UW Medicine Well-Being Day

Tuesday, May 26th 1:00 - 4:00pm PT Zoom: https://uw-phi.zoom.us/s/99554407711 Phone: +12532158782, 99554407711# Register: https://tinyurl.com/y7enefe9

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'



Elizabeth Lin, MD

SPEAKERS



Anthony Back, MD



David Levy, PhD

Register: https://tinyurl.com/y7enefe9

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.

RESPONSE TO STRESS

Reacting vs Responding

UNAWARE

STRESS REACTION

AUTOPILOT

Fight, flight, or freeze

Sympathetic Activation Hypothalamus, pituary, adrenals & amygdala Increased cortisol adrenaline, noradrenaline

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Acute Hyperarousal Increased heart rate, blood pressure, inflammatory markers

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Chronic Stress Reaction

ncreased chronic hyperarousal inflammation, pain, asthma, heart disease, irritable bowel, insomnia, anxiety, depression Decreased immune function

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Maladaptive Coping

Denial, isolation, overworking, overeating, substance & technology overuse

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BREAKDOWN Physical & Mental breakdown, burn-out

EXTERNAL STRESSORS

(Perceived vs Real)

Cardiovascular, digestive, immune, musculoskeletal, & nervous systems

Internal Stressors Thoughts notions, Po

Emotions, Pain Self-Criticism AWARE COMPASSIONATE & MINDFUL RESPONSE PAUSE

Calm & connected

Parasympathetic Activation

Hypothalamus, pituary & adrenals Increased oxytocin & endorphins Reduced cortisol

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Open, Receptive & Curious Reduced heart rate, blood pressure & inflammatory marke Increased prosocial brain activi

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Seeing New Possibilities, Growth & Regeneration Less anxiety, depression Improved sleep, immunity More kindness, generosity, joy & gratitude Better relationships Reduced pain, inflammation

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

•S Stop what you're doing •T Take 2 or 3 breaths •O Observe, Open-minded •P Proceed with Presence



Caring & Staying Balanced

- 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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