develop strategies to balance life, work, and family to promote personal wellness
- 2. Identify obstacles and challenges that affect your personal wellness
- 3. Identify your own personal goals to achieving a healthier life
- 4. Recognizing physician fatigue and burnout

What is Wellness?

How do you define Wellness?

Wellness

- Webster
 - The quality or state of being in good health
- Google
 - the state or condition of being in good physical and mental health

National Wellness Institute

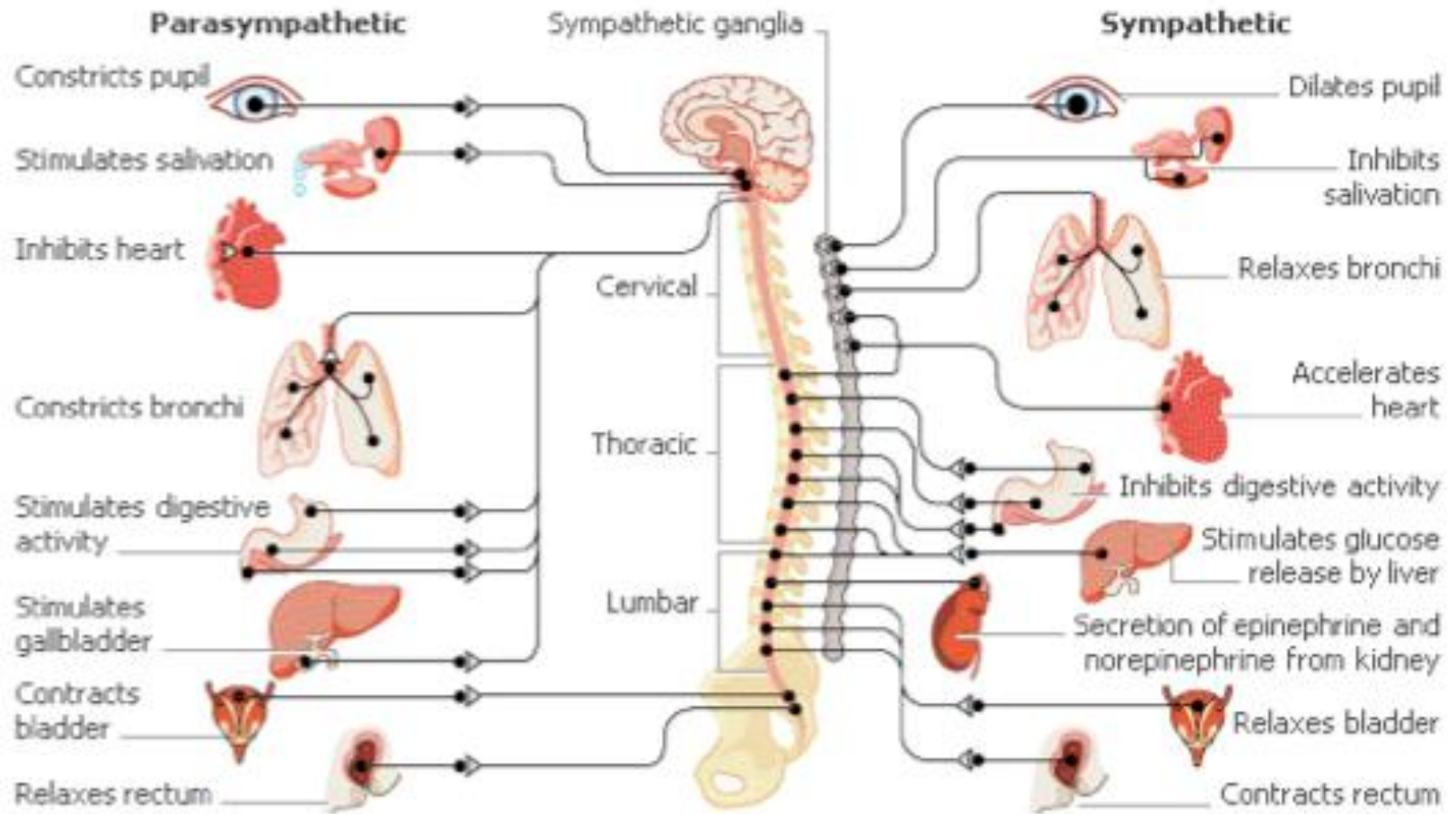


What affects your
personal wellness?



*when you
come
right
down to
it, stress
affects
every
aspect of
wellness*

Physiology of Stress



Acute Stress



Chronic Stress



Stress Statistics

Source: American Psychological Association, American Institute of Stress, NY

	Cause	Factors
• 1	Job Pressure	Co-Worker Tension, Bosses, Work Overload
• 2	Money	Loss of Job, Reduced Retirement, Medical Expenses
• 3	Health	Health Crisis, Terminal or Chronic Illness
• 4	Relationships	Divorce, Death of Spouse, Arguments with Friends, Loneliness
• 5	Poor Nutrition	Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars
• 6	Media Overload	Television, Radio, Internet, E-Mail, Social Networking
• 7	Sleep Deprivation	Inability to release adrenaline and other stress hormones

Symptoms Reported

Physical

- Fatigue 51 %
- Headache 44 %
- Upset stomach 34 %
- Muscle tension 30 %
- Change in appetite 23 %
- Teeth grinding 17 %
- Change in sex drive 15 %
- Feeling dizzy 13 %

Emotional

- Irritability or anger 50 %
- Feeling nervous 45 %
- Lack of energy 45 %
- Feeling as though you could cry 35 %

Stress Reduction Kit



Directions:

1. Place kit on FIRM surface,
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

Stress Busters

- 1. Be Realistic and get to the Source
- 2. Healthy Diet
- 3. Exercise
- 4. Hobby
- 5. Laugh
- 6. Treat yourself



CUBICAL CALISTHENICS

STRETCHING

Hold each stretch for 15-30 seconds and repeat 2 to 3 times.

A. Neck Stretches:

1. Keep your shoulders relaxed and roll your right ear toward your right shoulder. Hold for 15-30 seconds.
2. Slowly roll your chin along your chest until you reach the left side. Hold.
3. Repeat the stretch on the left side and continue to roll back and forth until the ear is complete.

B. Lower Back Stretch:

1. Cross your right leg over your left and twist your upper body to the right, holding onto the arms or back of the chair to intensify the stretch.
2. Return to the starting position and repeat on the other side.
3. Sit in your chair with your back straight and your hands on your knees, extending your left arm over your head. Return to the starting position and repeat on the other side.

C. Shoulder Stretches:

1. Slowly roll your shoulders backward and forward in a continuous circular motion.
2. Repeat in the opposite direction rolling your shoulders forward and then backward in a continuous circular motion.
3. Bring your right arm across your chest and press gently on your elbow with your left hand.
4. Hold as you turn your head to the right. Return to the starting position and repeat on the other side.

STRENGTHENING

Perform 2 sets of 12 to 15 on each side.

A. Side Abdominal Touches:

1. Place your hands behind your head, keeping your elbows wide.
2. Keep your back straight and slowly lower your right elbow toward the floor.
3. Slowly return to the starting position and repeat on the other side.

B. Elbow to Knee:

1. Place your hands behind your head and keep your elbows wide.
2. Lift your left leg off the floor and simultaneously bring your right elbow to meet your left knee in the center of your body.
3. Return to the starting position and repeat with the left elbow and right knee.

C. Calf Raises:

1. Sit in your chair with your back straight and feet flat on the floor.
2. Lift your heels off the floor and concentrate on flexing your calf muscles as you raise onto your toes. Hold this position for 3 seconds. Return to the starting position and repeat.

D. Leg Extensions:

1. Sit in your chair with your back straight, hands on your knees, and feet flat on the floor.
2. Keep your knees together as you lift your right foot off the floor and straighten it so that your leg is parallel with the floor, hold this position for 3 seconds. Return to the starting position and repeat with the left leg.



© 2001 Highmark Inc.
All rights reserved. No part of this publication may be reproduced without permission in writing from Highmark Inc. or Blue Shield of Michigan. All other rights reserved.

dear stress,
let's break up.

Personal Wellness Quiz

-From Plymouth State University

Scale

5 = Almost always

4 = Sometimes

3 = Undecided

2 = Seldom

1 = Almost Never

Emotional

1. I am able to deal with the day-to-day pressures
2. I can resolve issues with family members
3. I can establish friendships easily
4. I am comfortable expressing my feelings with others
5. I am considerate of other's people's feelings
6. I take responsibility for my own behaviors
7. I am happy with myself

[illegible]

Occupational

1. I have decided on my career field
2. I have identified career interests, skills, abilities
3. I understand job search skills
4. I know about available resources in my area of work
5. I have a good idea about how marriage, family, and career fit together

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

1. I am within 5-10 pounds of my ideal body weight
2. I understand the seriousness of eating disorders
3. I exercise regularly (20-30 min 3 times a week)
4. I know and use ways to handle stress
5. I am knowledgeable about birth control
6. I do not smoke
7. I sleep at least 6 hours per night on most nights
8. I do not abuse alcohol or binge drink

[illegible]

Social

1. I am able to successfully confront others
2. I like some private time on occasion
3. I feel skillful in human relations
4. I feel secure going places where I may not know anyone
5. I am able to assert myself when necessary
6. I am able to communicate with others effectively

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Intellectual

1. I believe my study habits are adequate
2. I am able to handle my personal finances satisfactorily
3. I am able to effectively schedule my time
4. I feel capable of making important decisions
5. I know how to set and reach goals and objectives
6. I understand the value of computer knowledge
7. I have read a non fiction book in the past 6 months

[illegible]

Spiritual

1. I am comfortable with others who have different beliefs
2. I take time for spiritual growth and development
3. I have been challenged in my beliefs before
4. I make attempts to expand my awareness of different ethnic, racial, and religious groups
5. I am tolerant of others views about life issues
6. I am able to set personal limits in an intimate relationship

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Environmental

1. I am aware of the limits of the earth's natural resources
2. I conserve energy
3. I recycle trash as much as possible
4. I enjoy, appreciate, and spend time outside in natural settings
5. I understand the concepts of ecological balance
6. I do not pollute the air, water, or earth if I can avoid doing so

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

Scoring

- Between 176-225: Healthy person in all dimensions and have a well lifestyle
- Between 125-175: Well in some areas but could use improvement in some of the other areas. Could make some changes to take better care of your self.
- Under 125: Tend to have unhealthy habits and an unhealthy lifestyle. Consider some lifestyle changes.

Identify at least three
obstacles or challenges that
affect your personal wellness.

1.

2.

3.

Identify at least three obstacles or challenges that affect your personal wellness.

1. Unpredictable Work Schedule
2. Stress
3. Fatigue

Goals to Achieving a Healthier Life

- 1.

- 2.

- 3.

Goals to Achieving a Healthier Life

- 1. Set Boundaries
- 2. Make it a Priority
- 3. Time Management

Recognizing Physician Fatigue and Burnout

Dr. Laurie Pearlman, Senior
Consulting Psychologist,
Headington Institute
October 10, 2012

“Burnout is a chronic problem that results from long term conditions in which we don’t have enough sense of accomplishment in or control over our work, or where expectations and capabilities don’t match well enough.”

The three classic signs and symptoms of physician burnout

Standardized assessment of physician burnout is called the Maslach Burnout Inventory (MBI). Scale has been used since the 1970's

1) Emotional Exhaustion

You drained after the office day, hospital rounds or being on call and are unable to recover with time off.

2) “Depersonalization”

You find yourself being **cynical and sarcastic about patients**. Your attitude is negative, callous, detached, uncaring. You can feel put upon by your patients and complain about them to your colleagues. This aspect of burnout is commonly referred to as “compassion fatigue”. It is often easier for you to see this in others than notice it in yourself.

3) “Reduced Accomplishment”

Here you begin to question whether you are offering quality care and whether what you do really matters at all. **“What’s the use.”**

Questions?