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Health and Self Care European Association of Physician Health

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How are you all today?

Psychological Protective Mechanisms

- Denial
- FINE = Fearful, Insecure, Neurotic and Emotionally Imbalanced
- (Feelings inside not expressed)
- Displacement

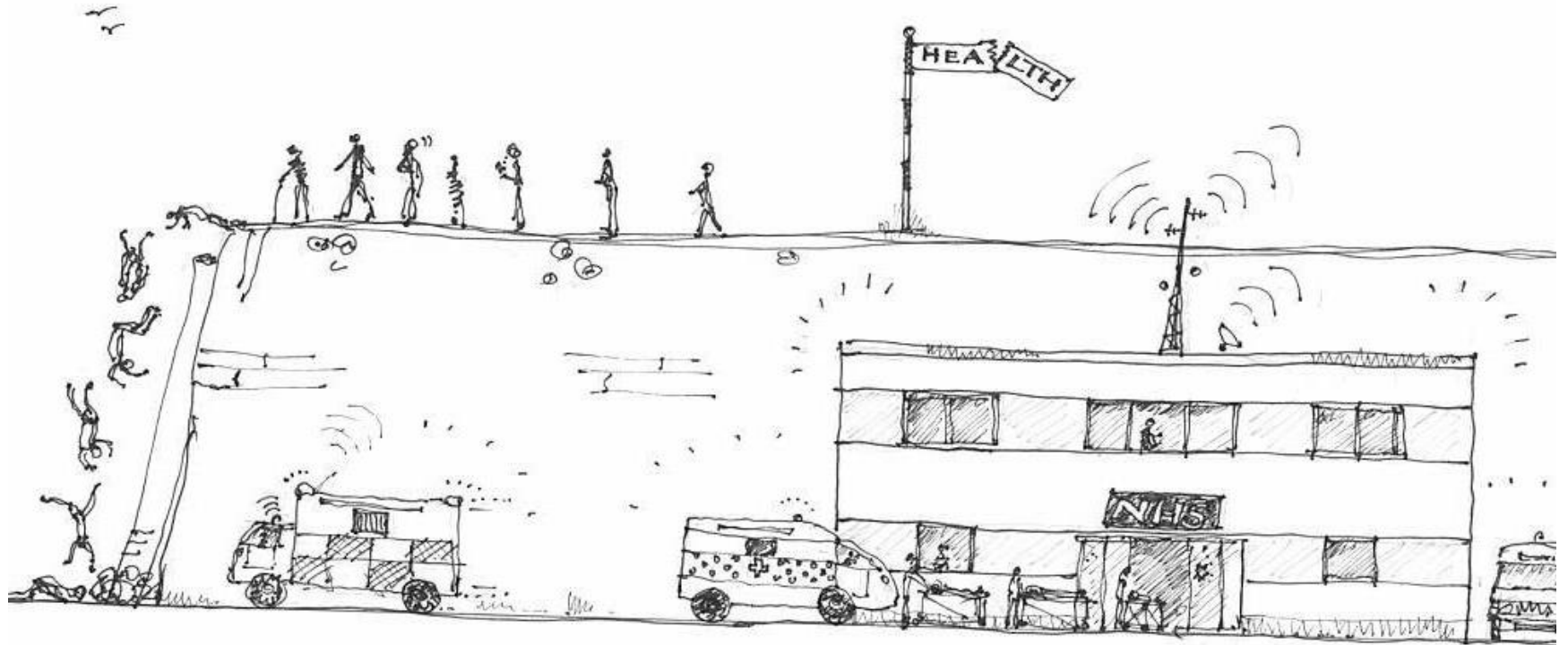
The 2 D's can lead into Doctor's D's

- Depression
- Drink
- Drugs
- Divorce
- Disillusionment
- Despair
- Occasionally Death
- Unless we take care to avoid these (which is not complicated)
- A lot of the medical illness I see is decompensated physiology, and habituation to distress and misery

Society

- If asked whether health professionals understand health....
- Might be forgiven for saying: “Why yes, of course they do...” (A bit of British irony)

Health is not by Accident



Medical school trains us in...

- Car crashes and 'bottom of cliff' emergency care
- NOT
- Vehicle maintenance
- Wise driving
- Good navigation
- Safe road design
- Staying on top of the cliff safely

What do we learn about in medical school?

- Illness
- Pathology
- Pharmacology
- Death, Pain
- Catastrophes

- i.e. the whole picture of Car Crashes

What are we not learning about?(formally)

- Health and healing
- Physical health, sleep, food, herbs and spices, water
- Safety, Psychological health
- Human contact, Inter-personal psychology
- Self-care and self-maintenance
- Emotional self-regulation
- Meaningful purpose
- Lifelong learning
- Rest, recovery and renewal

- Sensible driving, vehicle maintenance, good navigation, fuel economy, road design

Personal renewal and refreshment

- Might be a good idea...
- Health and vitality does NOT happen by accident
- The 15 second ritual....

Exercise of inner stillness – The Bank of Health

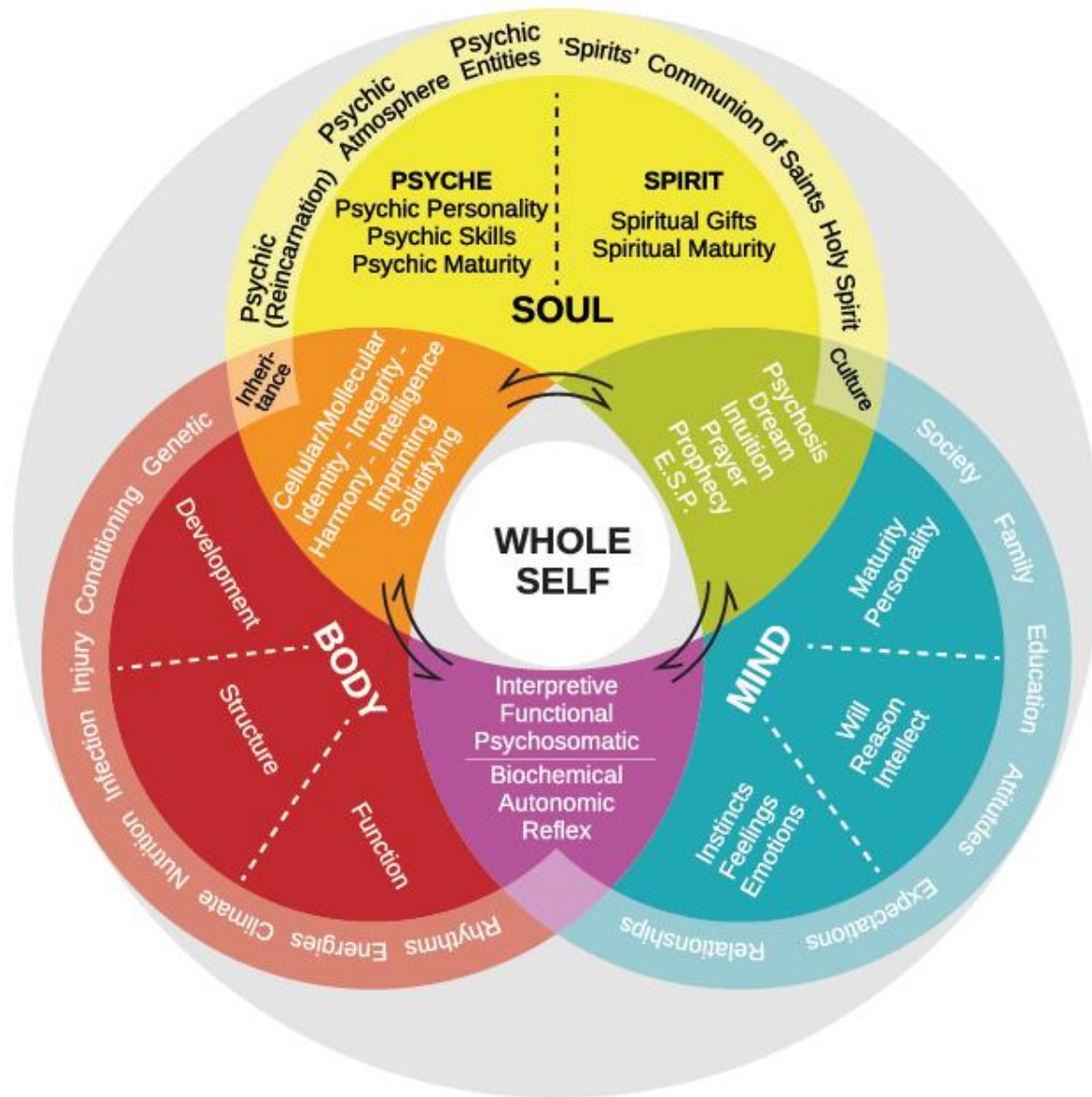
- Diaphragmatic breath
- Spine comfortable, feet flat on floor
- Three relaxed breaths
- From inner stillness comes effective action...

What is health?

- In pairs, please discuss what 'health' means, and provide a definition

Health

- WHO definition (1948)
- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
- Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.



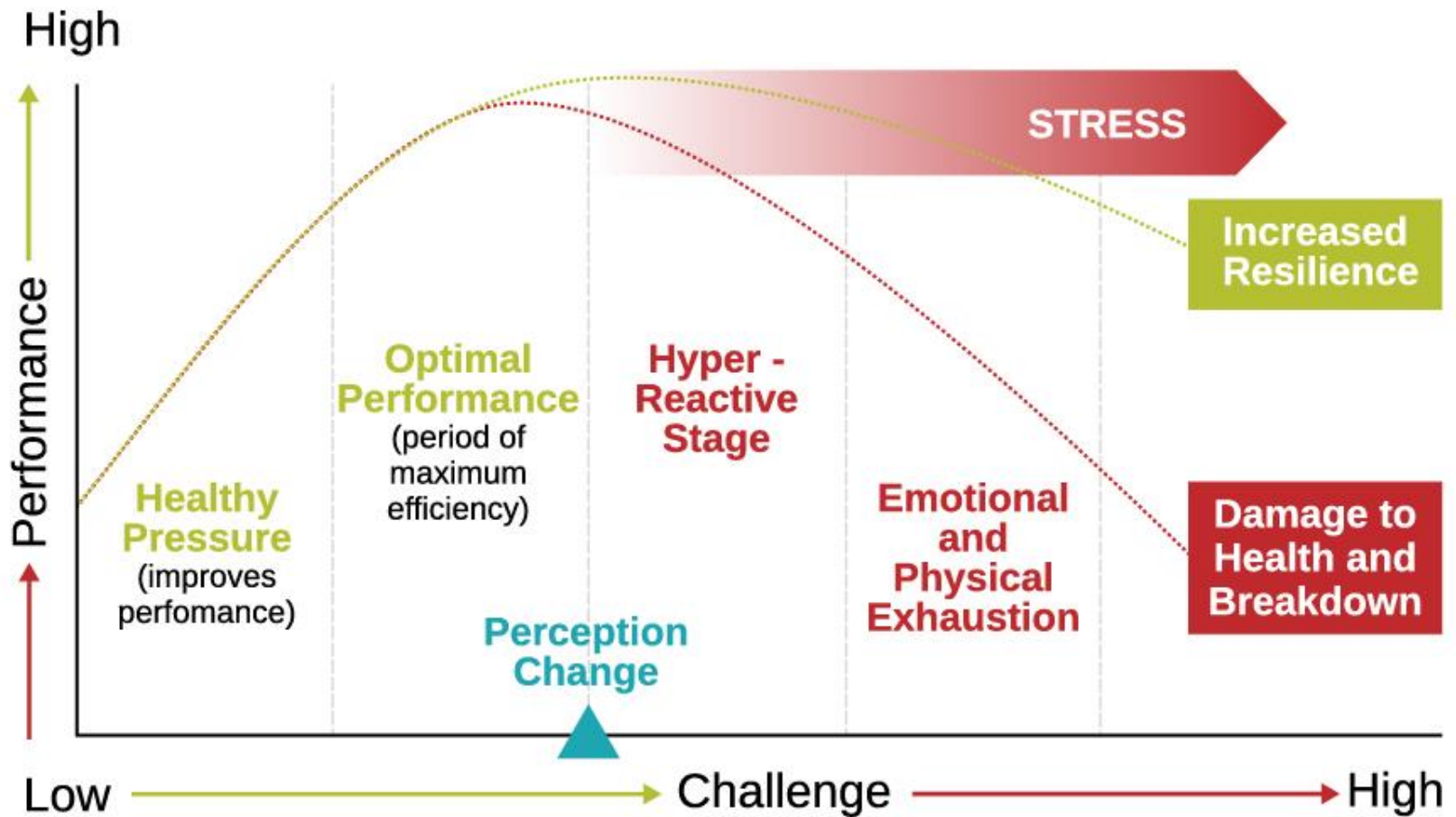
Sleep

- The most marvellous medicine! And refreshment. Vitally important.
- www.aagbi.org/fatigue
- Deep relaxation first
- Avoid screens for 90 mins before sleep (blue light makes brain think sunshine – and **Wide Awake**)
- Wind down the busy brain
- Mammalian bodies work on circadian rhythms – honour these
- Switch off all EM fields – phones etc on airplane



Mammalian Bodies

- Autonomic Nervous System
Social engagement
- Parasympathetic
Rest and Digest, Chill and Repair – or Freeze
- Sympathetic
Fight and Flight
- Which is the organism's habitual state? – what is it designed to be in for the majority of the time?
- What are the neurochemicals involved?



BODY

headaches
breathlessness
muscular twitches
raised blood pressure
frequent infections
skin irritations
fatigue

MIND

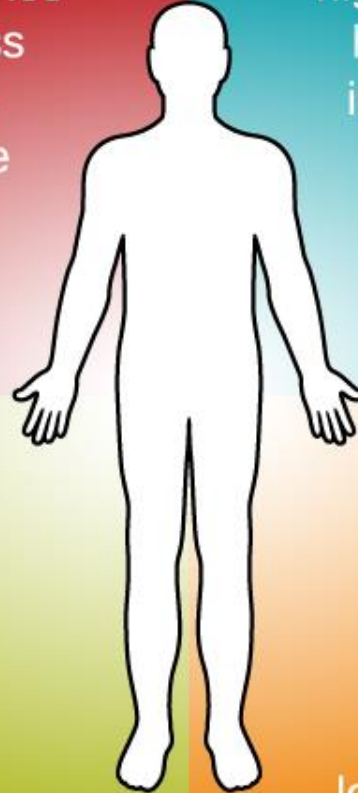
nightmares
hasty decisions
impaired judgement
muddled thinking
negativity
indecision
worrying

anxiety
more fussy
irritability
loss of confidence
alienation
depression
apathy

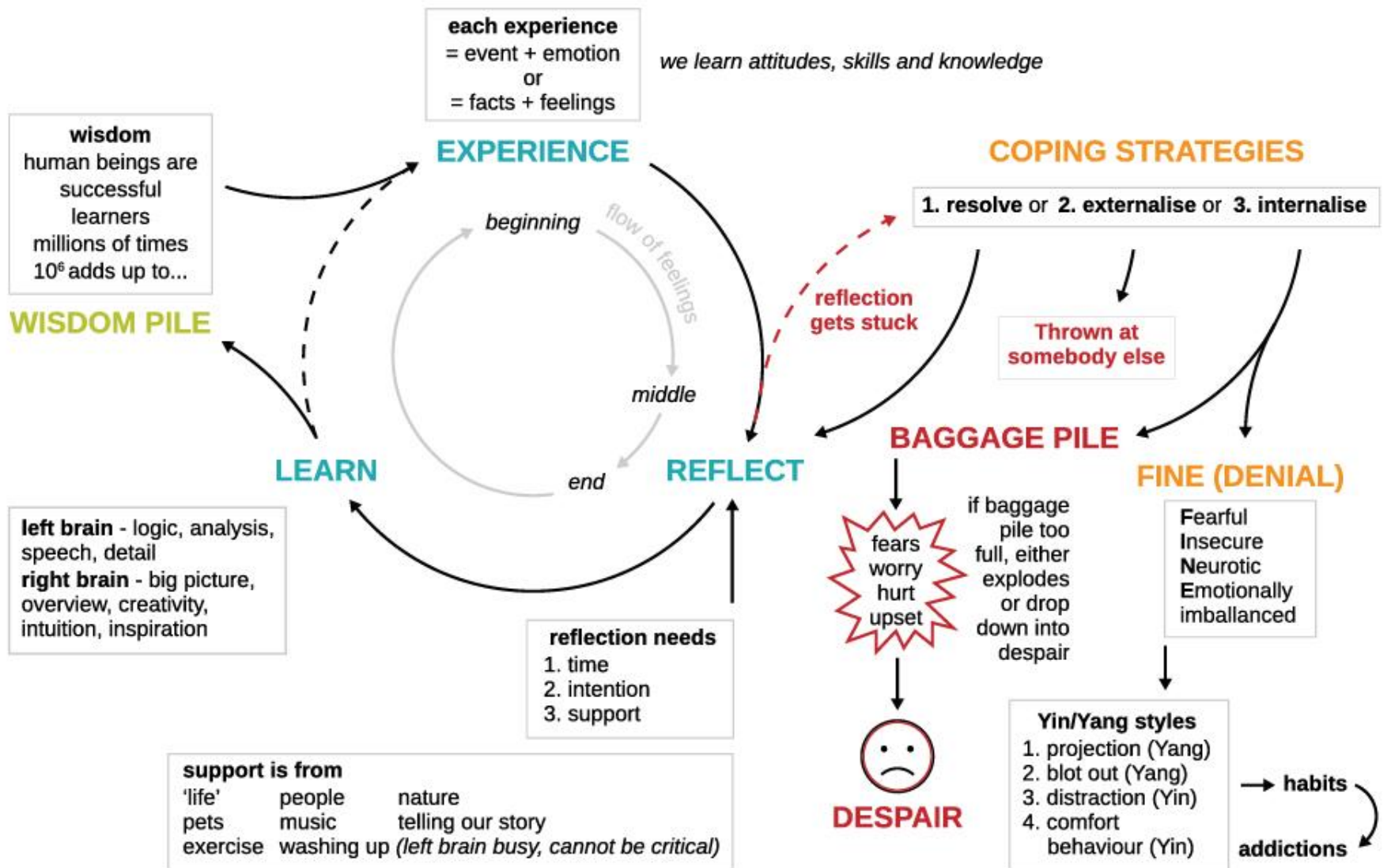
insomnia
restlessness
increased smoking
increased alcohol
chaotic lifestyle
reduced eating
loss of libido

EMOTIONS

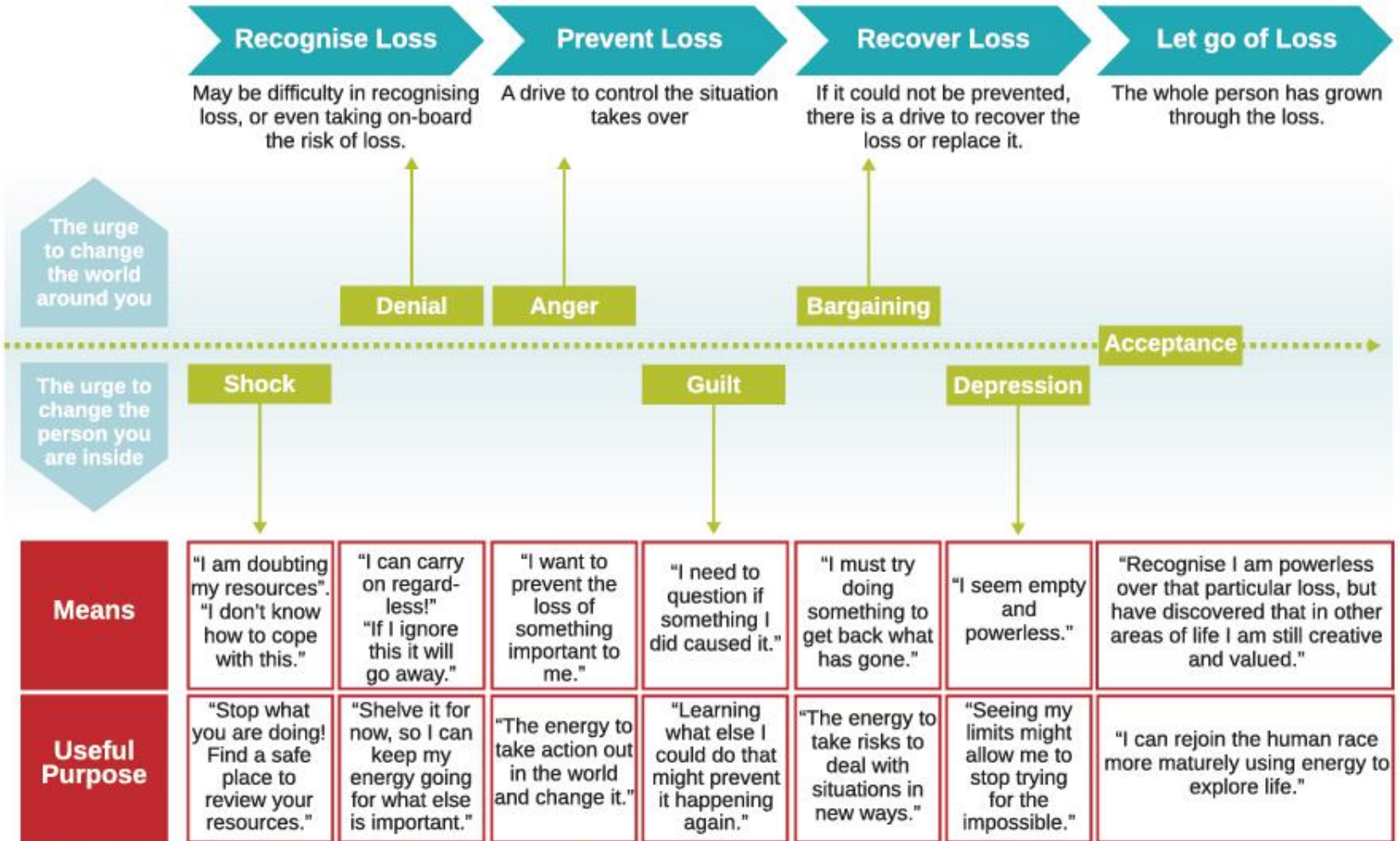
BEHAVIOUR



Life is a Journey of Learning



Turning Points as you Adjust to Change



Growth cycle - repeatedly revisiting Bargaining and Acceptance

Health and Self-Care, Thanks to Alex Aylward with Acknowledgment to Emotional Logic Centre

Shock and fears – the emotional cost of caring

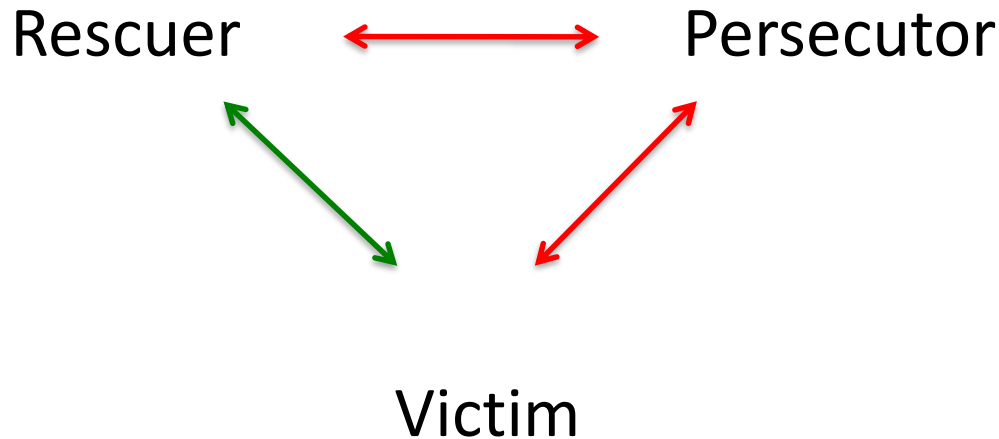
- What healthy mechanisms can we use to minimise this cost to ourselves?
- (hint – long term denial and displacement are not healthy mechanisms)

Doctor's Support – Safety Planning

- Remember your own oxygen mask
- If you ever find yourself (or a colleague) in desperation – PLEASE seek professional help and keep on seeking until the crisis has passed and life becomes normal again
- We owe it to the profession to normalise illness and to care for ourselves and others

The Drama Triangle (Karpman)

has three roles



It is very easy to be enticed into, and then chased around, this triangle of dependency
but that can easily exhaust us! – stealing our energy

Resolving the Drama Triangle

- Be authentic – be true to yourself
- To Thine Own Self Be True (Shakespeare)
- “Try to treat others as you would wish to be treated yourself” - the number one rule at Her Majesty’s Prison Guy’s Marsh, Dorset, UK
- Try to keep to the Five Agreements

The Five Agreements

- Be Impeccable with Your Word
 - Take Nothing Personally
 - Make No Assumptions
 - Always Do Your Best
 - Learn to Listen – but remain Sceptical
-
- The Four Agreements and the Fifth Agreement, Don Miguel Ruiz

Health and Self care is simple really

- www.healthandself.care
- Book, free download to tablets, laptops, desktops
- Thankyou for your attention!