

Goal: Introduce integrative tools to employees for stress reduction and to build resiliency within their role as a provider in an FQHC setting. 8 sessions of 1hour duration.

General notes:

- Sharing component starts each session with the goal of learning from each other as a group, collectively problem-solving, and having concentrated time to build our social supports.
- Focus on real-world, how-to implement in all sessions. Meant to be fostered by practice with the at-home activity guides
- Supplement further with additional tools, conferences, etc.
- Don't do too much at one time, why is this important for clinicians
- Emergency kit? : stress ball, tea, dark chocolate kit-kat, colored pencils, post-its

Session 1: Self-assessment and Breath work

- Intros and icebreakers
- If and when things come up for you, how to get EAP assistance and El Rio primary behavioral health.
- Discussion: Taking stock of where we are
 - What does stress do to your body? Your emotional health?
 - How do you know you're stressed? What are signals that alert you that you are stressed out?
 - What do you currently do for stress management?
- Overview of stress, "burn-out" on medical providers
- Self-compassion vs perfectionism
 - When we cultivate perfectionism we do not allow for grace
 - Perception that patient "has it worse" so what right do we have to feel stress/trauma – does not allow for self-compassion
 - Many things are out of our control but we do control our moment to moment response to the situation
- Body-Mind-Emotions how is all connected? The physiology of stress.
- What can we do to mitigate stress?
 - Introduction to 6 components of lifestyle medicine
 - Nutrition
 - Physical activity
 - Sleep
 - Social connection
 - Mental health support
 - Mindfulness

Exercise: Breathwork and Switching

1. Observation of breath
 - a. Take a moment and observe your breath.
 - i. How does it feel?
 - ii. Where are you breathing?
 - iii. Is it hard to breathe?
 - iv. Inhaling and exhaling?
2. Breath Work
 - a. Breathe is the source of life
 - b. Stressful breathing vs relaxed breathing. Sympathetic vs parasympathetic
 - c. Diaphragmatic breathing
3. Switching

Additional Resources

- a. Original strength breathwork exercise
- b. Dr. Weil's 4-7-8 breathing technique
 - i. Reduces anxiety
 - ii. Helps sleep
 - iii. Manages cravings
 - iv. Controls reduces anger

At home activity: breath observation log

Session 2: Trauma Stewardship

- Switching and observation of breath practice
- Finding meaning in our work is a protective factor for “burnout”
- Discussion prompts
 - When was the last time you experienced meaning?
 - How did you know it was meaningful? What does meaning feel like—in body, mind, and heart?
 - Where do you have opportunities to cultivate more of this feeling of meaning in your daily work life?
- Self-compassion vs perfectionism revisit
- Unhealthy empathy vs healthy empathy (distress vs concern)
 - Healthcare providers that practice healthy empathy positively impact patient care
 - Increased patient satisfaction
 - Increased adherence to medications
 - Increased trust
 - Decrease in reports of symptoms
 - Increase in provider wellbeing
 - Acknowledge others suffering but not assuming it as our own

- “we are stewards not just of those that allow us into their lives but of our **own** capacity to be helpful...a mindful and connected journey allow us to continue the work” -Jon R Conte from foreword to Trauma Stewardship
- Social connection as a protective factor. Built in group with residents
- Emerging evidence base for kind actions and health benefits
- Re-emphasize self-compassion as kindness
 - Discussion prompt: What are some ways you have shown yourself kindness in the last 2 weeks? Shown it to others? How has someone shown it to you?

Exercise: Laying down or sitting guided loving kindness visualization

At-home activity: weekly kindness challenge, post-its with kind thoughts

Session 3: Mindful Senses and Grounding Practices

- Refocus with switching and centering
- Discuss mind-racing and stress response vs focused attention. Why this is important for medical providers
- Introduction to mindful sense activities
- Grounding and centering benefits

Exercises: Mindful Listening, Mindful Walk, Finger Labyrinth

1. Mindful Walk
 - a. Walk slowly around a space you are in every day.
 - b. Use only your eyes to identify new details
 - c. Vary your perspective
2. Mindful listening
 - a. Play audio. Close eyes if comfortable
 - i. What different sounds can you hear
 - ii. How many
 - iii. Does it create a picture of a place in your mind
 - iv. Can you imagine yourself in that place
3. Finger Labyrinth

At-home Activities: mindful walk practice and journaling/drawing prompt. Mandala coloring as grounding

Session 4: Acupressure Points for Relaxation

- What is acupressure?
- Body scan practice (pg. 53 in CAPACITAR manual)

- Discussion prompt: Is there any pain or discomfort anywhere in your body? Where are you carrying any stress? Do you carry different kinds of stress in different places?
- Acupressure Holds
- Physical activity as a protective practice. Gentle movements

Exercises: Holds and Capacitar Acupressure points

1. Acupressure is an ancient art using finger pressure on specific points to unblock, balance, or increase circulation of life force in the body. Hold points for 2-4 minutes
 - a. *Head hold*-one hand on forehead one on base of the back of head
 - b. *Gates of Consciousness*-used for irritability and balance left and right brain. Interlace your fingers, place your hands behind head and with your thumbs press the two points at left and right sides of the base of the skull in the indentation between the muscles and bones.
 - c. *Heavenly Pilar*- used for stress and burnout located half an inch below the base of the skull between the muscles of the neck about one half inch outward from either side of the spine.
 - d. *Wind Mansion*- used for mental stress is found at the base of the skull at the center of the back of the head.
 - e. *Heavenly Rejuvenation*- used for nervous tension. In the upper shoulder area, a half inch below the top of the shoulder midway between the neck and the arm socket
2. Pal Dan Gum – 8 Silken Movements

At-home activity: Brain Body Healing Movements from Alaska Resilience Initiative, Physical Activity log

Session 5 : Progressive Muscle Relaxation and Sleep

- Sleep and health
- Physiological effects of PMR
- How to guide yourself through PMR at home

Exercise: guided full-body progressive muscle relaxation

1. Progressive Muscle Relaxation
 - a. Diaphragmatic breathing
 - b. Starting at the toes and slowly work your way up body to top of the head
 - c. Isolate squeeze and release each muscle as we move upwards
 - d. Revisit body scan

At-home activity: weekly kindness challenges, sleep checklist and guided PMR meditation

Session 6: Energy flow, Environment, Fingerholds

- Discussion prompts
 - What is your understanding of energy flow? Or your energy itself?
 - What drains you? Work? Family? Finances?
 - What rejuvenates you? Physical activity? Time with a loved one? Art?
- Introduction to energy meridians and connections to emotions

Exercise: Finding Your Energy Field (pg41), Protection Position, Fingerhold meditation

1. Finding your energy field
2. Fingerhold meditation.
 - a. Acupressure point in each finger and emotion it is attached to

At-home activity: make a checklist for yourself for energy rejuvenating activities

Session 7: EFT (Tapping)

- Switching and breathwork
- Have you heard of tapping? Intro to Emotional Freedom Technique
 - Manages but does not suppress or erase emotions. Makes issues more manageable
 - Allows us to switch to regulated state

Exercise: Tapping (EFT)

1. Go through acupressure points and how to tap
 - a. Self-assessment
 - b. Wording can be changed
 - c. Go through exercise as many times as needed
 - d. Re-assess
 - e. Discussion
2. Protection mudra
 - a. Important for medical providers to help combat feelings of helplessness, of trauma
3. Review, re-visit any techniques participant like

At-home activity: Creating a mantra for yourself and anchoring it to your day.

Session 8: Journaling and gratitude practices

- Free form discussion, participant-led
 - How have you applied the exercises you've learned?

- Have you noticed any changes in yourself?
- Benefits of journaling
- Mental and physical health benefits of gratitude and positive psychology
 - Positive feedback loops.
 - The more we practice the more sustained benefits we see
- 3 levels of trauma stewardship: personal dynamics, organizational tendencies, societal forces

At-home activity: Keep a daily gratitude journal

https://greatergood.berkeley.edu/article/item/five_ways_to_protect_your_wellbeing_as_a_health_care_professional