

# Self Care and Resiliency

In Times of Stress and Loss



# General Direction

- Professional and Disenfranchised Grief
- How does this connect with the stages of grief?
- Steps to Resilience

# Professional Grief



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- Every discipline has “that one patient”....

Who is yours?

# = Disenfranchised Grief

- Definition: grief that is not sanctioned by society

...ACCUMILATED PROFESSIONAL GRIEF...

## BURNOUT!



"No, there's nothing on my mind.  
And if there was, I don't want to  
talk about it."

# Stage Theory of Grief

- Denial and isolation
- Anger
- Bargaining
- Depression
- Acceptance

# Denial and Isolation

## The Myth of Independence

\*Go into duality mode of Us vs. Them\*



# ANGER



# Bargaining

- In our settings, this often shows up as blaming – close connection to anger.
- Loss of idealism
- Blaming through passing the anxiety ball

Brene Brown RSA Short

[https://www.youtube.com/watch?v=RZWf2\\_2L2v8&t=12s](https://www.youtube.com/watch?v=RZWf2_2L2v8&t=12s)



# Depression

- Effects of Stress
- Build up of Cortisol
- Kills brain cells

**We don't make our best decisions or, most importantly, be our best selves from a place of toxic stress.**

# Acceptance: steps to resilience

- **Back to the Myth of Independence: get real honest!**
- **Peer support – connections – support network**
- **Find some mindfulness practices**
- **Common Humanity**