Thriving Amid Stress, Burnout, Setbacks, and Failures

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Objectives

• Understand Adversity & Its Effects
• Understand Resilience
• Develop a Plan to Survive, and Thrive
Examples- Maria and Mark
What Happens: From Strength to Weakness/Optimism to Pessimism

- Energized, Healthy Self Esteem
- Depleted by Stress, Self-Esteem Declines, More Anxious
  - “Fail” at something: Assume knowledge base is inferior (imposter). Response: Work Harder
  - Loss of work/life balance; loneliness, isolation, irritability
  - Self esteem continues decline. Burnout, Depression
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Graduate Students

Within the last 12 months*:
39.5% of students felt things were hopeless
30.9% felt so depressed it was difficult to function
53.4% felt overwhelmed with anxiety
5% seriously considered suicide.

*Spring 2015 American College Health Association-National College Health Assessment II, study among U.S. graduate students.
Resilience

– Being able to bounce back. And more. Our ability to learn in the process. Step back, rather than responding impulsively or passively, in order to appraise one’s thinking, feeling and behaving in a given situation.

– 2 setbacks OK, 3 not.

– https://www.youtube.com/watch?v=9vdN15--hro
  https://www.youtube.com/watch?v=c1H92b_uLdU
Restoration- Restorative Practices

• Social Connection
• **Sleep**- No technology 30 min. before bed, 30 min. wind down. No caffeine after 3 p.m. Sleep an hour longer during the weekend
• **Eating**- Have regular meals. Eat breakfast. Be mindful while eating.
• **Exercise**- Prioritize 3 days week, 30 minutes; interval training
• **Relax**- Breathe, Progressive Muscle Relaxation, Visual Imagery, Mindfulness
What Helps: Additional Wisdom from SHCS Experience

• Do not suffer in silence:
  --Identify 1 supportive person in your program
  --Identify 1 supportive person (beyond a partner)

• Keep life balance and eat, sleep, exercise

• Recognize what is “normal”

• Keep a view of big picture, personal values

• Identify options

• Look at your thoughts/distortions in thinking

• Seek professional help- Consultation with SHCS
Know Your Personal Beliefs about Coping

Predictors of Positive Outcomes:

• Acceptance that problems are a normal part of living

• Belief that individuals have a number of strengths that can help them cope with most situations in an effective way
External Support

• Know types of people to call on: people who can discuss concerns, who can make us feel valued and competent, who can provide us with important information, who will challenge our thinking, and with whom we can share good news
4. Seek Professional Help

- Prevent mental distress/illness
- Gain a neutral lens; accountability
- Student Health & Counseling Services-
  studenthealth.ucsf.edu; 415-476-1281
• Student Health & Counseling Services (SHCS)
• Free, short-term, confidential individual and couples counseling
• Psychiatric Services
• Two Locations- Mission Bay & Parnassus
• Schedule an appointment: 
  – 415-476-1281

studenthealth.ucsf.edu
Interactive Stress & Depression Screening

Go to studenthealth.ucsf.edu

- Anonymous
- Non-Threatening
- Personal Response from SHCS Counselor