As we experience the collective challenge of COVID-19 and its repercussions on our communities, we want to take time to focus on our common humanity. While there is much that is out of our control in this moment, our three presenters will share insights on how to leverage the choices we do have to improve our well-being. Join us for three 45-minute sessions during our first UW Medicine Well-Being Day.

1:00 - 1:15pm
Drs. Anne Browning and Trish Kritek, Welcome and Introductions

1:15 - 2:00pm
Dr. Elizabeth Lin, 'Being With What Is: Choosing to Survive and Even Thrive Using Awareness and Self-Kindness'

2:15 - 3:00pm
Dr. David Levy, 'Mindful Tech and Media Consumption in Stressful Times'

3:15 - 4:00pm
Dr. Tony Back, 'Building a Culture of Psychological Safety For All'

SPEAKERS

Elizabeth Lin, MD
Anthony Back, MD
David Levy, PhD
Introducing our Presenters

Elizabeth Lin, MD
Anthony Back, MD
David Levy, PhD

**Dr. Elizabeth Lin, MD** is a family medicine physician and mental health researcher. She is certified instructor in two evidence-based program-Mindfulness-Based Stress Reduction and Mindful Self-Compassion and have meditated daily for over 25 years.

**Dr. David Levy, PhD** is a Professor in the Information School, University of Washington, in Seattle. Since 2000, at UW he has worked to bring contemplative practices and insights to bear on the problems of living in our accelerating, information-saturated culture.

**Dr. Tony Back, MD** is a Professor of Medicine at the University of Washington in Seattle, and the Fred Hutchinson Cancer Research Center. He is a co-founder of VitalTalk and recognizes that the landscape of being a patient and a clinician is changing so rapidly that we have to keep innovating.
Thoughts on Well-Being
1:15pm-2:00pm

Dr. Elizabeth Lin

Being With What Is: Choosing to Survive and Even Thrive Using Awareness and Self-Kindness
Caring for Others

Requires

Caring for Oneself
We are
Waves from the Same Ocean,
Leaves from the Same Tree
Flowers from the Same Garden.
MINDFUL AND COMPASSIONATE RESPONSE TO STRESS

Reacting vs Responding

**UNAWARE**
- Stress Reaction
  - Autopilot
  - Fight, flight, or freeze
  - Sympathetic Activation
    - Hypothalamus, pituitary, adrenals & amygdala
    - Increased cortisol, adrenaline, noradrenaline
  - Acute Hyperarousal
    - Increased heart rate, blood pressure, inflammatory markers
  - Chronic Stress Reaction
    - Increased chronic hyperarousal, inflammation, pain, asthma, heart disease, irritable bowel, insomnia, anxiety, depression
    - Decreased immune function
  - Maladaptive Coping
    - Denial, isolation, overworking, overeating, substance & technology overuse

**EXTERNAL STRESSORS**
(Perceived vs Real)
- Internal Stressors
  - Thoughts, Emotions, Pain, Self-Criticism

**AWAWARE**
- Compassionate & Mindful Response
  - Pause
  - Calm & connected
    - Parasympathetic Activation
      - Hypothalamus, pituitary & adrenals
      - Increased oxytocin & endorphins
      - Reduced cortisol
    - Open, Receptive & Curious
      - Reduced heart rate, blood pressure, & inflammatory markers
      - Increased prosocial brain activity
    - Seeing New Possibilities, Growth & Regeneration
      - Less anxiety, depression
      - Improved sleep, immunity
      - More kindness, generosity, joy & gratitude
      - Better relationships
      - Reduced pain, inflammation

**BREAKDOWN**
- Physical & Mental breakdown, burn-out

**WELL-BEING**
- Physical & Mental Health, resilience

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Between stimulus and response, there is space.

In that space is our power to CHOOSE our response.

In our response, lies our growth and our freedom.

Viktor Frankl
PAUSE

• S  Stop what you’re doing
• T  Take 2 or 3 breaths
• O  Observe, Open-minded
• P  Proceed with Presence
- Everyone is on his or her own life journey.
- I am not the cause of this person’s pain/suffering.
- Nor is it entirely within my power to make it go away, even though I wish I could.
- Moments like this are difficult to bear,
- Yet I may still try to help as best as I can

Adapted from Mindful Self Compassion Program by K Neff and C Germer
Thank you!

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