

UW Medicine

Well-Being Day

Tuesday, May 26th

1:00 - 4:00pm PT

Zoom: <https://uw-phi.zoom.us/j/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'

SPEAKERS



Elizabeth Lin, MD



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

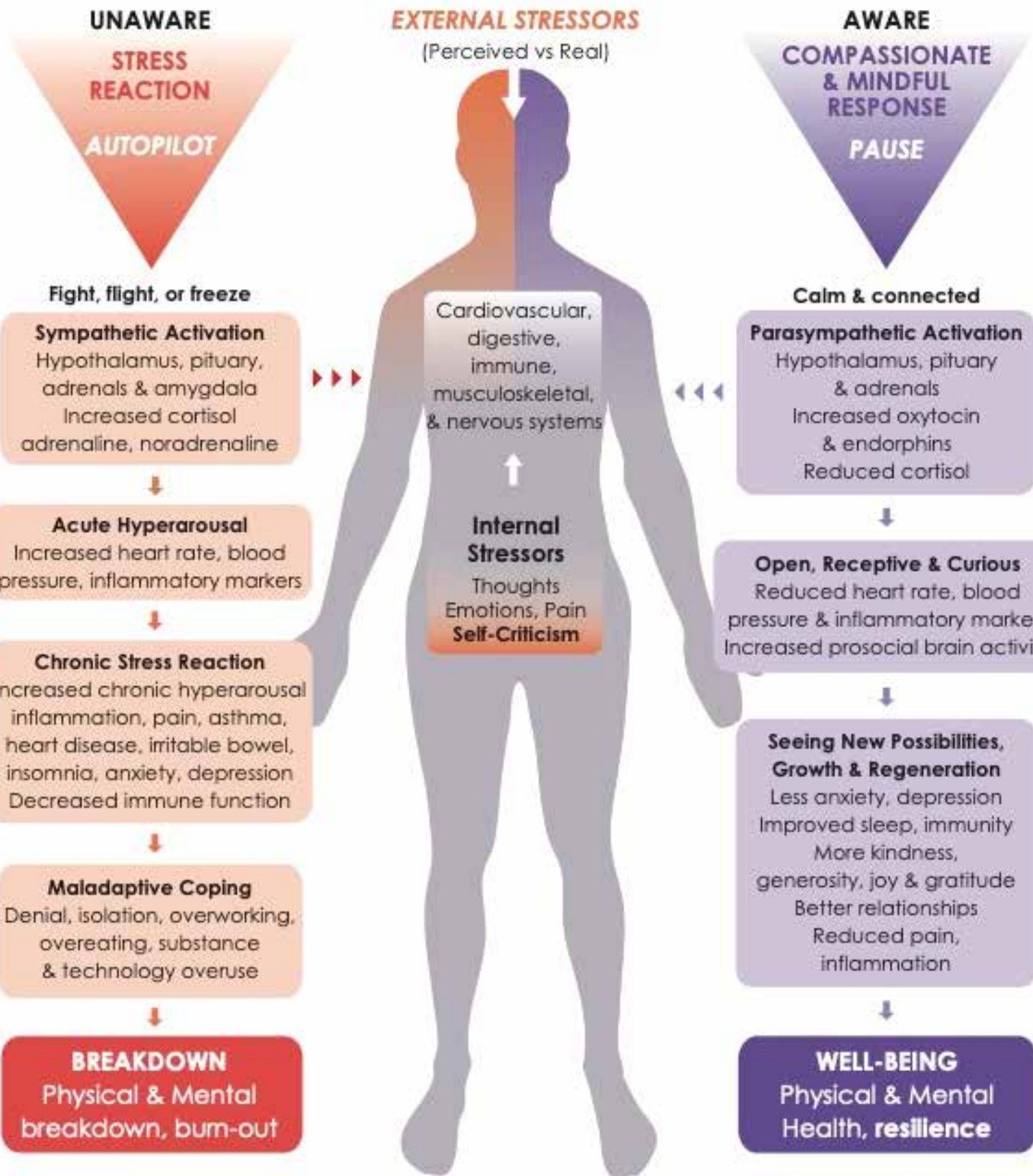
Caring for Oneself

***We are
Waves from the Same Ocean,
Leaves from the Same Tree
Flowers from the Same Garden.***



MINDFUL AND COMPASSIONATE RESPONSE TO STRESS

Reacting vs Responding



*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

Caring

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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