

Arrows In, Arrows Out

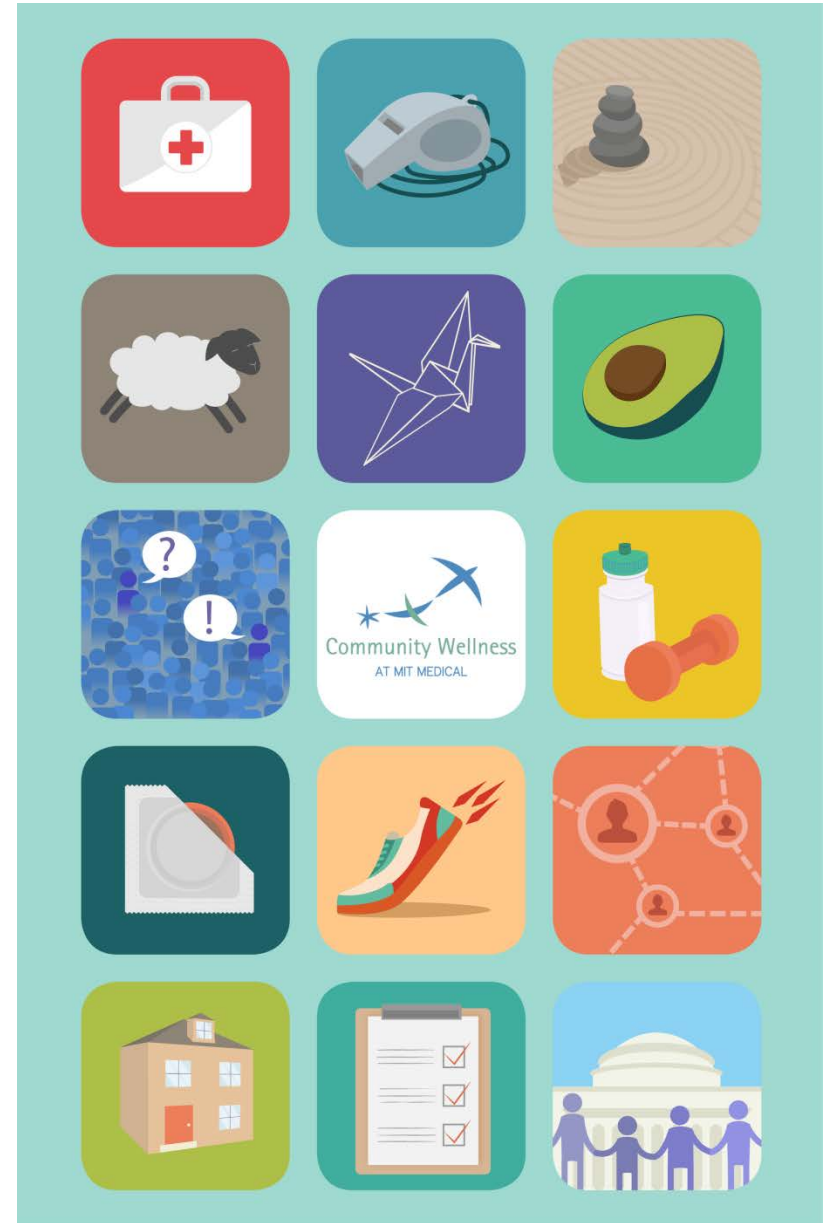


5 Invitations for Daily Resilience

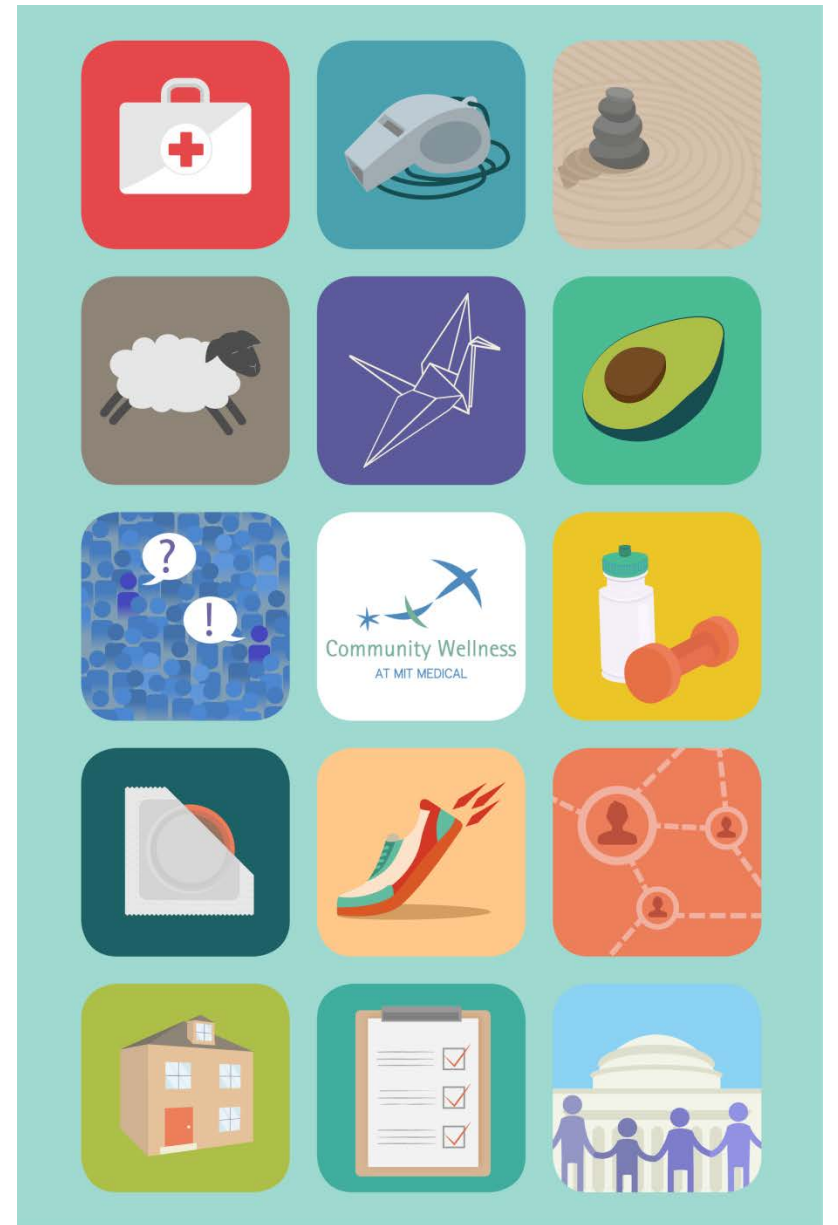
Susanna (Zan) Barry,

Senior Program Manager

Community Wellness at MIT Medical



Thank you



About me

- Originally from New York City, now in Boston
- 17 years at MIT
- Hodgepodge background





CONNECTIONS



SELF-CARE



HEALTHY HABITS

bit.ly/mitwellness

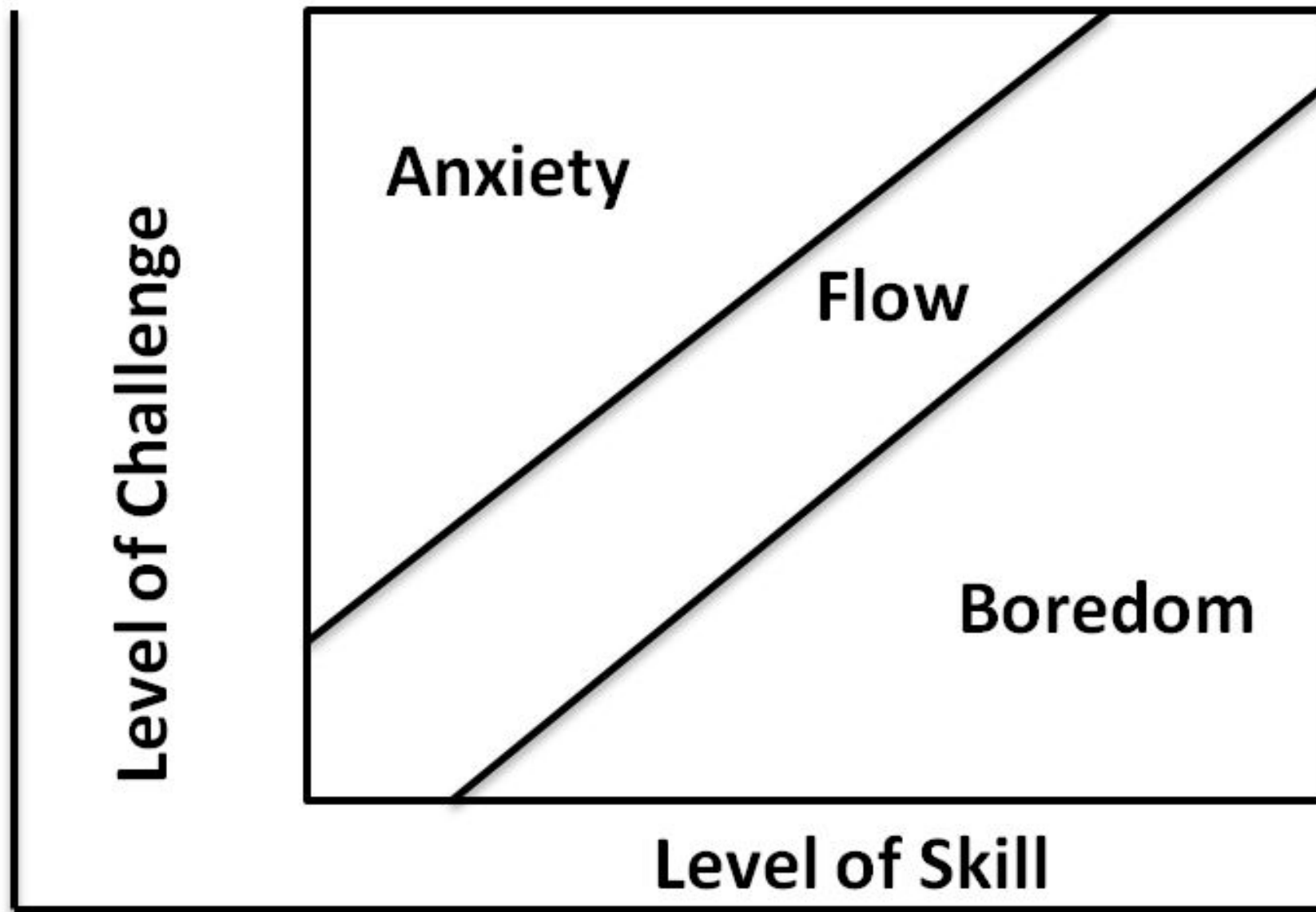


Community Wellness
AT MIT MEDICAL

care for the
whole
community



MITMedical



Mihalyi
Csikszentimihalyi,
Finding Flow
(1998)

Fight,
Flight,
Freeze

Chronic stress reactions

- Cognitive – indecisive, forgetful, racing mind
- Emotional – worry, little joy, irritability
- Behavioral – increased use of substances, restlessness, critical of ourselves and others
- Physical – muscle tension, insomnia, eating changes

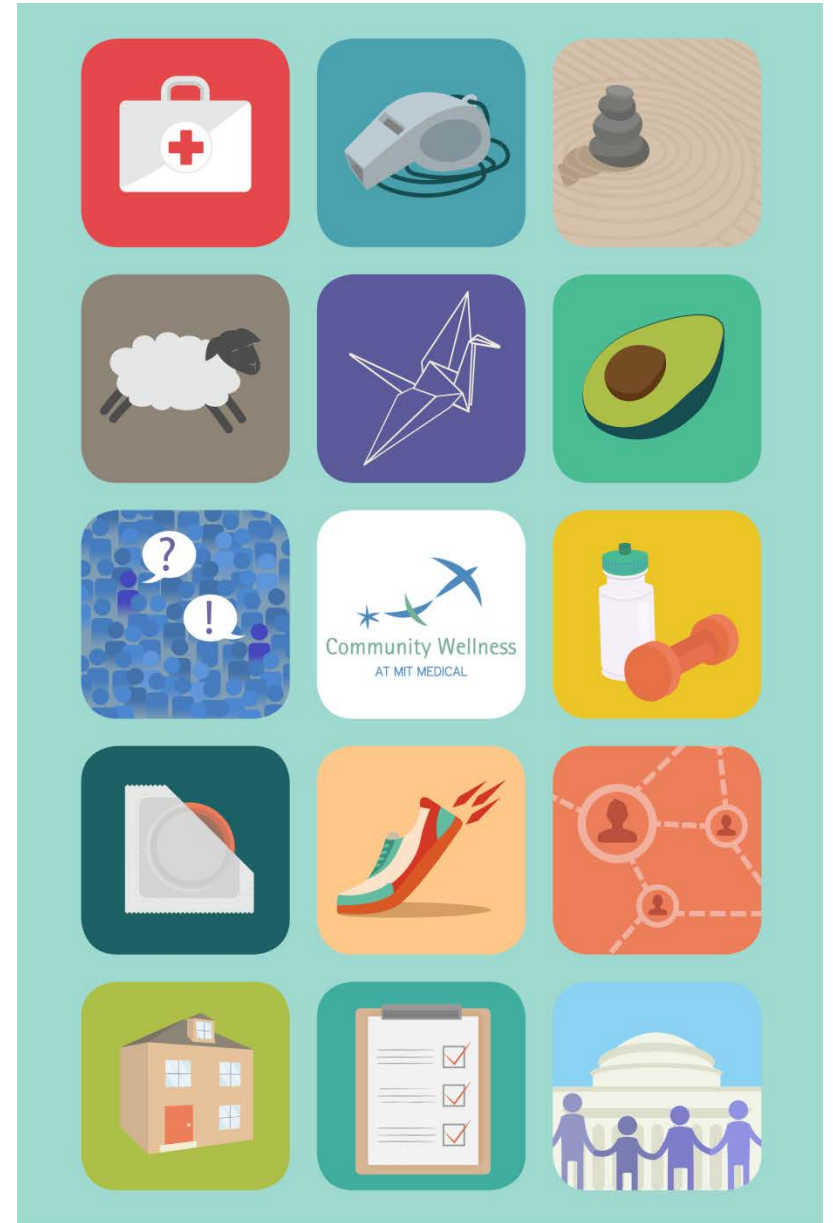
Internalized Fight, Flight, Freeze

- Fight internalized: Self-criticism
- Flight internalized: Self-isolation (over-distract, shame)
- Freeze internalized: Self-absorption (brain racing, but immobilized)

Christopher Germer, *The Mindful Path to Self-Compassion* (2009).

Invitation #1: Values and goals

- Remember that the pandemic is everywhere
- Many are frustrated with lack of progress on goals
- Dig deeper to find core values



AM: 1-minute values journal

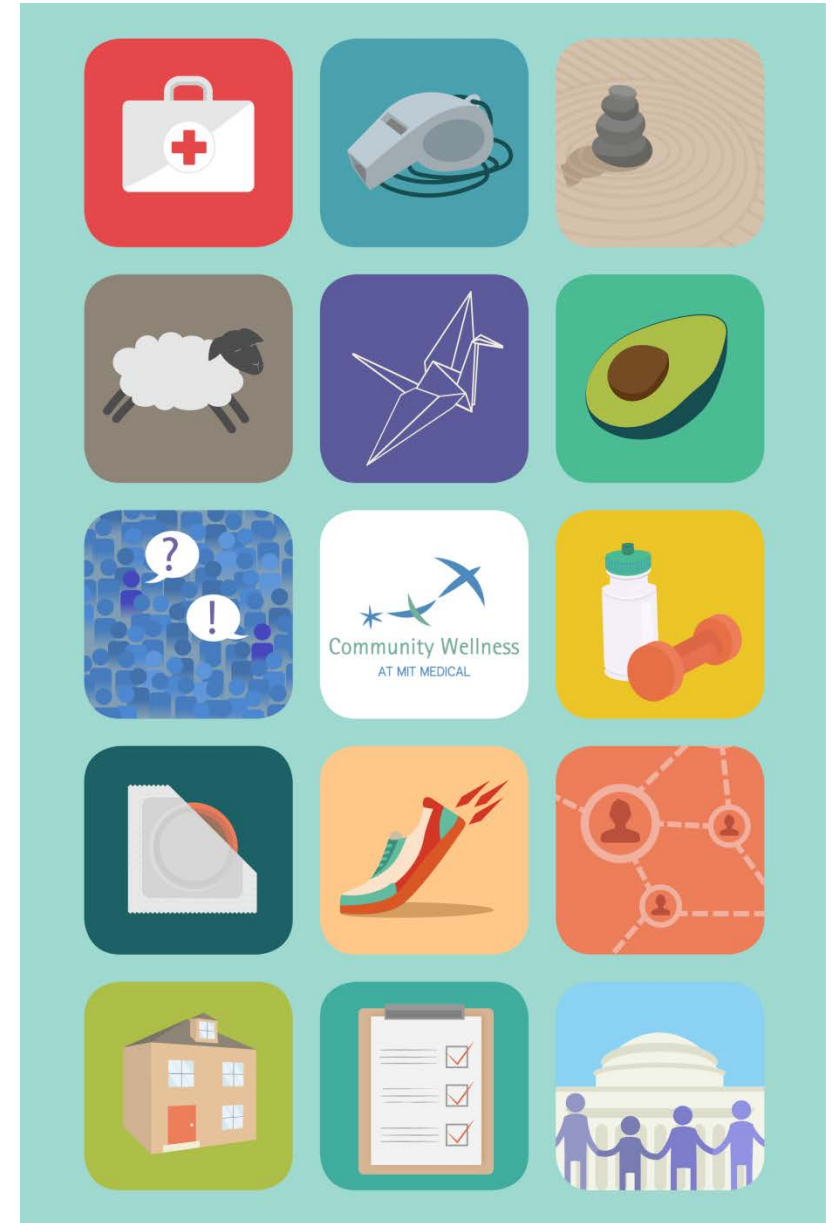
What do I love today?

What is important to me today?

What is my most important boundary
today?

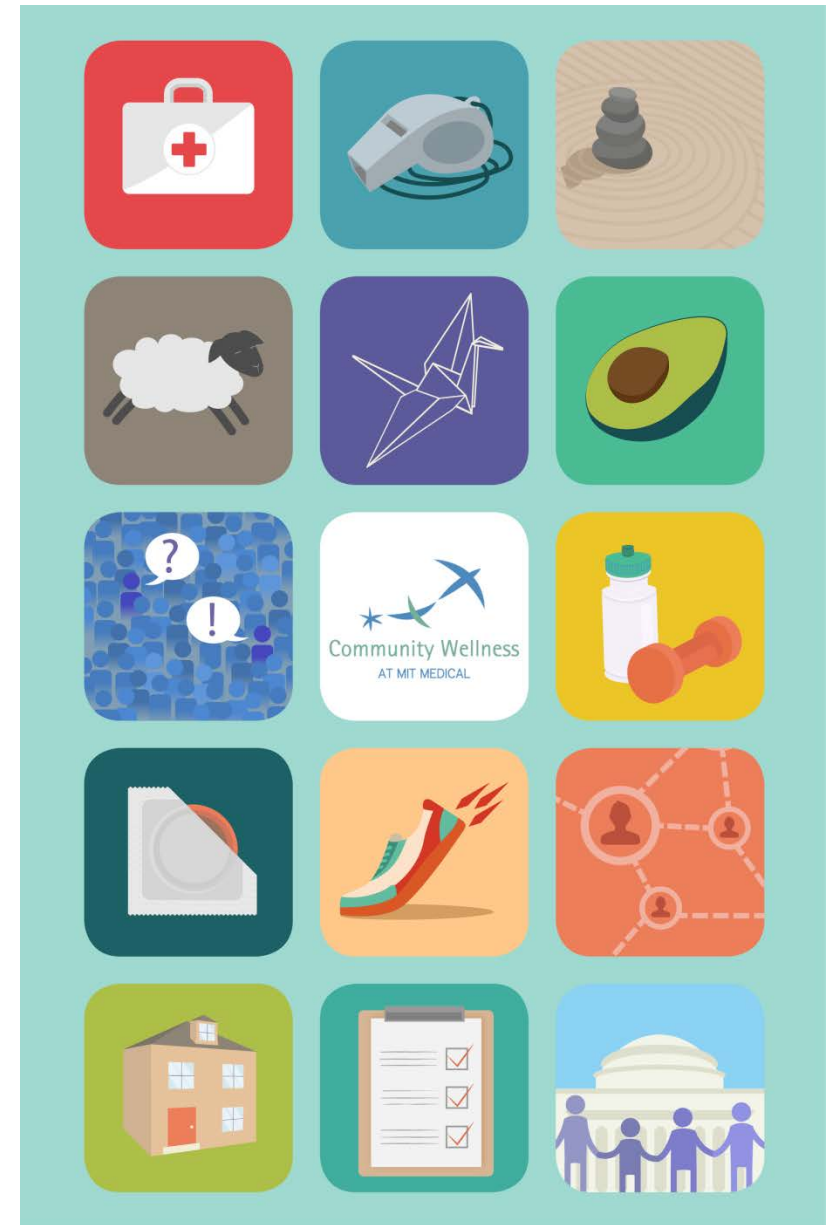
PM: GLAD values exercise

1. G – gratitude
2. L - learning
3. A - accomplishment
4. D - delight



Is this the old way of thinking?

- Goal attainment
- Standards/perfectionism
- Control



Values journal: The losses



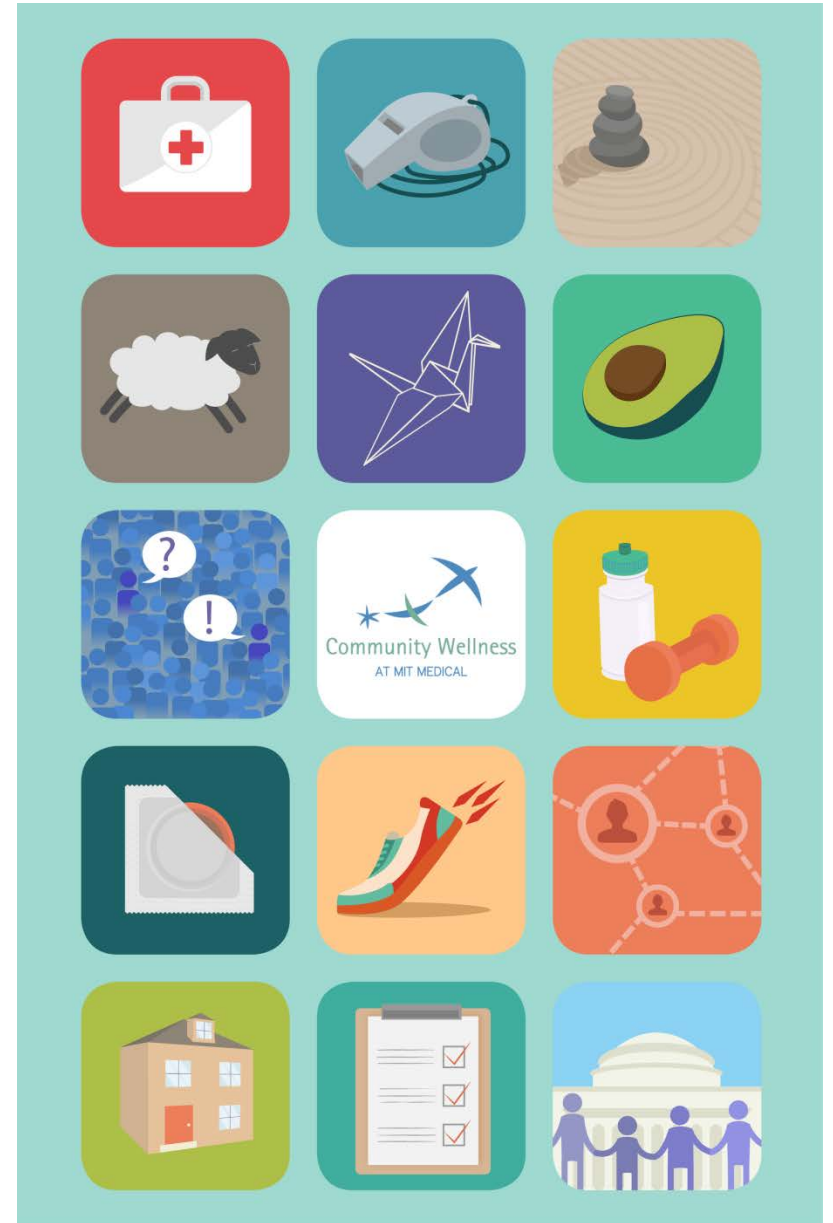
Values journal: The good things



Values activities

- VIA profile <https://www.viacharacter.org/>
- Daily resilience diary
- Values journal
- GLAD

Invitation #2: What is my most important boundary?



Ways to think about boundaries

- **Reflect on core values** and future goals.
- **Create more structure than usual.** Set small, manageable goals. Remember, right now is generally not a time of peak goal attainment. Set boundaries around news and worry.
- **Create deliberate connection.**
- **Put rewards at the end of work, not before.**

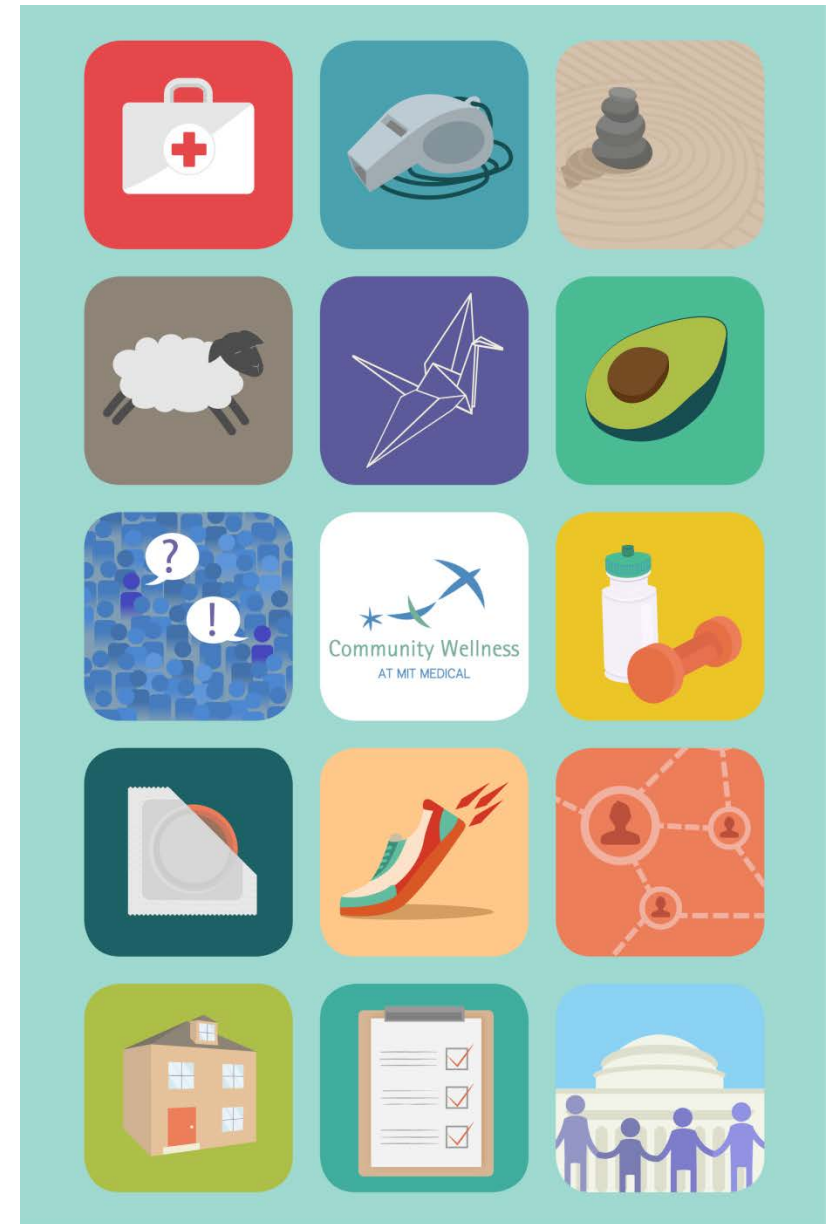
Productivity strategies

- Plan your timing, not your output
- Sprint and recover
- Use the power of “first-minute motivation”
- Finish by parking downhill
- Include a reward at the end

Boundary First-Aid

Warming up:

- What is one concrete task I can do right now?
- Start with 10-15 minutes
- Press pause

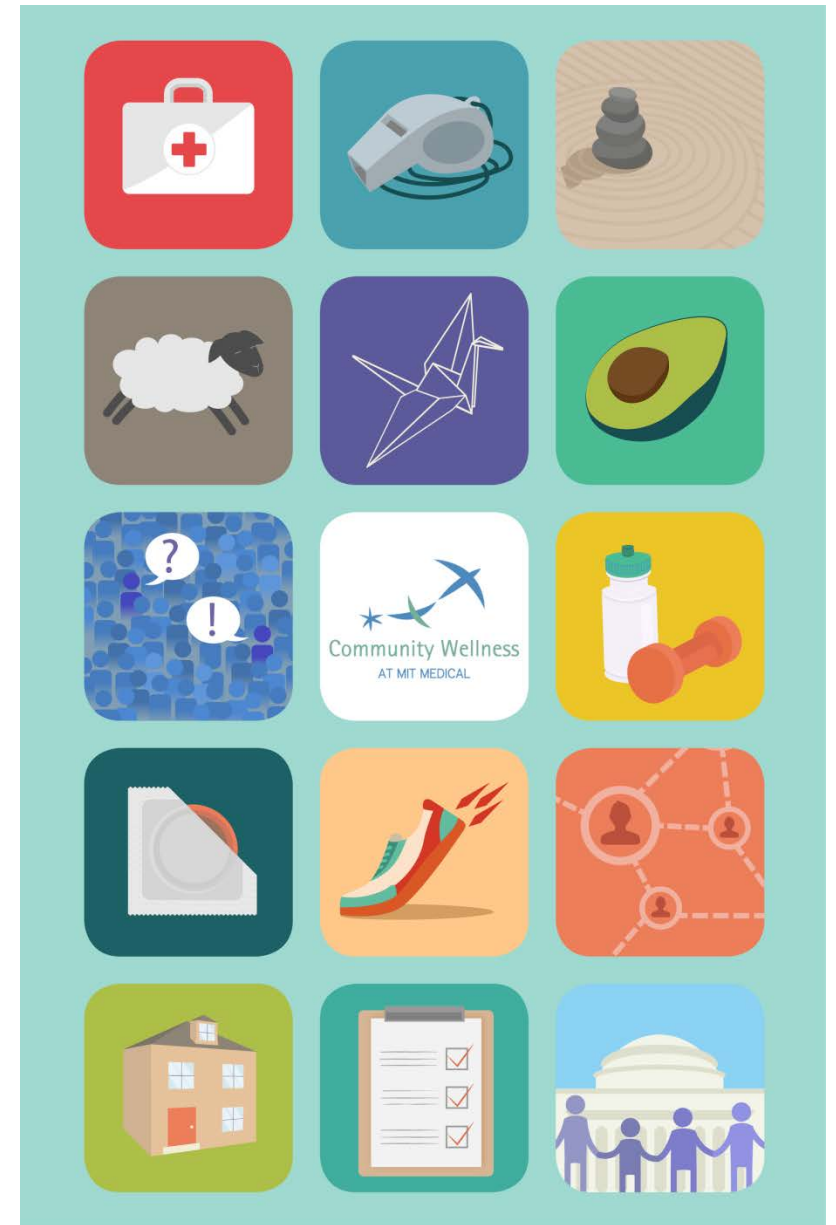


Remember: everyone has
been in this situation.

Boundary First-Aid

Cooling down:

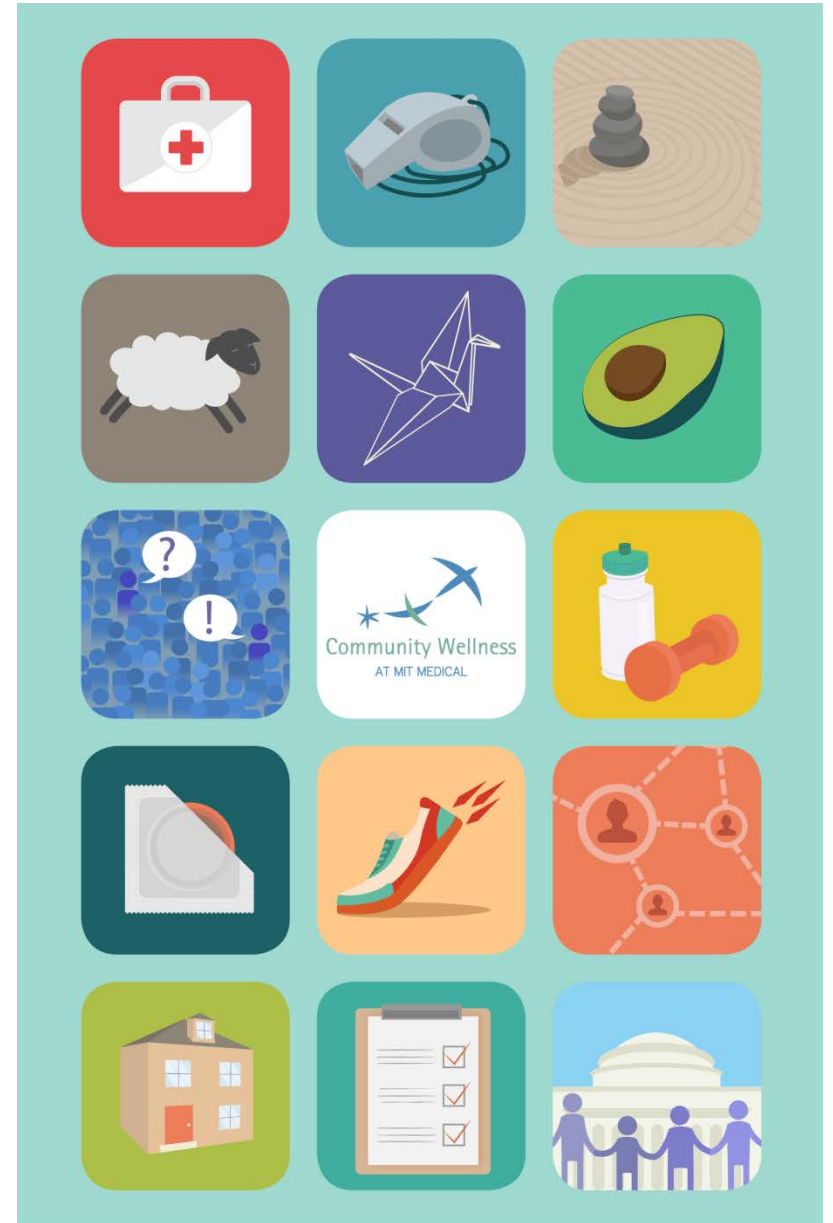
- HALT: Hungry, Angry, Lonely, Tired (Thirsty)
- The “I’ll just...” trap
- Set a floor and ceiling



Remember: you can't
unsee something.

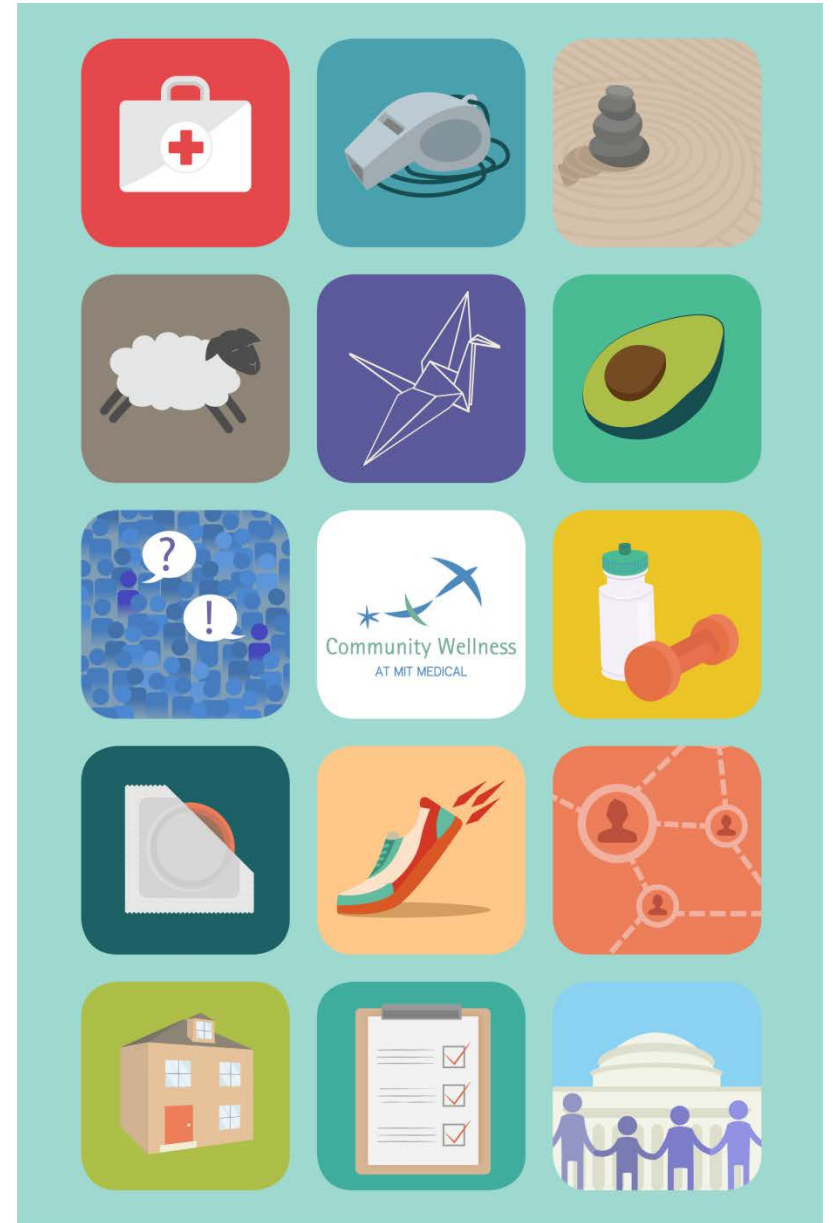
Invitation #3: Cope-ahead planning

- Discuss and negotiate needs ahead of time as much as possible
 - Space
 - Technology
 - Do not disturb

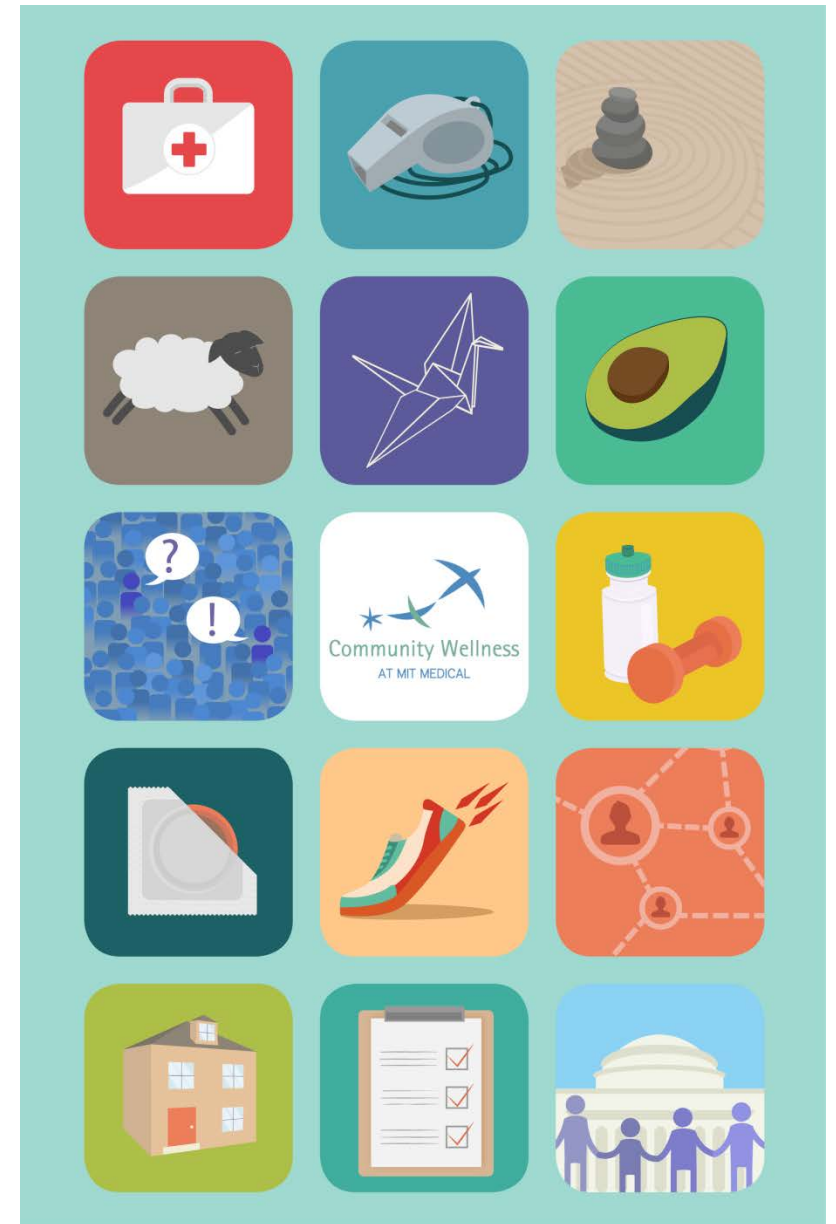
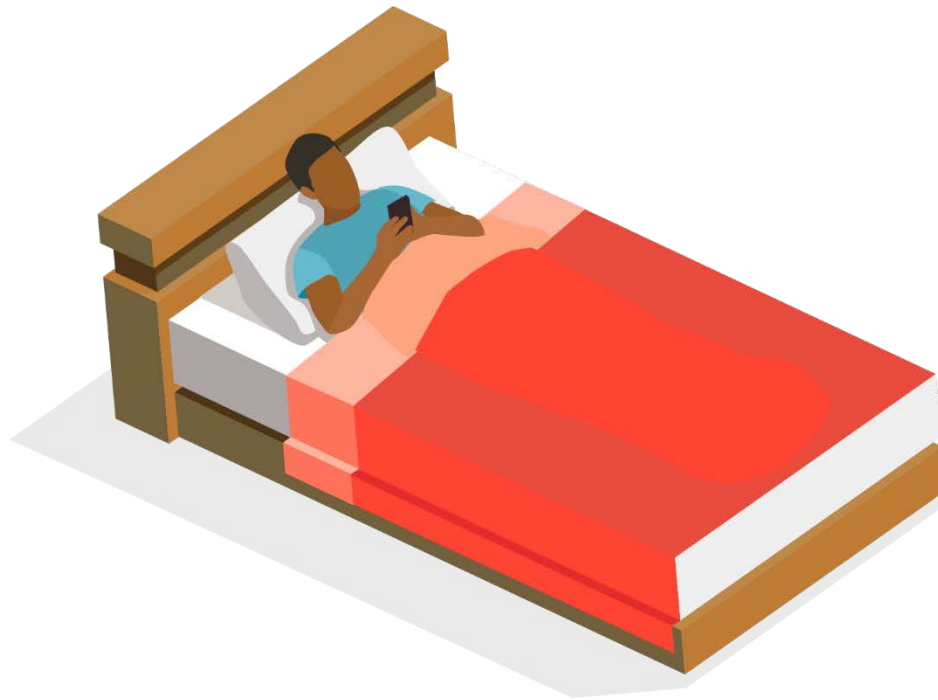


Invitation #4: Decrease your body's stress load

- Drink enough water
- Get appropriate exercise to reduce stress hormones
- Take eye breaks/massage

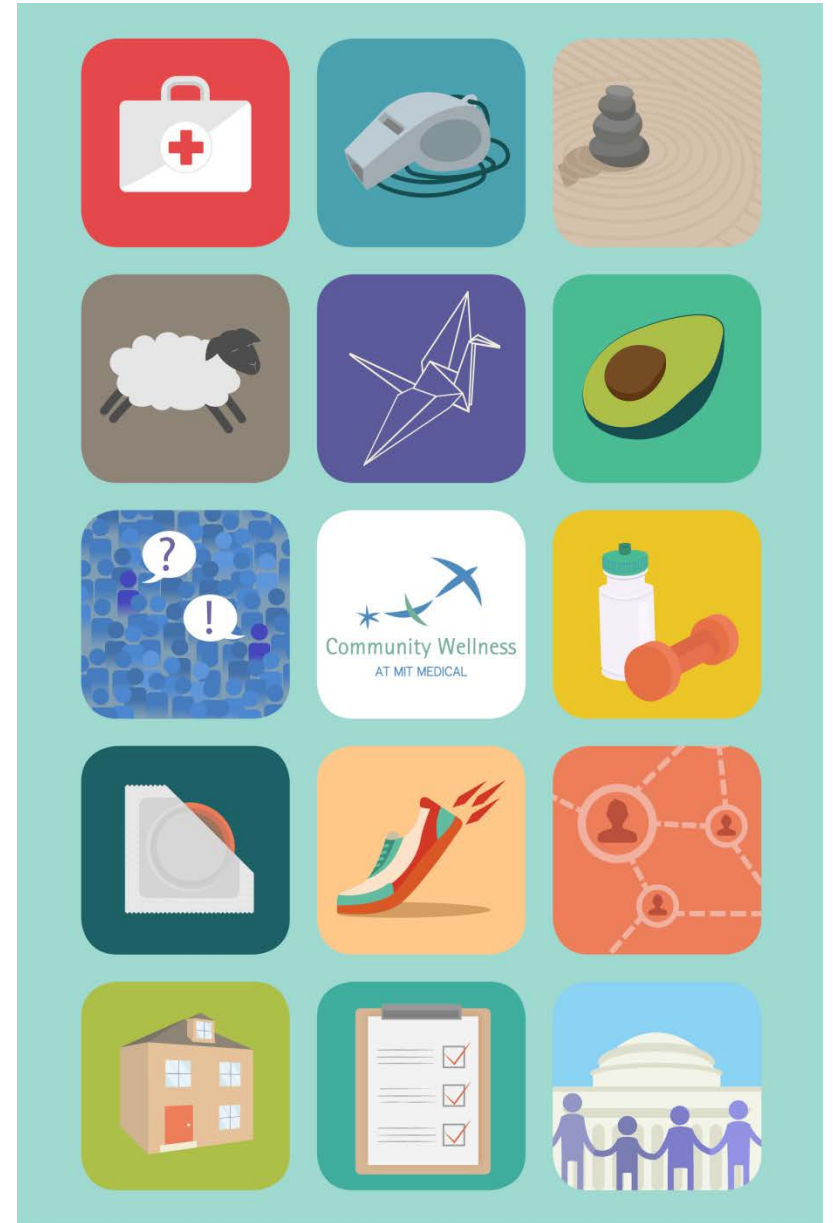


Support good quality sleep



Optimal quality sleep

- Sunlight before noon
- Relaxation technique
- 150 minutes of exercise per week
- Cool, dark, and quiet
- Wake up at around the same time each day



The benefits of better sleep

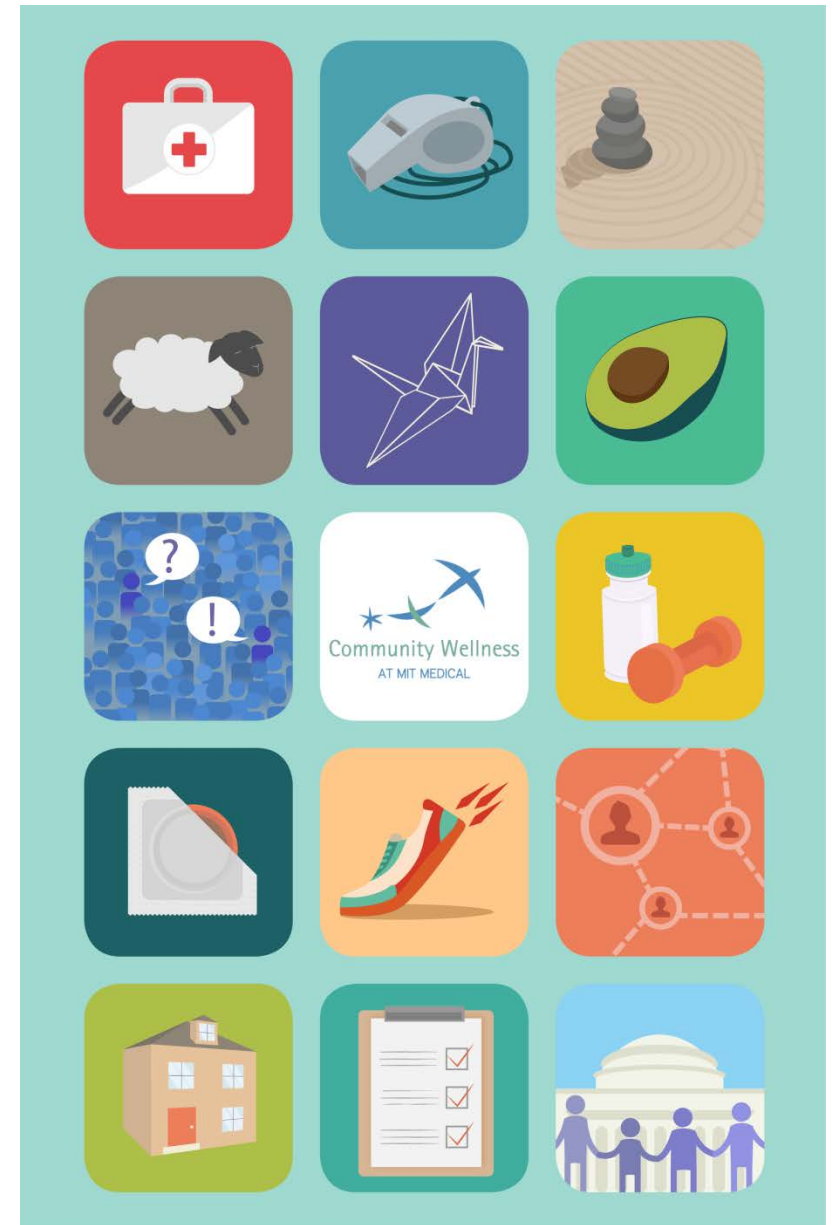


Reality check

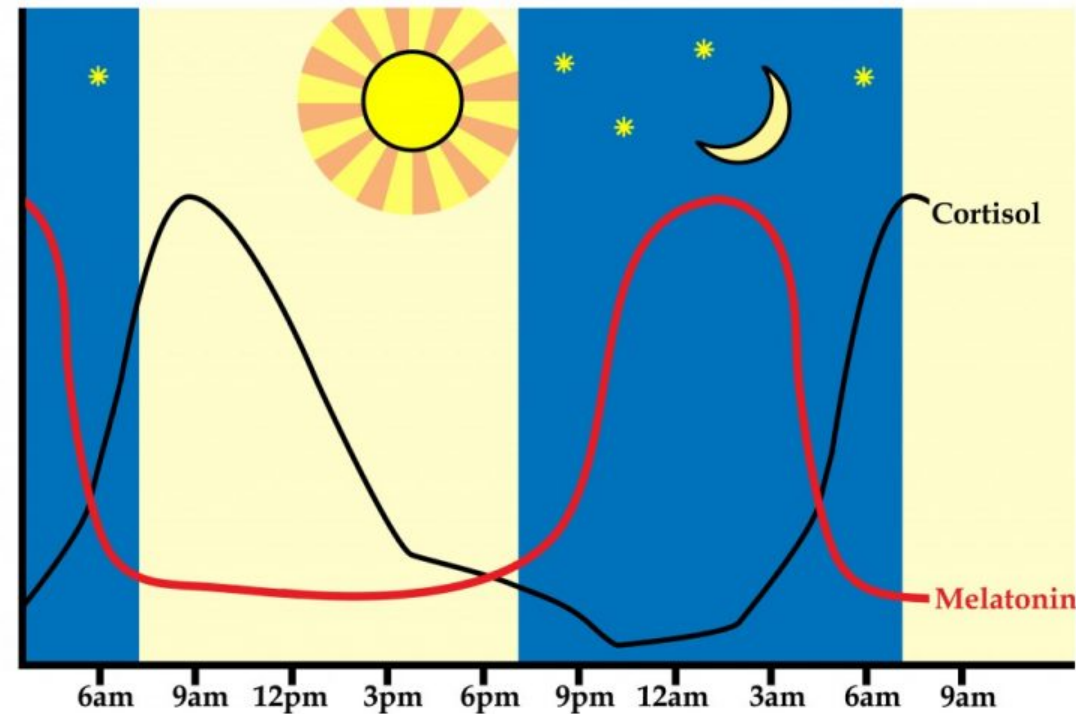
- Less than 5% of the population has a genetic mutation allowing them to function normally on 6 hours of sleep per night.

He, Y. et al. (2009), *Science* 325(5942)

Shi, G. (2019), *Neuron* 103(6)

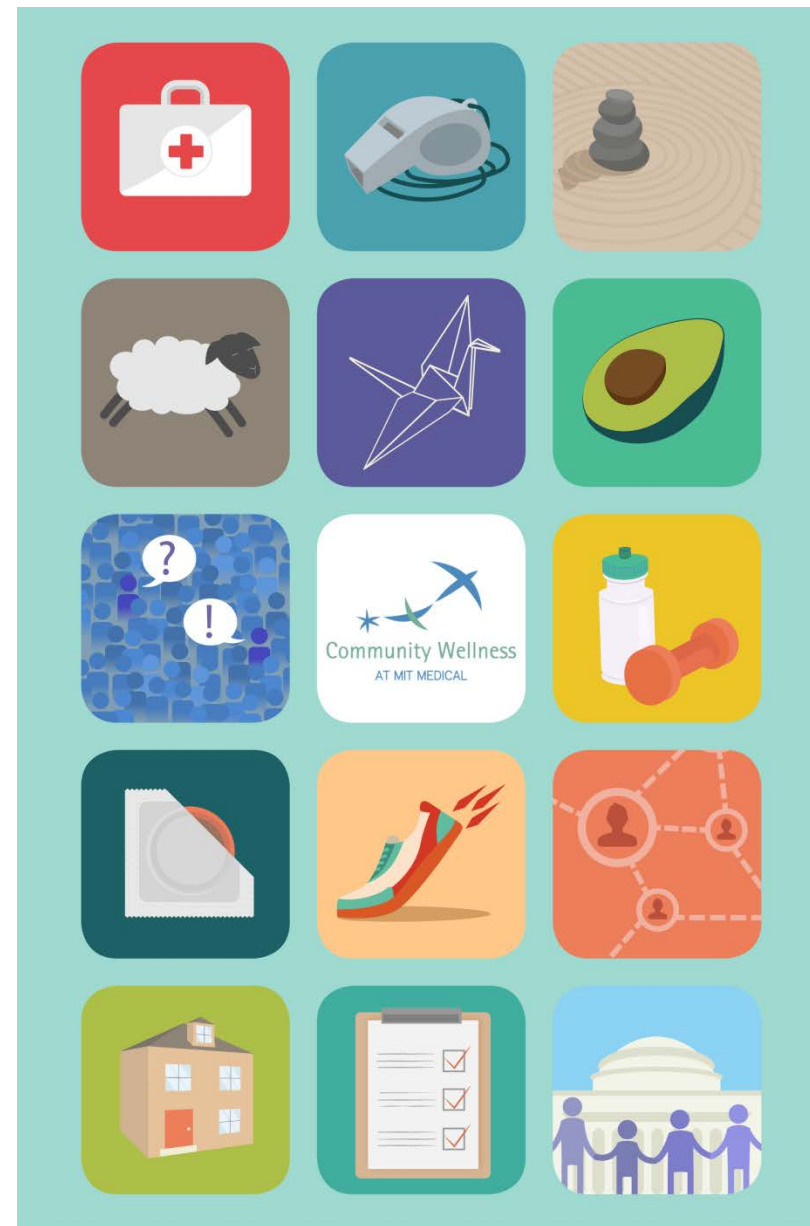


The relationship between cortisol and melatonin



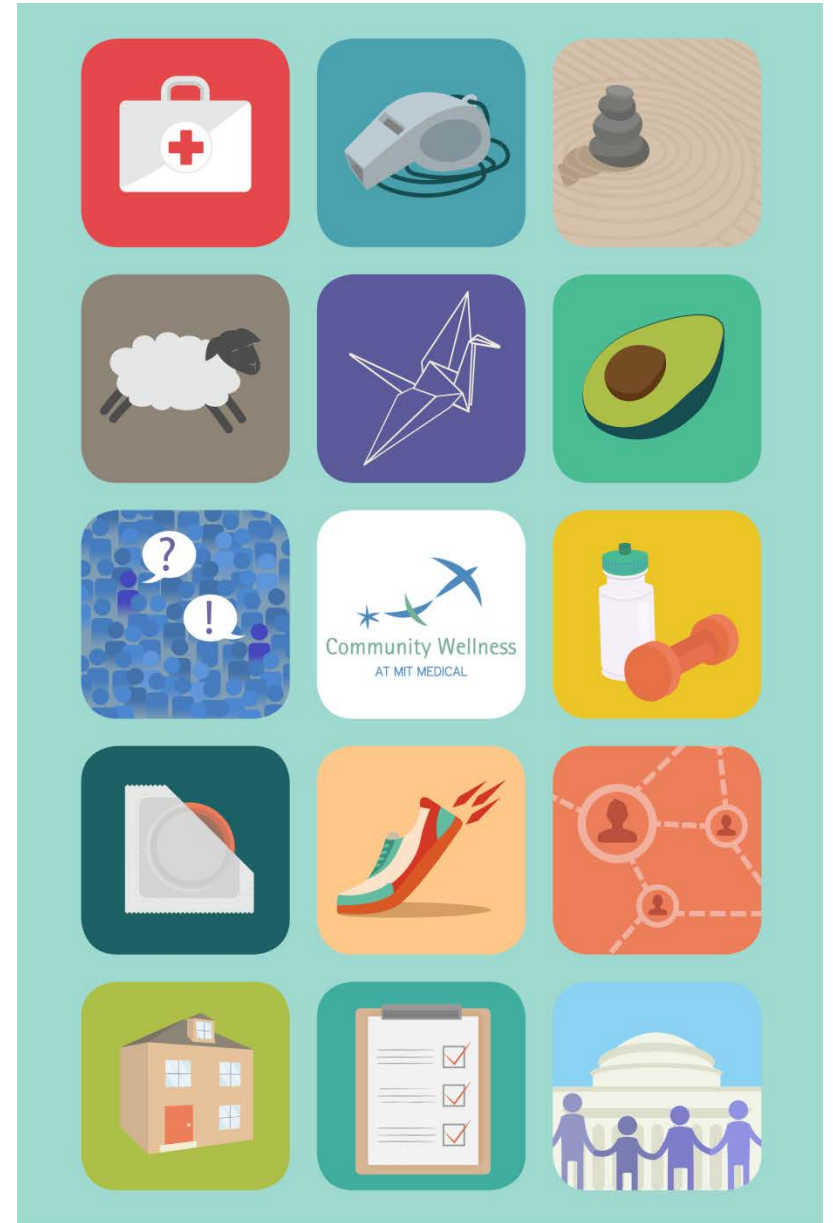
Optimize melatonin

- Dim lights an hour or two before bed
- No screens
- Small screens, dim screens, nightshift mode



Decrease cortisol

- Massage and touch
- 150 minutes per week of exercise
- Music; dancing on a regular basis
- Laughter and humor
- Yoga, relaxation practices, and mindfulness meditation



Seasonal Light Changes

- Talk to a physician about lightbox/SAD lamp
- Lightbox and Seasonal Affective Disorder:
 - Johns Hopkins University
 - The Cleveland Clinic
 - The Mayo Clinic
- Informational purposes only: Wirecutter, *The New York Times*

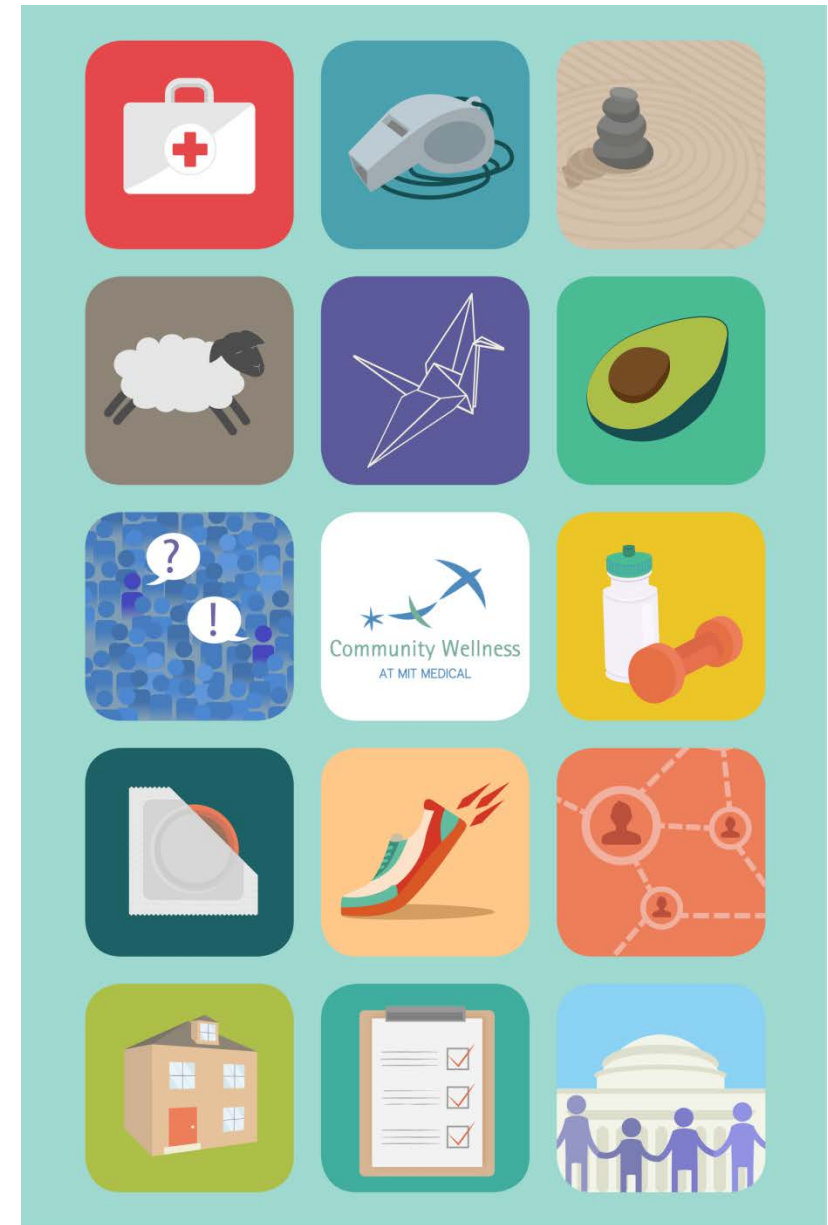
Refresh by SleepRate: CBT app for insomnia

<https://www.sleeprate.com/mit-full-plan/>



Invitation #5: Access resources

- Fitness and wellness
- MIT Spouses & Partners Connect
- WorkLife and MyLife Services



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**CALL
253-CALM
AND
CARRY
ON**

Unwind Classes

Mon-Thurs via Zoom

12 and 5 pm EDT

Guided stretch and relaxation

Thank you!

Susanna (Zan) Barry

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