

# Caring for Ourselves to be Present for our Patients in a Pandemic

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# NORMAL REACTIONS TO ABNORMAL EVENTS



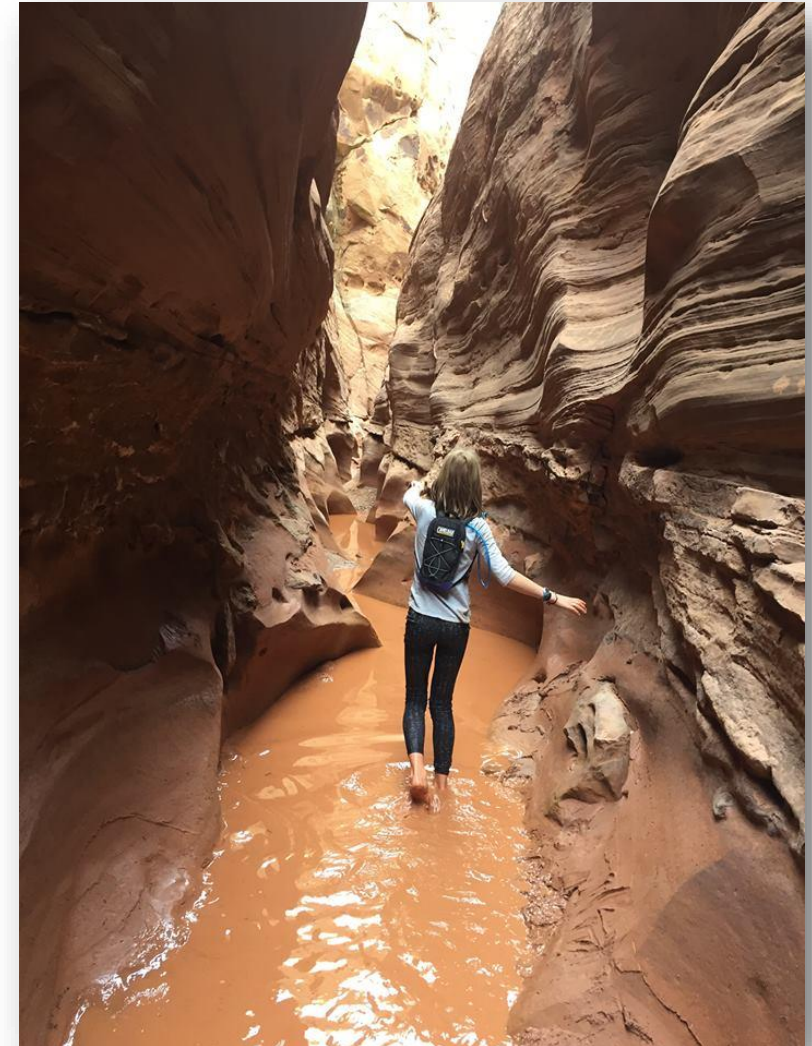
# RECOGNIZING SECONDARY TRAUMA

- Behavioral
  - Reactive
  - Tearful
  - Avoidance
  - Isolation
- Cognitive
  - Reduced concentration
  - Over analysis
- Emotional
  - Anxiety
  - Fear
  - Irritation
  - Guilt
  - Anger
  - Sadness/grief
- Physical
  - Insomnia
  - Pain
  - Fatigue



# SELF-CARE CHECKLIST

- Are you meeting your **basic needs**?
  - Sleep, Eat, Hydrate, Move, Routine as you're able
- Are you taking **breaks**?
- Are you able to **recognize** the good?
- Are you staying **connected**?
- Can you **ask for help** if you need to?



# TEAM CARE CHECKLIST

- **Connection:** daily huddle/check-in
- **Validation:** thoughts & feelings, everyone manages a little differently
- **Communication:** be transparent, keep your team updated, ask for help
- **Recognize** concerning symptoms



# COMPASS FOR NAVIGATING UNCERTAINTY

## Meaning & purpose

- What gives you meaning and purpose?

Values: ex.: integrity, kindness, health, justice

- How do I want to show up for this?
- Who do I want to be in this situation?



# **Dr. Kristen Neff:**

## **3 Elements of Self-Compassion**

### **Self-Kindness:**

Understanding,  
not punishment

### **Sense of Common Humanity:**

Everybody  
goes through  
this

### **Mindfulness:**

Neither  
ignoring nor  
exaggerating  
feelings of  
failure

# SELF-KINDNESS: WE DON'T NEED MUCH

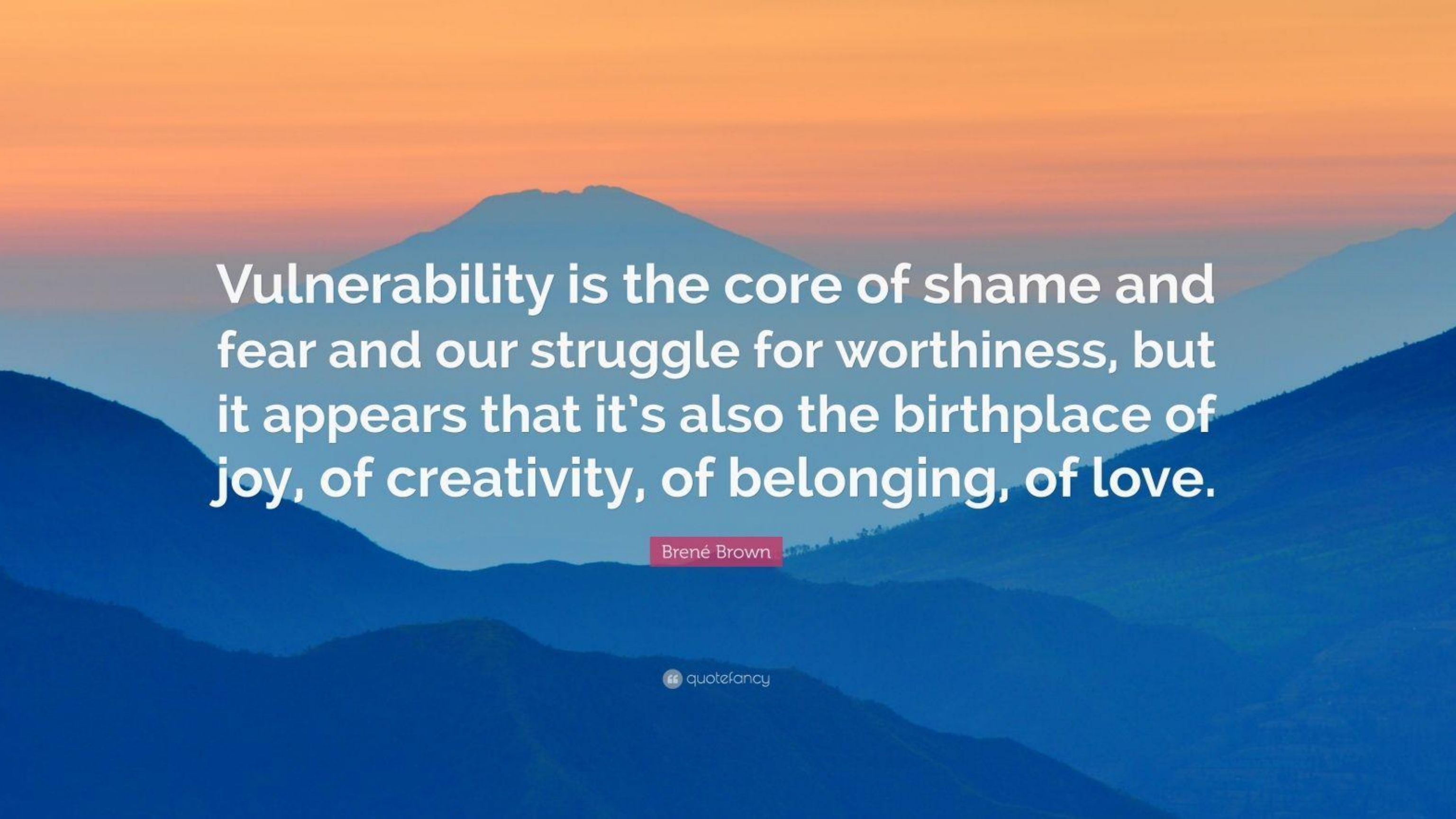
- Physical
  - Breathe deeply, soothing touch, walk/move, feel your feet on the ground
- Emotional
  - Words of understanding, encouragement
  - Connect with a friend
- Cognitive
  - Reappraise the situation: Am I ok right now? How threatening is this? What can be learned from this?



# AN INFORMAL PRACTICE: STOP



- Stop
- Take a breath
- Observe
  - Thoughts, feelings, physical sensations
- Proceed with intention



Vulnerability is the core of shame and fear and our struggle for worthiness, but it appears that it's also the birthplace of joy, of creativity, of belonging, of love.

Brené Brown

“ quote fancy

# RESOURCES

**Mindfulness Courses** <https://bit.ly/UofUMindfulnessClasses>

**Mindfulness in Medicine**

<https://app.healthcare.utah.edu/peakCourseRegistration/byCourse?primaryId=1941>

**Apps: Headspace & 10% Happier** <https://www.headspace.com/health-covid-19>

<https://www.tenpercent.com/coronavirussanityguide>

**Loving-kindness meditation audio guide** – also on 10% Happier & Insight Timer apps

# MINDFULNESS

&

# COMPASSION

- Resilience to stress (Garland, 2017; Chiesa, 2009; Hoge, 2013)
- Immunity (Pace et al., 2008; Davidson et al., 2003)
- Attention & working memory (Jha, Krompinger, Balme, 2007, Zeidan, 2010)
- Emotional & cognitive regulation (Goldin, 2010; Vago et al. 2012, Roemer, 2015)
- Creativity (Brewer, 2017; Antonova, et al 2015)

- [Reduces heart rate](#)
- Reduces emotional distress & cortisol
- [Improves immune functioning](#)
- Increases oxytocin, “bonding hormone”, warm sensation
- Happiness (Neff & Germer, 2018)



# THANK YOU. TAKE-AWAYS? QUESTIONS?



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