

Welcome

- We will be starting soon
- There is no sound until we get started
- Please keep your phones and computers on mute to support a pleasant experience to all
- Use the chat feature for questions

Just-in-Time COVID-19 Crisis Trainings

TOPIC: 5 Things to Try When You Feel Like You Are at The End of Your Rope

Just-in-Time trainings are conducted every week in order to continue providing all New York City Health + Hospitals staff, with ongoing trainings that takes a holistic approach to help support their emotional and psychological needs!





5 Things To Try When You Are At The End of Your Rope

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Just In Time Training

February 2021

Objectives

- To have fun!
- To provide you with simple, practical, and actionable strategies that can improve your mood today and possibly change your life for years to come.



Disclaimer: Knowledge is only potential power

YOU DON'T DECIDE
YOUR FUTURE.
YOU DECIDE YOUR HABITS
AND YOUR HABITS
DECIDE YOUR FUTURE.

Overview

- My story
- 5 strategies
 - Acknowledge the problem
 - Accept reality
 - Ask for help
 - Agitate your assumptions
 - Act in your power
 - Physiology
 - Focus
 - Affirmation



My Story



First comes love, then comes marriage, then comes baby...



Working Mom Challenges



I got fired



Money Problems



Divorce



Separation from kids



Learned survival strategies and now share what I learned



5 Strategies

1. Acknowledge the problem
2. Accept reality
3. Ask for help
4. Agitate your assumptions
5. Act in your power



Acknowledge the problem

- Pandemic
- Burnout
- Exhaustion
- Money
- Health
- Grief
- Relationships
- Work
- Supervisors
- Colleagues



Accept the reality of the situation



Ask for help

- Informal
- Professional



Asking for help

- Informal networks
 - Friends
 - Family
 - Support groups
 - Facebook groups
 - Prayer hotlines



Ask for help

- Professional resources
 - Suicide hotline 800-273-8255
 - New York Domestic Violence Hotlines 1-800-621-HOPE (4673)
 - New York Health and Hospitals Resources
 - Primary care doctor
 - Psychiatrists
 - Therapists
 - Religious institutions
 - Coach
 - NAMI (free resources)

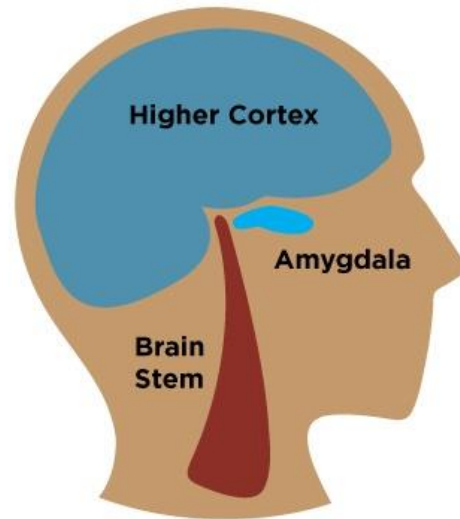


Agitate your assumptions

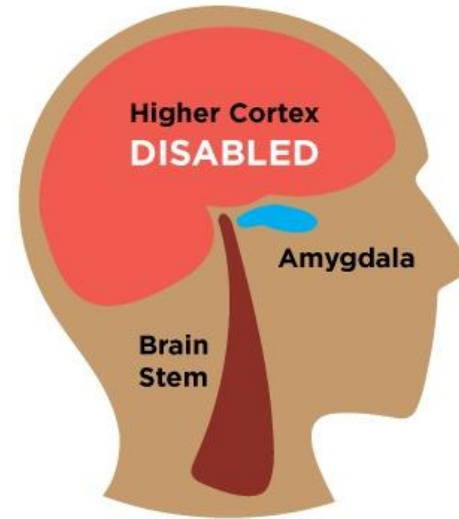
- Gremlins/ negative self talk
- Flight versus fight
- Amygdala versus prefrontal cortex
- “The Work” by Katie Byron



Agitate your assumptions- Amygdala vs Prefrontal Cortex

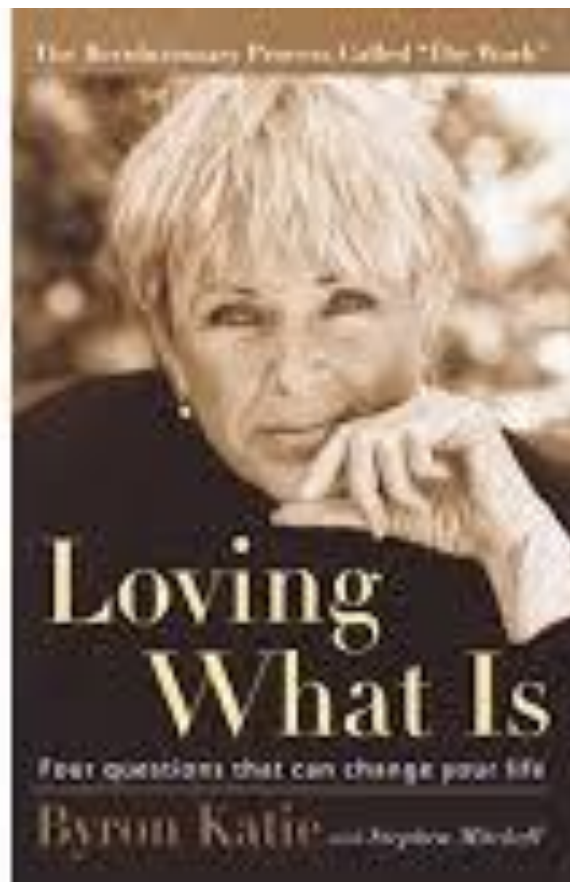


LOW Emotion
(Calm, Relaxed)



HIGH Emotion
(Anger, Fear, Excitement, Love,
Hate, Disgust, Frustration)

Agitate your assumptions- “The Work”



Act in your power

- Change your state (now) by changing your:
 - Physiology
 - Focus
 - Affirmations

GOD,
grant me the
Serenity
to accept the things
I cannot CHANGE;
Courage
to CHANGE
the things I can;
and
Wisdom
to know the DIFFERENCE.

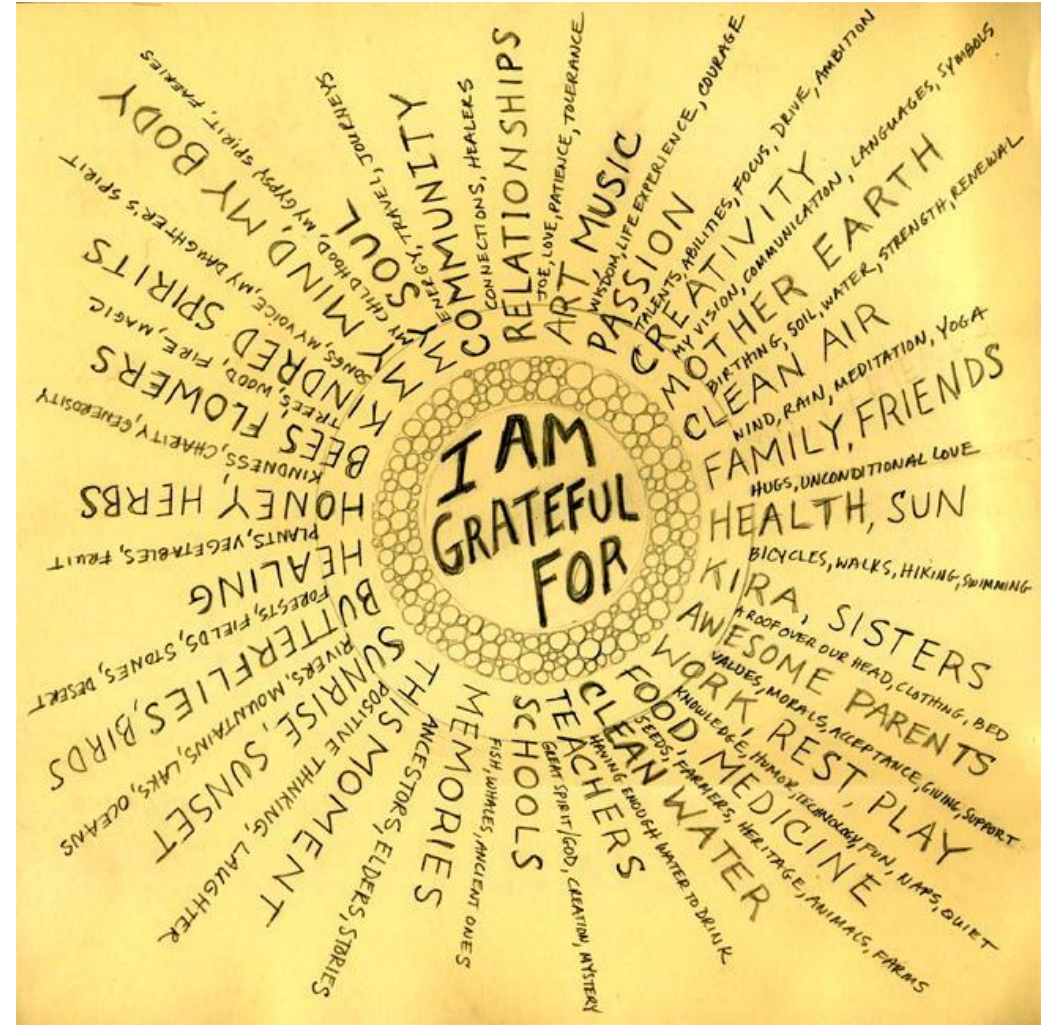
Change your physiology

- Power poses
- Posture
- Play
- Physical activity
- Smile
- Sleep!!!



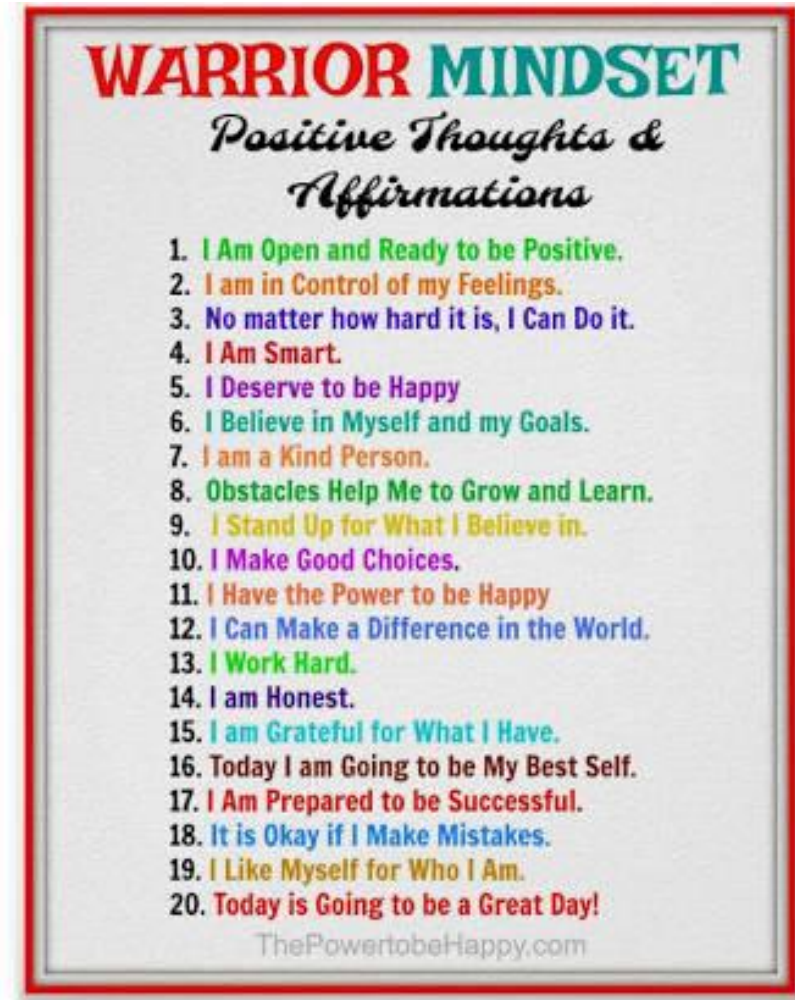
Change your focus

- Turn off the TV, social media, negative people
- Meditate
- Gratitude
- Inspirational material

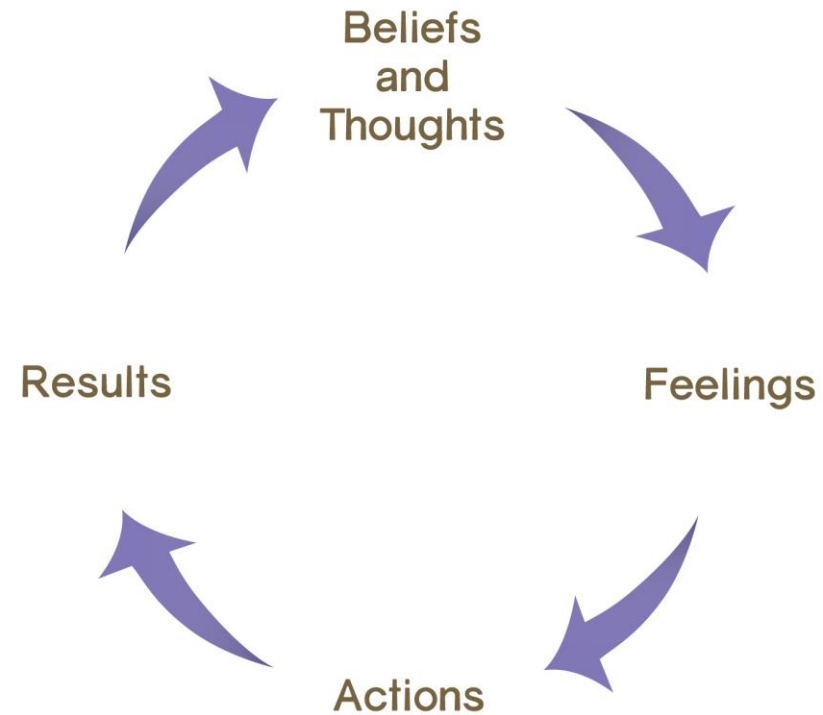


Change your affirmations

- Affirmations:
 - What you say about yourself and your situation
 - Should be believable



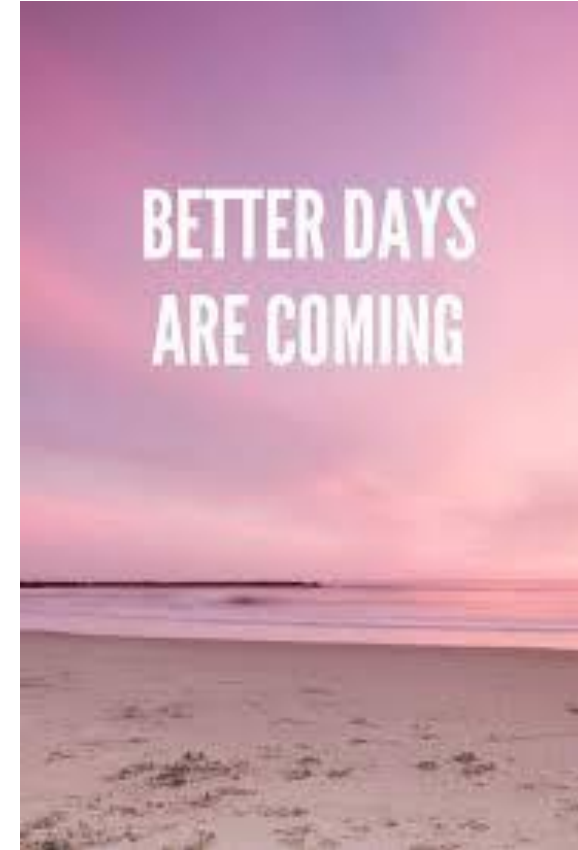
Change your affirmations



From Eat What You Love, Love What You Eat
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Summary

1. Acknowledge the problem
2. Accept reality
3. Ask for help
4. Agitate your assumptions
5. Act in your power
 - Physiology
 - Focus
 - Affirmation



Questions?

this
too
shall
pass

Thank You!

- To reach me:
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