



Burnaby

Division of Family Practice

A GPSC initiative

Emotional Wellness



The Burnaby Division of Family Practice:

divisionsbc.ca/burnaby

Why are we here?



The Circle of Caring



FAMILY

Expanding the Circle of Caring

FAMILY

FRIENDS

Expanding the Circle of Caring

FAMILY

FRIENDS

COMMUNITY

The Circle of Caring



OUR PATIENTS

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

Expanding the Circle of Caring

OUR PATIENTS

OUR COMMUNITY

OUR FUTURE

We care about our patients



We care about our community



Emotional Wellness

- 1. The 4 Foundations of Self-Care*
- 2. Why Emotional Health Matters*
- 3. Recognizing Anxiety & Mood Disorders*
- 4. Recognizing & Managing Stress*
- 5. Key Emotional Health Skills*



What is healthcare?

An iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The tip of the iceberg is above the water, while the much larger base is submerged. The text 'ACUTE HOSPITAL CARE' is positioned above the water line, and 'COMMUNITY CARE, CHRONIC CARE' is positioned within the submerged part of the iceberg.

ACUTE HOSPITAL CARE

**COMMUNITY CARE,
CHRONIC CARE**



Who provides most of your healthcare?

A photograph of an iceberg floating in a dark blue ocean under a blue sky with wispy clouds. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape. The text 'HEALTHCARE PROFESSIONALS' is written in white, bold, sans-serif capital letters on the left side of the image, above the water line. The text 'YOU!' is written in white, bold, sans-serif capital letters in the center of the submerged portion of the iceberg.

**HEALTHCARE
PROFESSIONALS**

YOU!



*Healthcare
is Self-Care*

Healthcare is Self-Care

*The best predictor of your future health
are the habits you practice today*

4 Foundations of Self-Care

The 4 Foundations of Self-Care

What you eat

What you do

How you feel

How you relate

1st Foundation of Self-Care

What you eat

What you put in your body

your daily diet, alcohol & drugs

2nd Foundation of Self-Care

What you do

Physical Activity & Rest

endurance

flexibility/mobility

stability/balance

muscle strength

rest/sleep

Wednesday, February 18th at Cariboo Hill School

3rd Foundation of Self-Care

How you feel

Emotional Wellbeing

Managing stress

Recognizing your emotions

Managing them

Finding meaning

4th Foundation of Self-Care

How you relate

Healthy Relationships

commitment

good communication

time

nurturing unconditional love

The Empowered Patient

What do you need for good self-care?

What do you need for good self-care?

Unbiased complete health information:

To adopt healthier lifestyles

To manage health conditions

To get the care you need

Symptoms & Screening Tests March 4th at Bonsor

Surviving Your Hospital Stay March 27th at

Confederation Centre

What do you need for good self-care?

Improved patient-doctor communication

More support to achieve your personal goals

What You Need To Know About Medical Ethics

April 7th at Bonsor

Emotional Wellness

How do we define it?

Emotional Wellness

How do we define it?

Happiness?

Peace?

The absence of anxiety or depression?

Emotional Wellness

A deep sense of meaning and purpose

An abiding sense of peace

*The ability to manage the stress and
the transitions of life*

Awareness of your thoughts & feelings

The ability to manage them

Why emotional health matters

Depression is a major cause of absenteeism, long and short term disability.

Why emotional health matters

Anxiety holds us back

from doing what we need to do,

from moving forward,

from reaching out,

from giving our best to the world

Why emotional health matters

Emotions influence your behaviour

. . .

*When angry, we regress
and aggress*

When depressed, we withdraw

When anxious, we freeze

The background is a solid blue color with several thin, wavy, light blue lines flowing across the top portion of the image.

Why emotional health matters

Emotions affect our relationships

The background is a solid blue color with a gradient. At the top, there are several thin, wavy lines in shades of blue and teal that sweep across the frame, creating a sense of movement and depth.

Why emotional health matters

Emotions shade our thinking

***When anxious, we overestimate
danger and challenge;
we underestimate
our ability to manage.***

*When depressed,
we think **negatively** about **ourselves**,
our **situation** and our **future***

Anxiety Disorders

*When your anxiety has a significant
impact on your function
at work or school,
In your home or social life*

Anxiety Disorders

Generalized Anxiety

Panic Disorder

Obsessive Compulsive Disorder

Social Anxiety

Phobias

Generalized Anxiety

Excessive worry about everything

Anxiety Disorders

Panic Disorder

*Recurrent panic attacks
(symptoms may include chest pain,
a racing heart, sweats,
shortness of breath, dizziness)*

Obsessive Compulsive Disorder

*Repetitive intrusive thoughts
or the recurrent compulsion to
perform an act*

e.g. checking, handwashing, rituals

Social Anxiety

Excessive anxiety in specific social situations

e.g. public speaking, interviews, shopping

Anxiety Disorders

Phobias

Extreme specific fears
e.g. arachnophobia (spiders)
acrophobia (fear of heights)

Mood Disorders

Depression

Bipolar Disorder

Depression

The Physical Symptoms

fatigue

change in sleep

change in appetite

Depression

The Cognitive Symptoms

Impaired concentration

Forgetfulness

Thoughts of death/suicide

Self-blame and guilt

Depression

The Mood Symptoms

Feeling sad, hopeless

Lack of enjoyment or pleasure

Loss of motivation

Bipolar Disorder

***Episodes of depression and mania or
hypomania***

*Heightened mood and energy,
overconfidence,*

decreased need for sleep,

Impaired judgment

Psychotic Symptoms

Impaired reality testing

Delusions (fixed false beliefs)

Hallucinations (seeing or hearing things that are not there)

Disorganized behaviour

e.g. schizophrenia

Burnout: an imbalance of challenge vs resources

When the **challenge** of our work or our lives is matched by our **resources** (abilities, support, time), we are in **flow**.

Challenge << Resources: Boredom

Challenge = Resources: Flow

Challenge > Resources:

Stress/Anxiety (helplessness)

Challenge >> Resources:

Burnout/Depression(hopelessness)



Pulse Check:

Thinking about your last week,,
where are you in the balance of your **life's demands** and **your ability** to meet them?

How do you experience and express stress?

As we discuss the next 5 slides, note the signs and symptoms you have experienced.

Physical Signs & Symptoms

Emotional Symptoms

Your Thinking Under Stress

Stress Behaviours

Interpersonal Behaviour Under Stress



The Physical Signs and Symptoms of Stress

Difficulty Sleeping

Fatigue

Aches and Pains

Muscle Tension

Bowel Problems

Feeling Flushed

Headaches

Changes in Appetite

Heartburn

Palpitations

Shallow Breathing

Rapid Breathing



The Emotional Symptoms of Stress

Sadness

Helplessness

Anger

Distracted

Mania and Hypomania

Jitteriness

Discouragement

Anxiety

Paralysis

Fear

Loneliness

Numbness

Disgust

Emptiness



Thinking Under Stress

Excessive Worry

All-or-nothing Thinking

Angry Thoughts

Difficulty Concentrating

Paranoid Thoughts

Catastrophic Thinking

Emphasizing the Negative

Rumination

Self-pity

Self-blaming

Blaming others



Stress Behaviours

Rushing

Slowing down

Drug abuse

Excessive sleep

Becoming more sedentary

Overworking

Smoking

Overeating

Losing sleep

Escapism

Aggressive driving

Alcohol and drug abuse

Excessive exercise

Procrastination

Interpersonal Behaviour Under Stress

Argumentative

Controlling

Competitive

Defensive

Sarcastic

Bored

Uncooperative

Passive-aggressive

Hypersensitive

Unaffectionate

Needy

Passive

Aggressive

Rushed

Gruff



Pulse Check:

This weekend, sit down with your partner or a friend and go over these lists of stress symptoms.

The Locus of Control

A key factor in the development of burnout is the feeling of a loss of control . . .

but in spite of the demands of our work, we often have more control than we think.

We must accept the things we cannot change while accepting our responsibility to change what we can.



What stressors can you reduce?

At work

At school

At home

In your social life

The 80/20 Rule

20% of our reaction to a situation
is related to the facts;
80% of our reaction arises from what
we bring from our past and how we
conceptualize the present



Managing Stress: Seizing the Locus of Control

1. Identify your sources of stress.
2. Are you reacting in proportion to the stress?
3. Recognize what you can change or control.
4. Accept what you cannot change; assume responsibility for what you can.
5. Recognize your choices.

Managing Stress: Reflection

Imagine a time in the distant future.

Looking back at your life, ask yourself,

“What kind of person have I become?”

“How do I treat the people in my life?”

“How do I care for myself?”

“What do I value most?”



The Daily Management of Stress

Be a good parent to yourself:

- 1. Go out and play.** Have an exercise routine.



The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.

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3. **Go to bed.** Get enough sleep and take regular breaks.

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.
3. **Go to bed.** Get enough sleep and take regular breaks.
4. **Go to the doctor.** See your own family doctor appropriately.



The Daily Management of Stress

Express your emotions with those close to you, with a group of confidantes.
Form or join a support group.



The Daily Management of Stress

Live in accord with your values.

**“Happiness is when what you think,
what you say and what you do are in
harmony.”**

Mahatma Gandhi



The Daily Management of Stress

Attend to your relationships.



Attending to your most important relationship

Your most important relationship is fundamental to your happiness. Neglect it and you risk your emotional wellbeing and health.

The rest of your life will consume as much of your personal life as you allow. Don't invest less time and energy in what you value the most.

For your relationship to thrive, you must attend to it.

Healthy Relationships

When we fall in love and get married,
the invitation might

“Today I marry my best friend.”

While an invitation to a divorce party
might read:

“Today I divorce my worst enemy!”

Nurturing Your Relationship

1. Foster emotional intimacy

*Agree on a habit of checking in
with one another each day.*

How are you feeling?

How was your day?

Nurturing Your Relationship

2. Show your affection!

*Express your **positive** feelings.*

Remember the 5 languages of love.

The 5 Love Languages

(Gary Chapman)

1. Words of Affirmation
2. Quality Time
3. Receiving Gifts
4. Acts of Service
5. Physical Touch

Nurturing Your Relationship

3. Schedule regular dates

Commit your time to what matters most.

Don't wait til there's time; make time!

Nurturing Your Relationship

4. Communicate in a healthy way

Take a breath and let anger cool before you react.

Acknowledge the other's feelings and point of view.

Express how you feel without blaming.

*e.g. "When you said that I felt this way"
instead of "You made me feel terrible!"*

Nurturing Your Relationship

*5. When things get stale,
have an affair . . .
with your partner!*

. . .

*Text one another:) Leave love letters.
Sneak in a coffee or lunch date in your day.
Way safer, cheaper and healthier than a real affair!*

Key Emotional Health Skills

- 1. A Meditative Practice*
- 2. Cognitive Therapy*
- 3. Visualizing Your Goals*
- 4. Self-care*

Key Emotional Health Skills

1. A Meditative Practice

a. To calm your mind

b. To centre your thoughts

c. To reflect on your life

Mindfulness

I use mindfulness to re-centre or to remain centred in the present.

*Emotions can be your meditation
gongs to pause and reflect on what
you are feeling, saying and doing.*

Mindfulness

Reflection is like checking your map and compass to find your place on the path.

I frame each day with thankfulness by awakening with a prayer of gratitude and upon retiring reflecting on the gifts of the day.

Mindfulness

Recommended authors:

Joseph Goldstein

Thich Nhat-Hahn

Jon Kabat-Zinn

Key Emotional Health Skills

2. Cognitive Therapy

Your thoughts shape your emotions

Cognitive Therapy

Reflect on the thoughts that trigger your emotions. Is there another way of looking at the facts?

Question the underlying beliefs behind unhealthy thinking.

Identify your cognitive distortions.

Cognitive Distortions

All or Nothing thinking: seeing all the bad in another person or situation

Catastrophizing: imagining everything going wrong

Excessive self-blame

Cognitive Therapy

Recommended Reading:

MIND OVER MOOD

Padesky/Greenberger

AUTHENTIC HAPPINESS

Martin Seligman

Key Emotional Health Skills

- 1. A Meditative Practice***
- 2. Cognitive Therapy***
- 3. Visualizing Your Goals***

Visualizing Your Goals

Turn your problems into goals.

*Instead of replaying the past or
ruminating on the negative, think
about what you want.*

Visualizing Your Goals

*When you are most relaxed,
visualize yourself having achieved
your goal.*

*How do you feel? What do you
see? What do you hear?*

Make it real!

Where to find help

Canadian Mental Health Association cmha.bc.ca

courses, resources, cognitive therapy and support

Burnaby Mental Health at Burnaby Hospital

fraserhealth.ca (604) 453-1900

assessment, treatment, counselling, crisis intervention

Cameray Child & Family Services

203 – 5623 Imperial Street, Burnaby

(604) 436-9449 cameray.ca

counselling for children and families

Where to find help

AnxietyBC

anxietybc.com

education, cognitive therapy courses

Mood Disorders Assoc. of BC

mdabc.net

support groups, cognitive therapy, wellness programs

SAFER

(604) 675-3985

education, support and counselling

for those who have suicidal thoughts, have attempted
support for family members

SHARE

Let's create a healthier community



Why we are here

OUR FRIENDS

OUR COMMUNITY

OUR FAMILIES

OUR FUTURE

Our Expanding the Circle of Caring

Healthcare is Self-Care
Pass it on!

POSITIVE POTENTIAL MEDICINE
davidicuswong.wordpress.com
divisionsbc.ca/burnaby



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