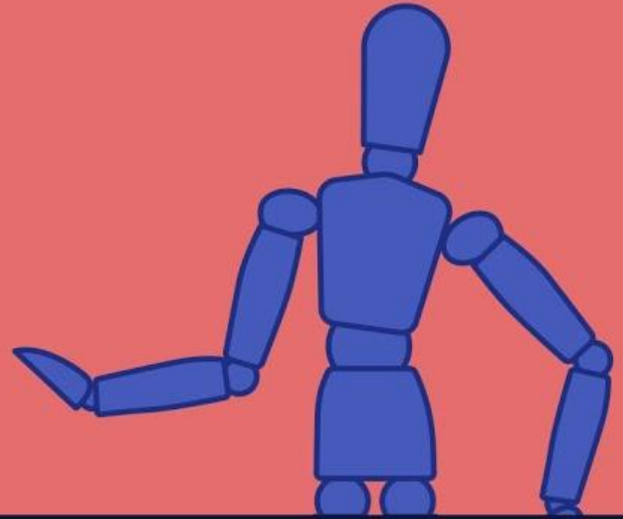
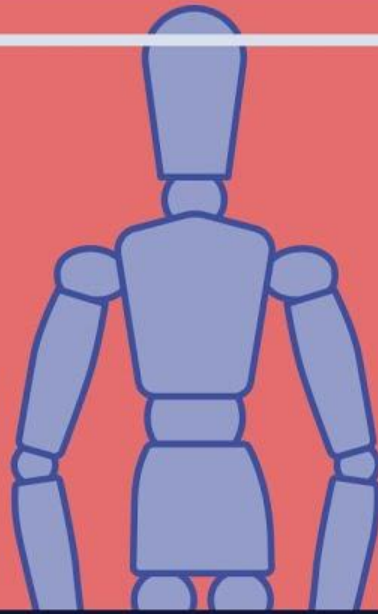




Tuning In to Avoid Burning Out

Dan Marlowe, PhD

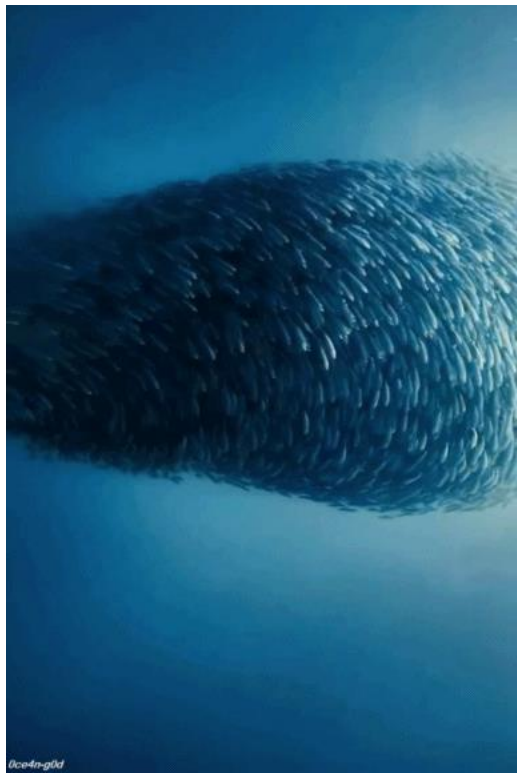
Associate Dean, Behavioral Health
Chair, Dept. Behavioral Health



ARE WE MINDS OR BODIES?

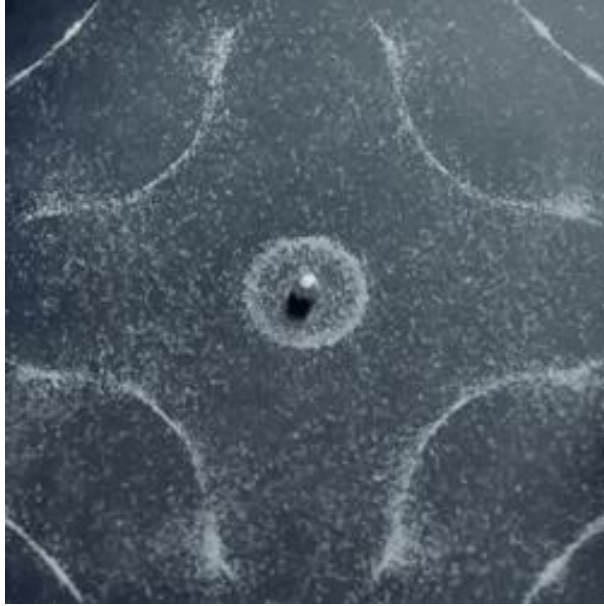


E
Pluribus
Unum



00000000





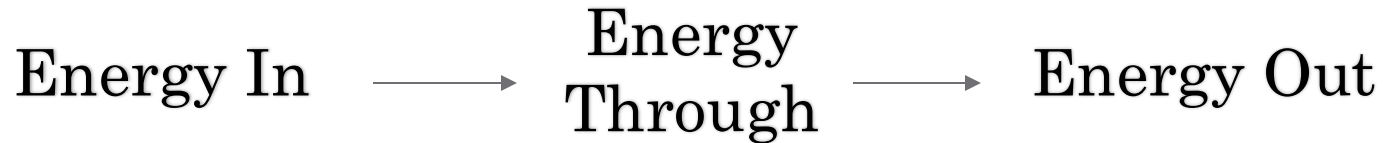
**"YOU BECOME
WHAT YOU GIVE
YOUR ATTENTION
TO..."**

- Epictetus -

Energy = Information

Human Body/Mind as Entropy Engine

- Our body (and every living organism) absorbs, integrates and expresses “energy” from its environment (i.e., entropy)
- As energy enters a system, it produces change (i.e., tension)...as change accumulates, the system functions less cohesively;
 - We call this change “dysregulation.”
 - Greater degrees of change create a greater degree of dysregulation
- The health of a system is maintained by the effectiveness and efficiency of the general process outlined below:



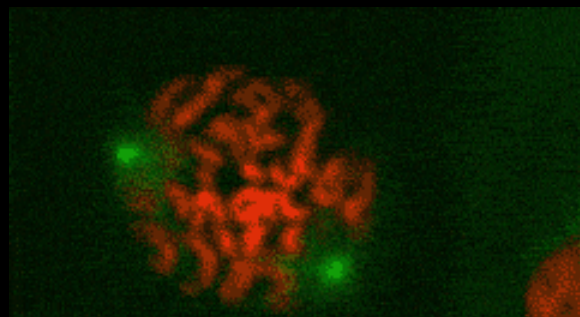
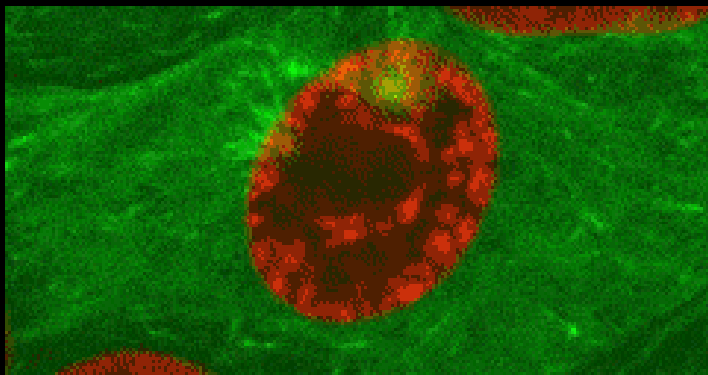
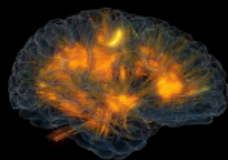
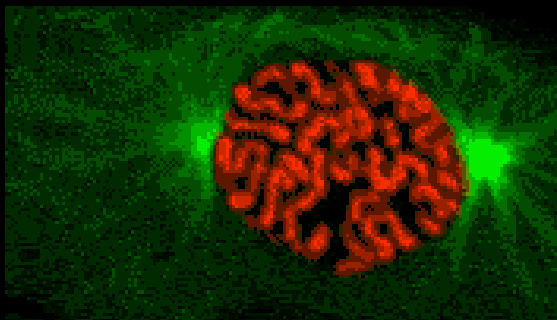


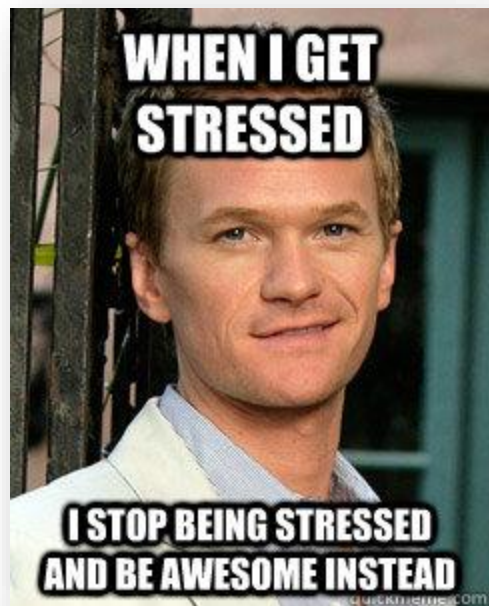
What
STRESS
Really Is



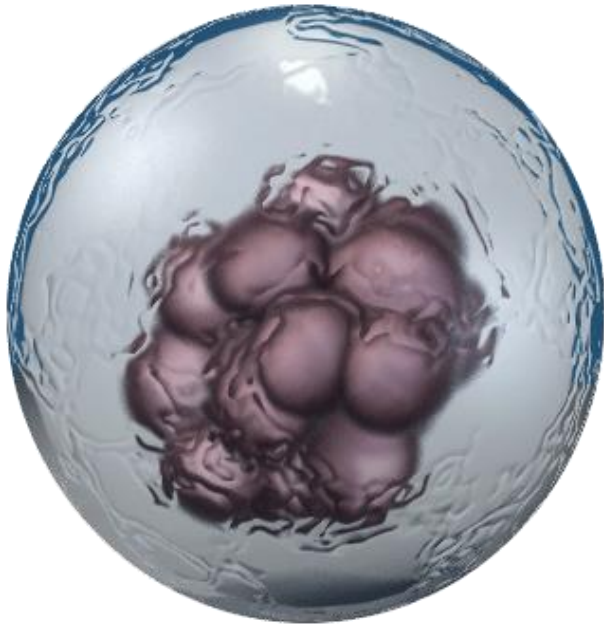
...the non-specific response of the body to
ANY demand for change-

Hans Selye, MD (1936)

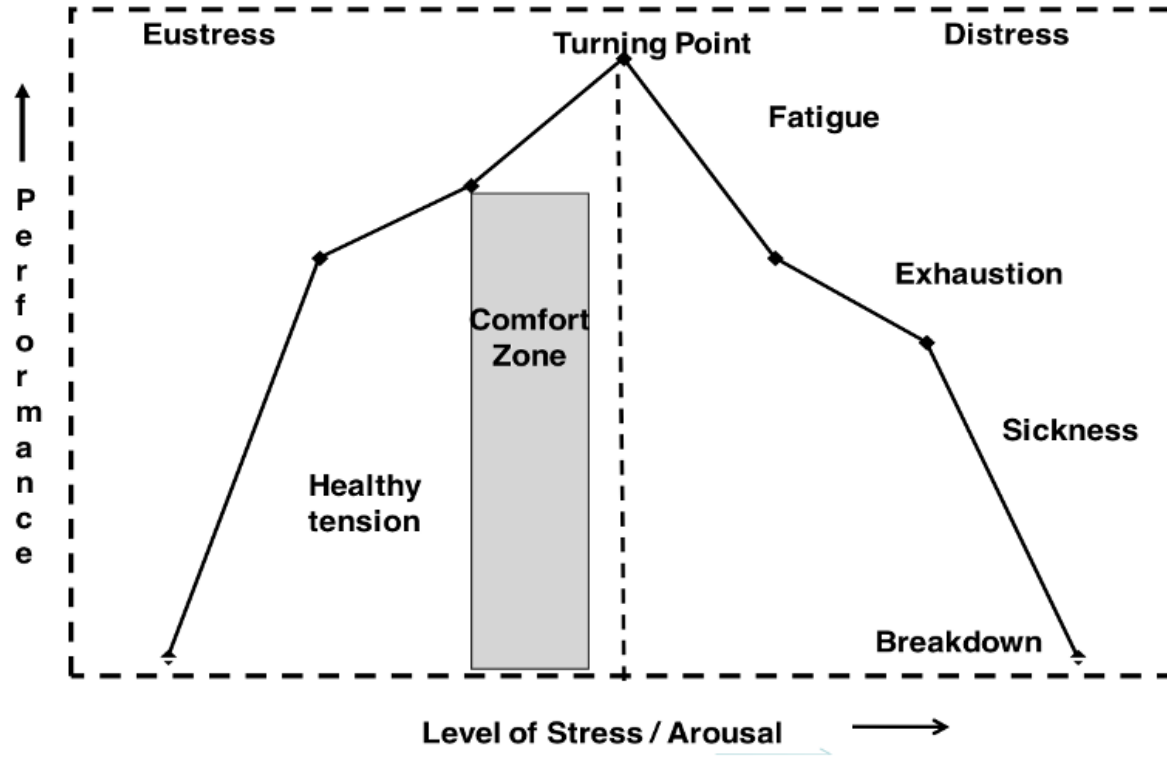




Understanding Stress & Performance



*It is not stress that kills us, it
is our **reaction** to it*
- Hans Selye, MD



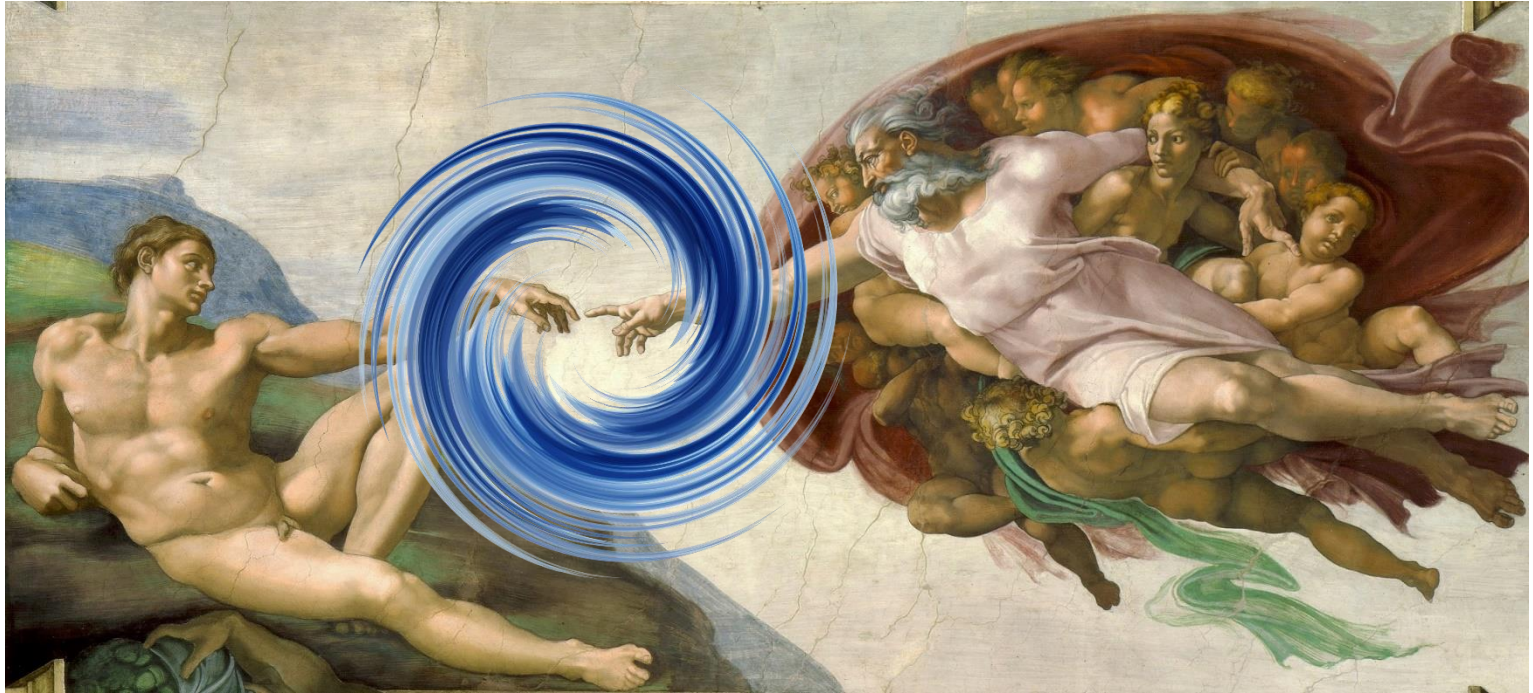
Yerkes Dodson Law (1908)

Burnout is a chronic dysregulation of a system due to the build-up of unintegrated or only partially integrated information/change/tension/stress.

There is no cure for burnout because burnout is not a disease or pathology...it is akin to hunger and/or thirst.



Regulating Stress





The Goals

Paying attention to the sensation/emotion of dysregulation...like we do with any other...



..to better facilitate the process of self consolidation/integration...



...in order to to maximize regulation and therefore performance.





sandersstudies

That feeling when your body is requesting something but you're not sure what so you just start eating and drinking random stuff to try and figure it out



sandersstudies

Me, eating a chocolate waffle at 7pm: Is this what you desire, oh prison of flesh?



queerglasescutie

@Dope-A-Meme

Meanwhile your body is like

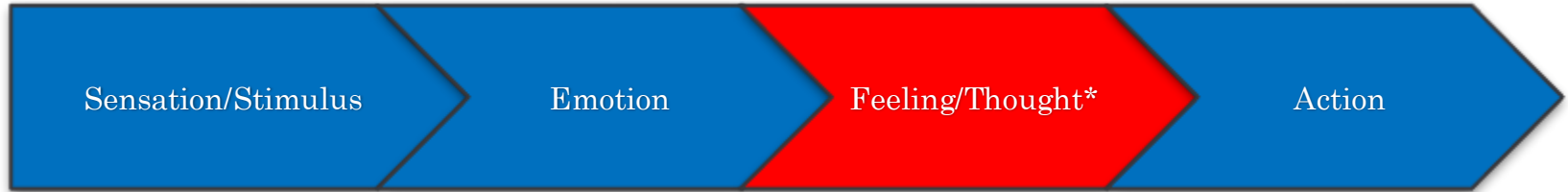


I need water

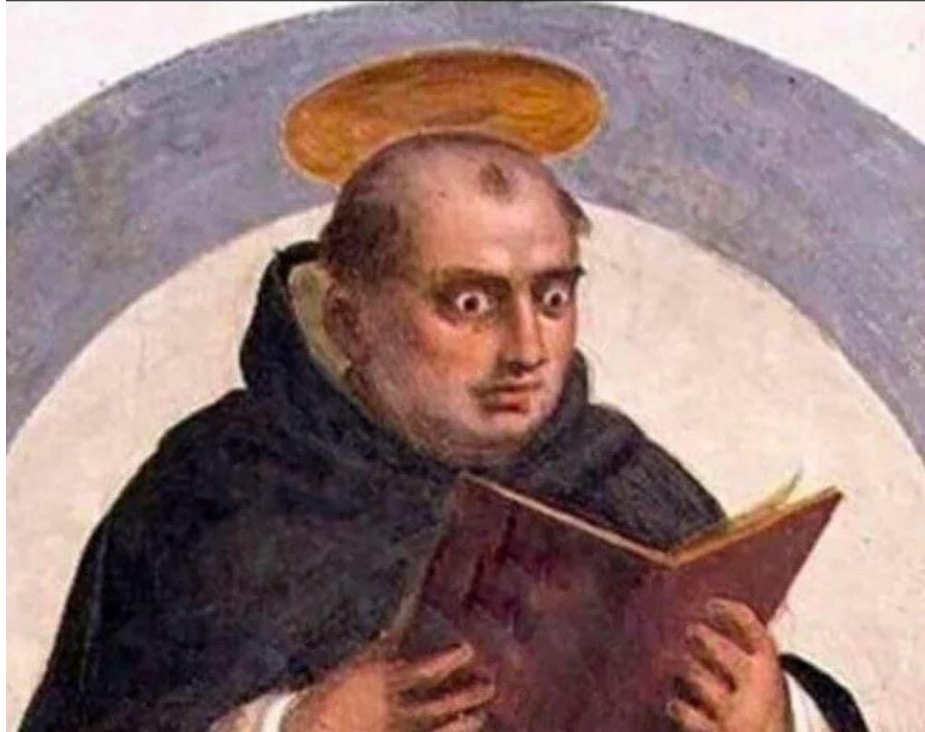


Consciousness, then, does not appear to itself chopped up in bits. Such words as 'chain' or 'train' do not describe it fitly as it presents itself in the first instance. It is nothing jointed; it flows. A 'river' or a 'stream' are the metaphors by which it is most naturally described.

- William James, father of American psychology



**When you've read the same paragraph for
the 5th time and still didn't pay attention**



Knowing
when to
say
UNCLE!

Brain Wave Frequencies

Type and Range

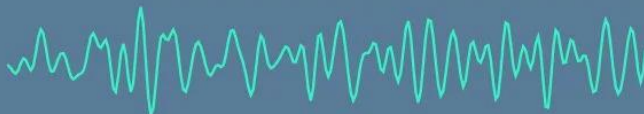
What it Does

Gamma Waves
Higher than 30 Hz



While concentrating,
focusing, and learning

Beta Waves
13 - 30 Hz



During most activities
while awake

Alpha Waves
8 - 12.99 Hz



While relaxed
or sleepy

Theta Waves
4 - 7.99 Hz



During stage 1 and 2
(light) sleep

Delta Waves
1 - 3.99 Hz



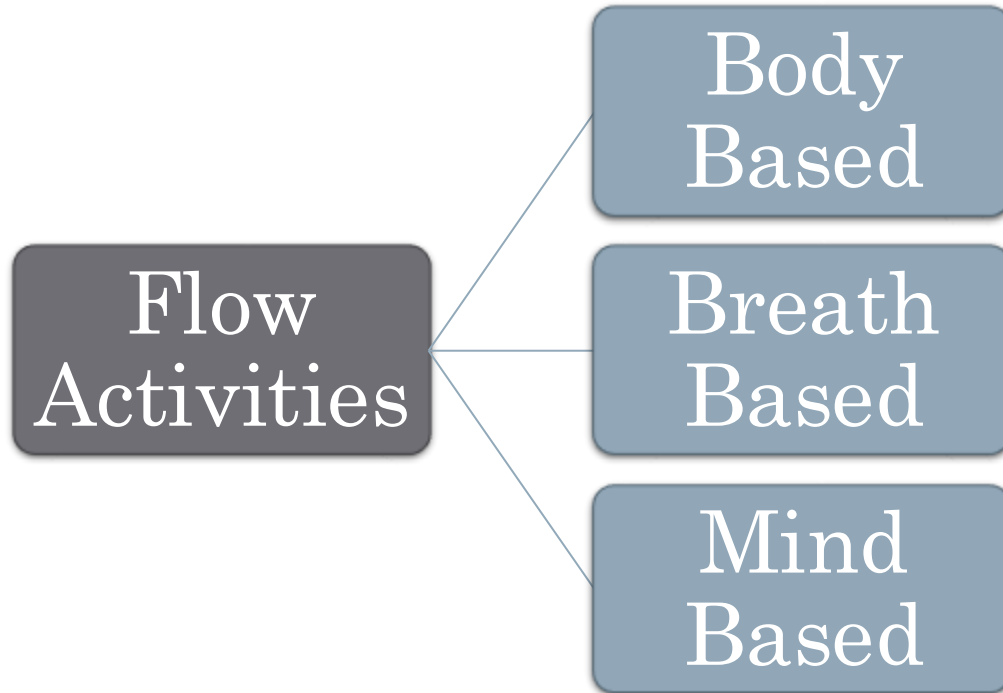
During stage 3
(deep) sleep



Finding Flow

- Awareness is the organizing principle of your physiology...conscious-moment awareness (i.e., ego) cannot rest on more than one thing simultaneously...in other words...**YOU CANNOT MULTITASK!!!**
- You can allow awareness to rest on a thought or allow awareness to rest on your senses (i.e., grounding)...the habitual resting of awareness on our senses invokes a flow state

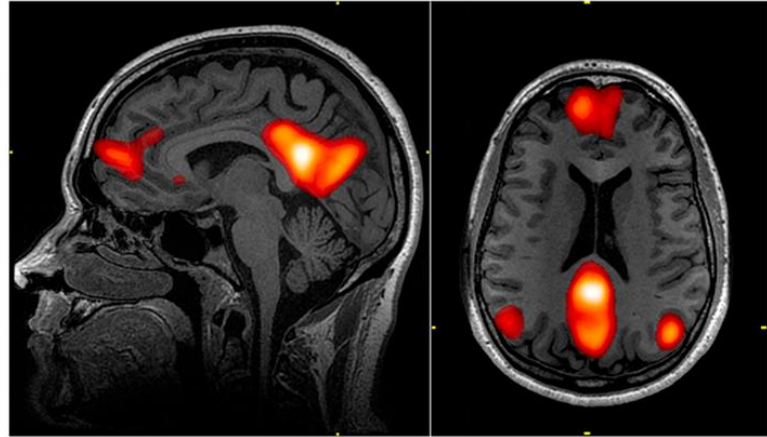
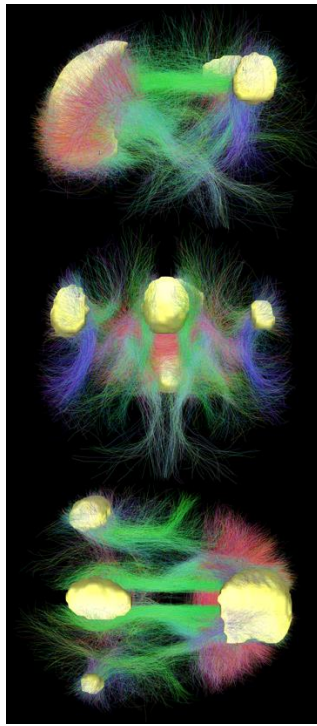
Hierarchy of Flow





The Heart of Consolidation





The Default Mode Network



3 Anchor Points
(Morning / Noon /
Evening)



Something Hourly
(10-15min)



Weekly Activities /
Monthly Activities

Developing a Self-Consolidation Regimen



Developing a Sleep Ritual

- A speeding car must slow down gradually as it approaches a stop light.
- Waiting until it is right at the light to stop can cause...?

Sleep Ritual Tips

- Try to unwind for at least 1 hour prior to trying to sleep
- Engaging in enjoyable but minimally stimulating activities
 - Books (enjoyment not learning)
 - Music
 - TV
 - Shows that relax not frustrate you (e.g., the news)
 - Hot shower/bath

Daily Schedule Example

TIME	ACTIVITIES
7:00 a.m.	Wake up
7:00 a.m.–7:30 a.m.	Anchor Point 1 (thirty minutes): stretching (ten minutes), mindful sitting (five minutes), journaling (fifteen minutes)
7:30 a.m.–8:30 a.m.	Get ready for work
8:30 a.m.–9:00 a.m.	Work commute
9:00 a.m.–10:00 a.m.	Fifty minutes of work/ten-minute micro-break: stretching (five minutes), mindfulness app (five minutes)
10:00 a.m.–11:00 a.m.	Forty-five minutes of work/fifteen-minute micro-break: mindfulness app (ten minutes), breathing exercise (five minutes)
11:00 a.m.–Noon	Fifty-five minutes of work/five-minute micro-break: breathing exercise (five minutes)
Noon–1:00 p.m.	Anchor Point 2: (forty-five minutes): lunch (thirty minutes), walk around workspace outside (fifteen minutes), listening to music (fifteen minutes)
1:00 p.m.–2:00 p.m.	Fifty minutes of work/ten-minute micro-break: stretching (five minutes), mindfulness app (five minutes)
2:00 p.m.–3:00 p.m.	Fifty minutes of work/ten-minute micro-break: listening to music (ten minutes)
3:00 p.m.–4:00 p.m.	Fifty-five minutes of work/five-minute micro-break: breathing exercise (five minutes)
4:00 p.m.–5:00 p.m.	Sixty minutes of work
5:00 p.m.–5:45 p.m.	Home commute
5:45 p.m.–7:00 p.m.	Get settled (e.g., changing, dinner, children’s homework)
7:00 p.m.–8:00 p.m.	Anchor Point 3: yoga
8:00 p.m.–10:00 p.m.	Free time
10:00 p.m.–11:00 p.m.	Sleep ritual: bath with soothing music, skin care, journaling, mindfulness app
11:00 p.m.	Fall asleep

Be Consistent!

Be persistent!

Be consistently persistent!

Be persistently consistent!

Most importantly, know that you will not “be” these things all the time...AND...that is part of the process!

It is OKAY!

Resources

- Mindfulness Apps (Paid)
 - <https://buddhify.com/>
 - <https://www.smilingmind.com.au/>
- Mindfulness Apps (Free)
 - <https://www.uclahealth.org/ulcamindful/ucla-mindful-app>
 - <https://hminnovations.org/meditation-app>
- Grounding Techniques
 - <https://www.healthline.com/health/box-breathing>
 - <https://youtu.be/f6RGHvp2oCA>
 - 10 min stretching routine (can be done in bed)



WARNING



**THE NEXT SLIDES CONTAIN
BLANTANT
SELF PROMOTION
AND MAY BE ILLEGAL
IN SOME STATES**



Tuning In To Avoid Burning Out

Podcast Series (8 episodes)

- All episodes 20min or under
 - Average length 15-18min
- Deeper understanding of the 'Tuning In' process and its relationship to mental health
- Study strategies
- Test taking strategies

Survivingmedicalschoo.com

DAN MARLOWE

THE PSYCHOLOGY OF THE SIMPLE:

A Way To Be the Peace We Seek



[Psychologyofthesimple.com](https://psychologyofthesimple.com)

Coming
Nov '24

References

- Baumeister, Roy F. (2002). "Ego Depletion and Self-Control Failure: An Energy Model of the Self's Executive Function". *Self and Identity* 1(2): 129–136.
[doi:10.1080/152988602317319302](https://doi.org/10.1080/152988602317319302).
- Berge, K. H., Seppala, M. D., & Schipper, A. M. (2009). Chemical dependency and the physician. *Mayo Clinic Proceedings*, 84(7): 265-631.
- Dinges, D.F. (2003). Monitoring fatigue and performance: Sleep Deprivation, Fatigue, and Effects on Performance: the Science and Its Implications for Resident Duty Hours. Presented at the ACGME Educational conference March, 2003. Retrieved July 6, 2016 from: [http://www.acgme.org/acWebsite/dutyHours/dh_Dinges.pdf#search=sleep%20inertia%20and%20dinges'](http://www.acgme.org/acWebsite/dutyHours/dh_Dinges.pdf#search=sleep%20inertia%20and%20dinges)
- Duckworth, A. (2016). *Grit: The power of passion and perseverance*. New York: Scribner.
- James, William (1890). *The principles of psychology*. New York, NY: Henry Holt.
- Malsch, C. & Leiter, M. P. (2016). Understanding the burnout experience: recent research and its implications for psychiatry. *World Psychiatry* 15(2): 103-111.
- Mata, D. A. et al. (2015). Prevalence of depression and depressive symptoms among residents: a systematic review and meta-analysis. *Journal of the American Medical Association*, 314(24), 2373-2383
- Ridout, K. K., Ridout, S. J., Guille, C., Mata, D. A., et al. (2019). Physician-training stress and accelerated cellular aging. *Biological Psychiatry* 86(9): 725-730
- Siegel, D. J. (2017). *Mind: A journey to the heart of being human*. New York: W. W. Norton & Company.
- Yerkes RM, Dodson JD (1908). "The relation of strength of stimulus to rapidity of habit-formation". *Journal of Comparative Neurology and Psychology*. 18 (5): 459–482.
[doi:10.1002/cne.920180503](https://doi.org/10.1002/cne.920180503)
- Thirioux, B., Birault, F., & Nematollah, J. (2016). Empathy is a protective factor of burnout in physicians: New neuro-phenomenological hypothesis regarding empathy and sympathy in care relationship. *Frontiers in Psychology* 7(763). Doi: 10.3389/fpsyg.00763
- Zullo, J.M., Drake, D., Aron, L. et al. Regulation of lifespan by neural excitation and REST. *Nature* 574, 359–364 (2019). <https://doi.org/10.1038/s41586-019-1647-8>