

Burnout to Resonance



Presented by —

Dr. Alan Shelton

Puyallup Tribal Health Authority



Case Presentation

- 49 year old white male physician presents to colleague: “I can’t do this anymore! I have no energy for work.”
 - 20 years in community clinic
 - Difficulty going to work
 - Sense of nothing to give
 - Guilty over growing resentment of patients
 - Minimal sense of accomplishment



Burn Out: Prevalent Stress Syndrome

- 3 main symptoms
 - Exhaustion
 - Detachment
 - Loss of satisfaction



Burn Out

- Prime factor in turnover, absenteeism, declining morale, and personal dysfunction
- Hope→Trigger for revitalization



Stress – Malady of Modern Man

- 75-90% of visits to physicians are for stress related complaints
- Anxiety increases risk of sudden cardiac death 4 times (Anger 2 times)
- 40% higher death rate
- Americans spend \$20 billion/year on drugs for stress



Stress Response – Fight Flight

- 1400 chemical reactions, 30 hormones
- Adrenalin –increased HR, BP, RR, tone
- Cortisol – impairs immunity, inflammation and glucose control
- Chronic stress accumulates effects



My Story with a Traditional Healer



Solution

- Found in how we perceive the stressors in our lives
- Epictetus – 1st century philosopher
- Good news – we can learn to manage our response!
- Peace is possible!



Two Methods

- Mindfulness
- Gratitude



Mindfulness

- Focus on your heart and breathe deeply
- Awareness of sensation
- Fully present in the moment
- Let go of judgment
- Identification with deepest self



Gratitude

- Induces a physiological state called resonance
- Associated with lower blood pressure and heart rate
- Significantly increases natural antibodies
- Promotes healing
- Shown to increase “happiness set point”



Practical Tool

- Reactive Self
- Fear and ego

- Judgment
- Anxiety
- Stress

True Self
Essence

Gratitude
Mindfulness
Resonance



Inner Life as Change Agent

$$\blacksquare S \rightarrow R$$

$$\blacksquare S \xrightarrow{\Delta} R$$





So . . .

- Manage your stress in a good way
- Shift from fight/flight to resonance
- Commit to mindfulness and a gratitude practice
- Experience authentic peace and joy!

