

Becoming Grounded & Mindful

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MUSC RESILIENCY PROGRAM

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ARE WE STILL TALKING ABOUT BURNOUT

Burnout

- Emotional exhaustion, cynicism, lack of self-efficacy

Empathic Distress

- Feeling overwhelmed by the pain and suffering of others

Moral Distress

- Behaviors or witnessing behaviors that violate moral values

Grief & Loss

- Loss of cherished people, things, aspects of self, activities

Physical Illness

- Physical fatigue, loss of function, fear of infection and infecting others

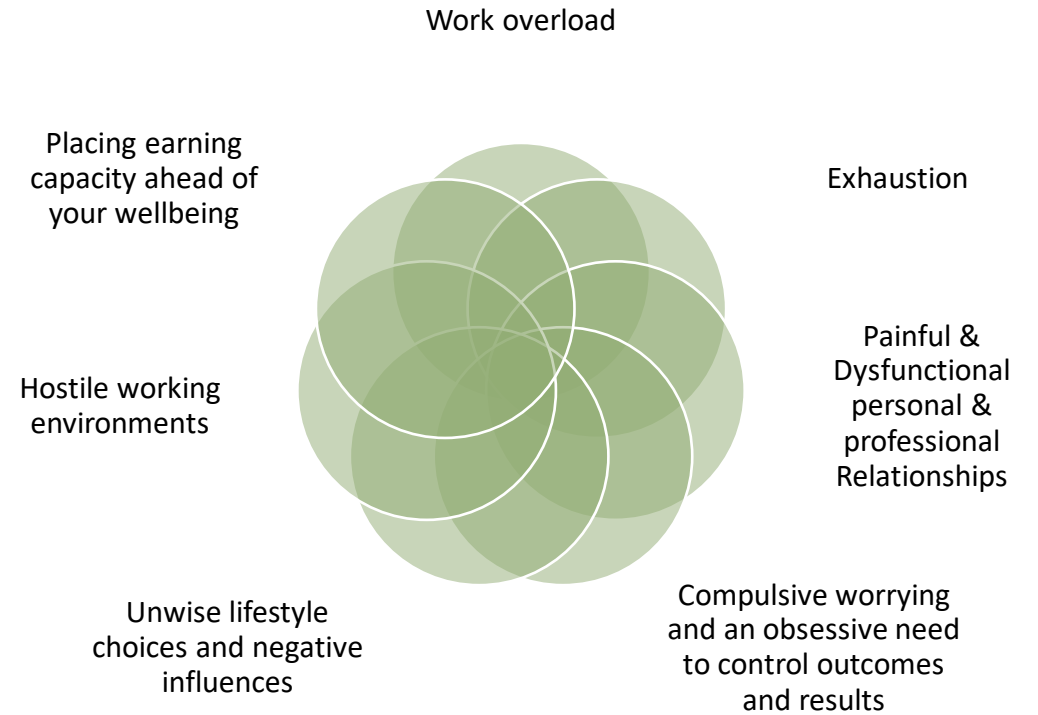
Abandonment

- Lack of adequate supplies, resources, perceived leadership indifference

WHAT'S HAPPENING TO ME?

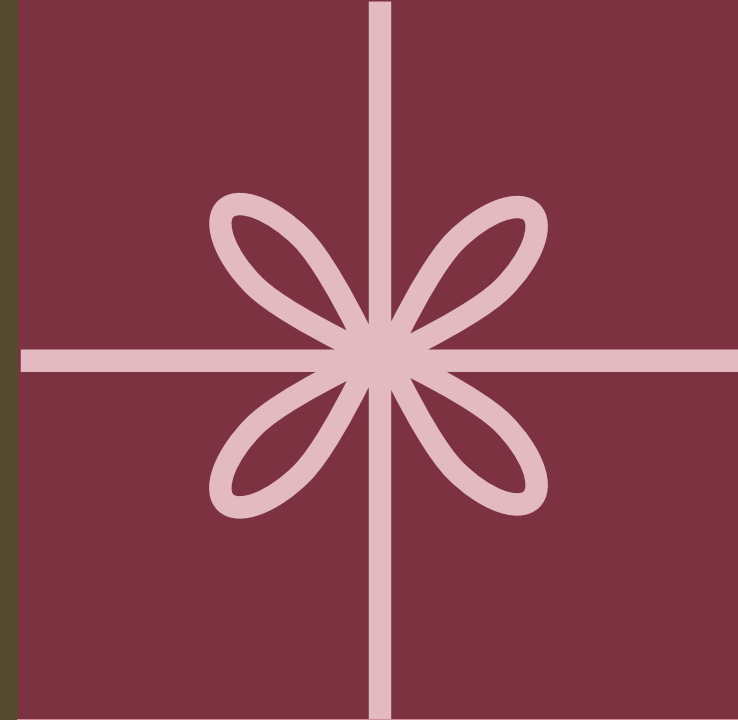
Accelerated heartbeat	Digestive problems	Tension	Headaches	fatigue
shallow breathing	Focusing on negative thoughts	Anxiety	Restlessness	Depression
Lack of motivation	Difficulty focusing	Sleep problems	Change in sex drive	Overeating or undereating
Increase AOD	Aggression	Irritability & Anger	Interpreting others' behaviors as hostile	Social withdrawal
Not wanting to come to work	Avoidance	Increased hostility and negativity	Detachment & Mindlessness	Hypervigilant

Are you doing or being?



What is Mindfulness

Paying attention to
Something,
in a particular way,
on purpose,
in the present moment,
non-judgmentally
(Kabat-Zinn, 2003).



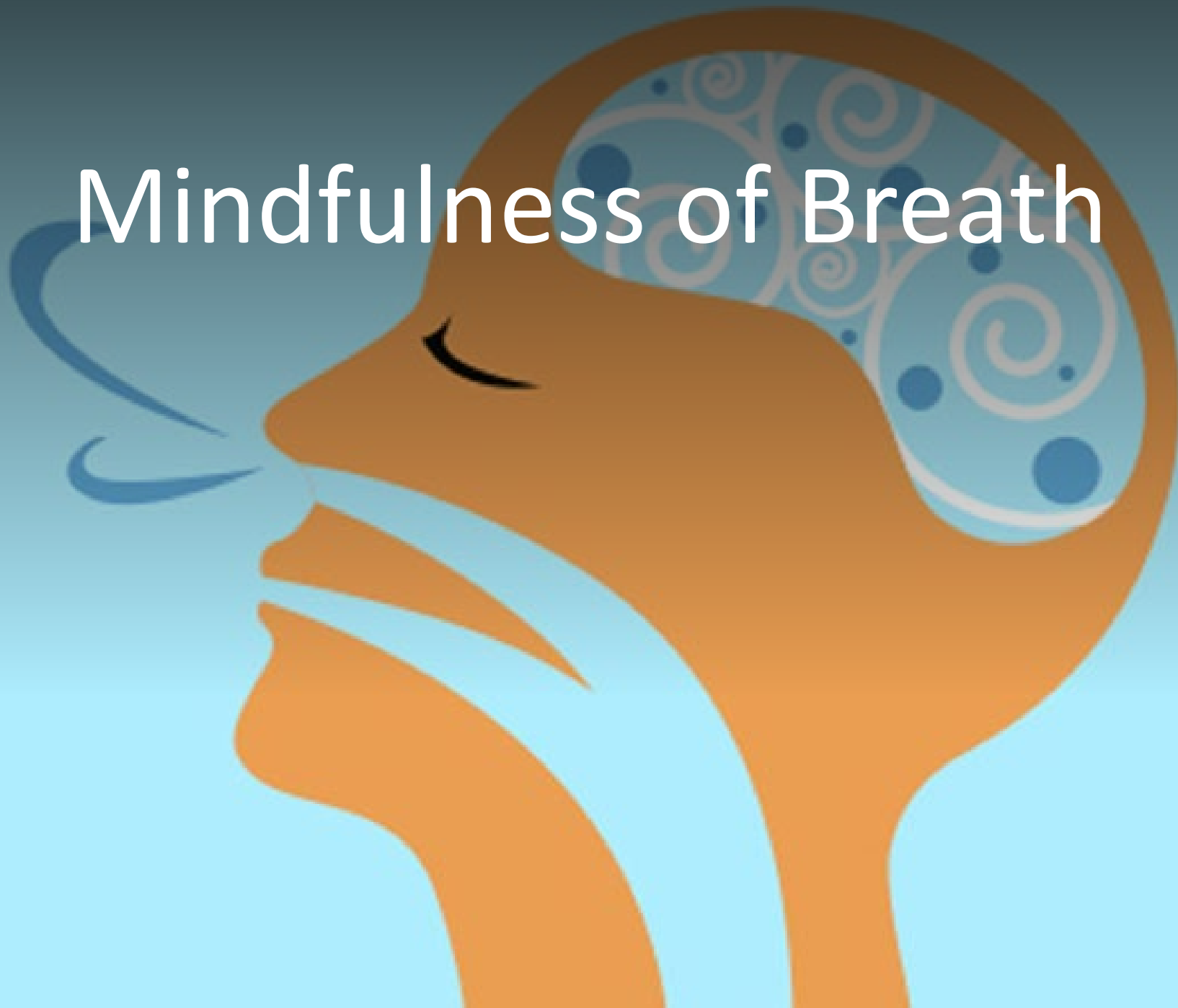
Benefits



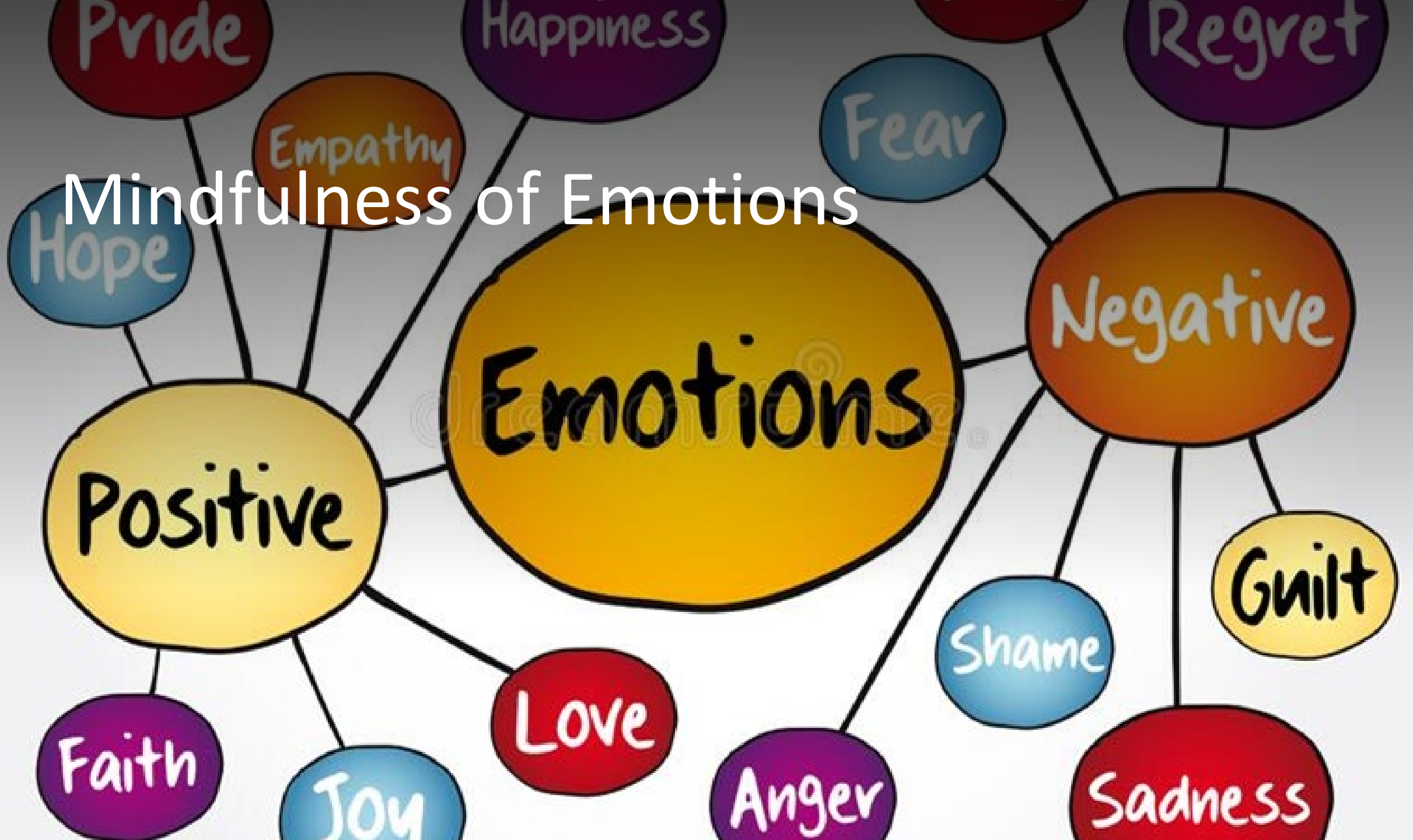
Grounding



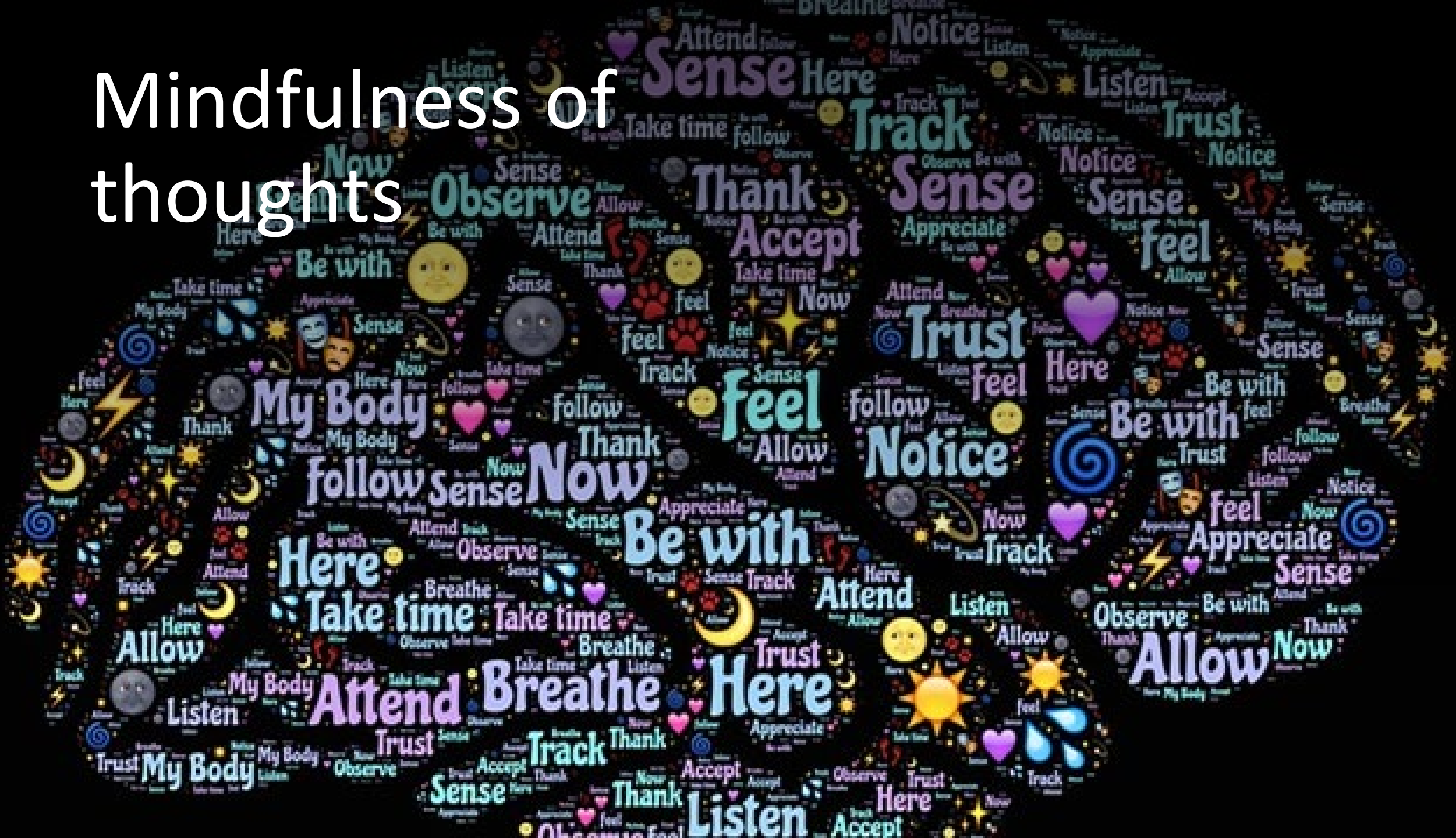
Mindfulness of Breath



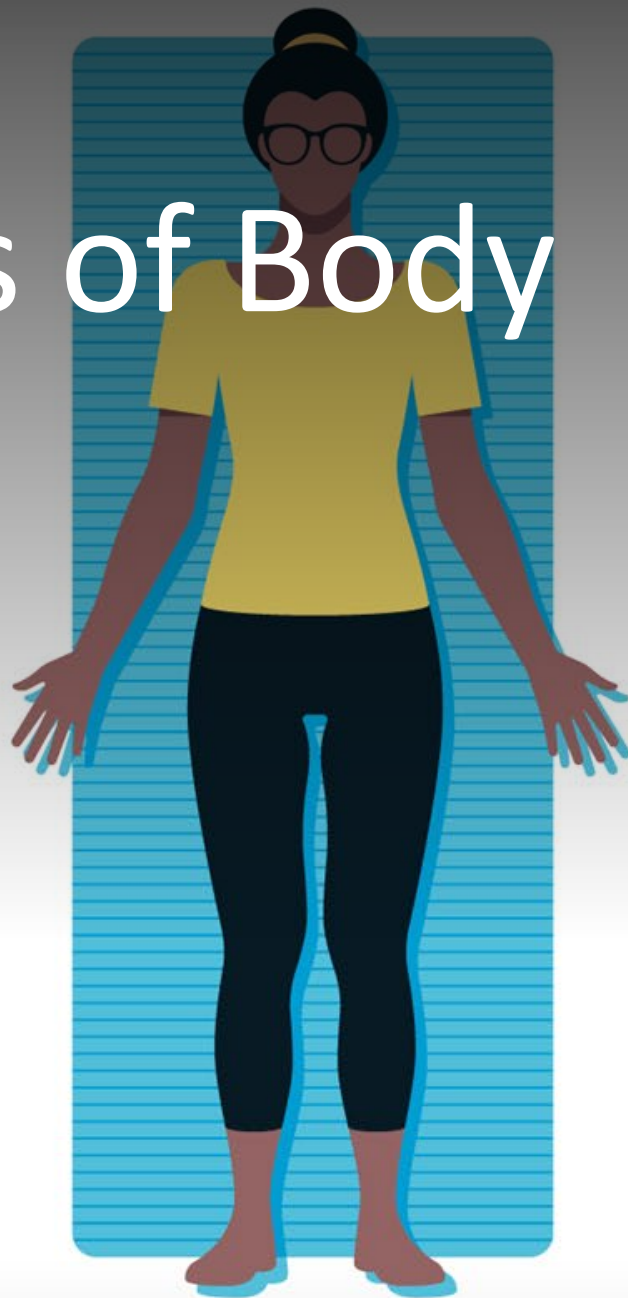
Mindfulness of Emotions



Mindfulness of thoughts

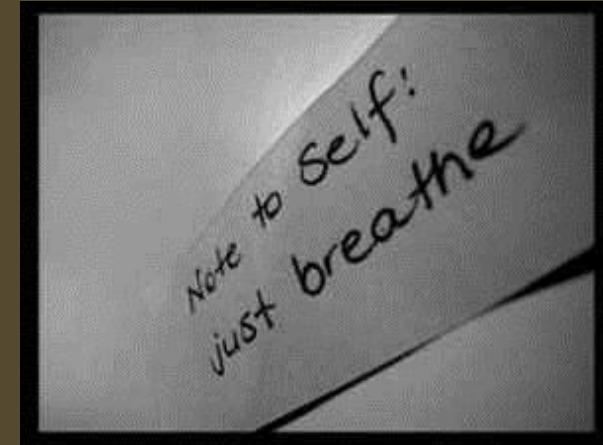


Mindfulness of Body



How to incorporate mindfulness into daily life

- Listening to music
- Making a cup of tea/coffee
- Exercise
- Breathing exercises – 3 minutes
- Daily activities:
 - Taking shower
 - Doing dishes
 - Walking to car





MUSC Resiliency Program

- **Foster resilience and coping through the pandemic response for MUSC healthcare providers**
- **Offer free virtual clinical support sessions** for MUSC, MUHA, and MUSC-P faculty, staff, residents, and trainees.
 - Brief intervention (1-5 sessions) will be provided via video conferencing or telephone or in-person.
 - These sessions will focus on learning tools to manage and cope with stressors related to COVID-19 care based on evidence informed early intervention strategies (PFA/SPR)
- **Offer virtual webinar workshops** to offer information about stress management strategies, coping, and fostering a sense of well-being during this challenging time.
- **Offer both virtual facilitated peer support sessions** and **resilience boosters** (3–5-minute check ins/stress tidbit) during shift changes or at request of units.
- **Monthly Virtual Self-Care Support Sessions** email jonesten@musc.edu for details