

Reframe Your Mindset

Managing Stress, Anxiety & Burnout for Performance

Dr. Ajmal Razmy

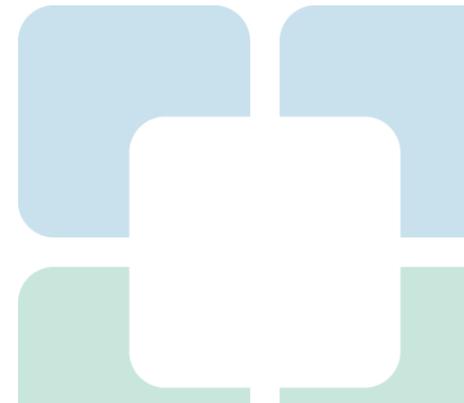
Psychiatrist

Cleveland Clinic Canada

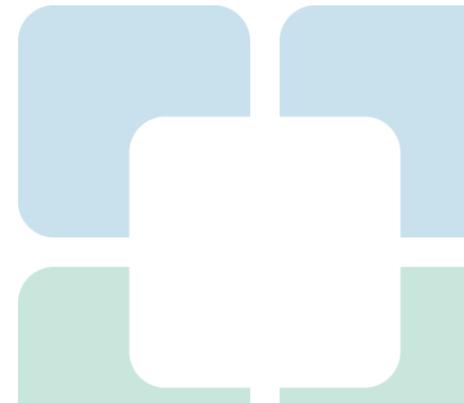


Today's Discussion

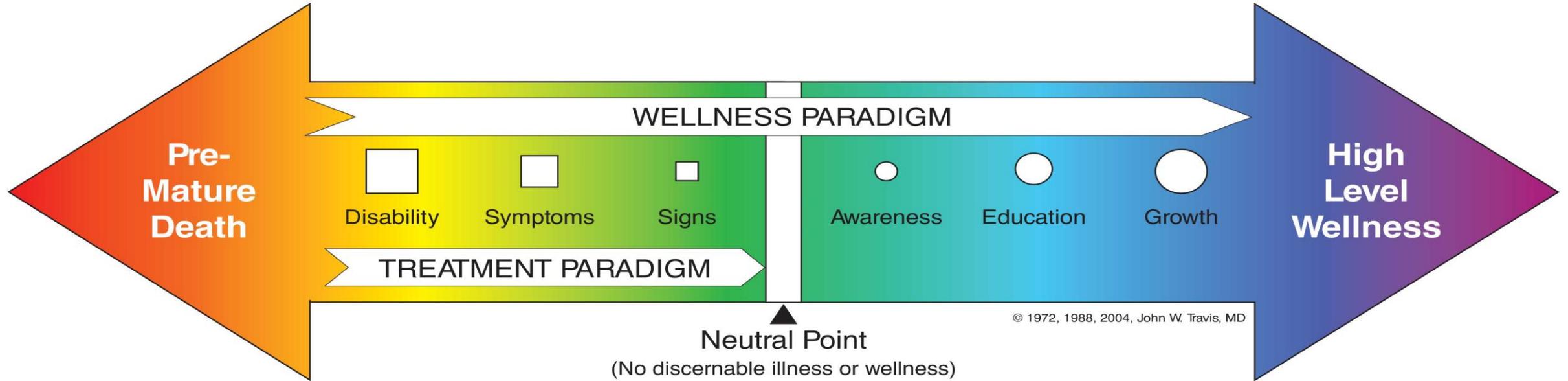
- Wellness defined
- Impact of stress, anxiety & burnout
- Identifying tools that work for you



Wellness Defined



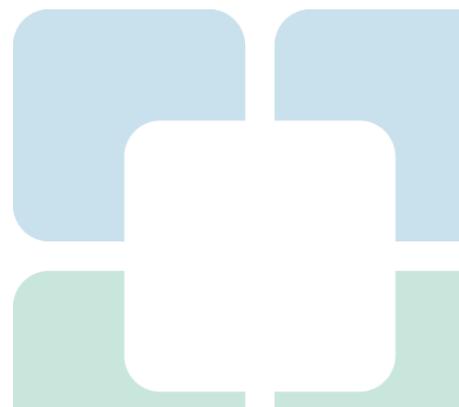
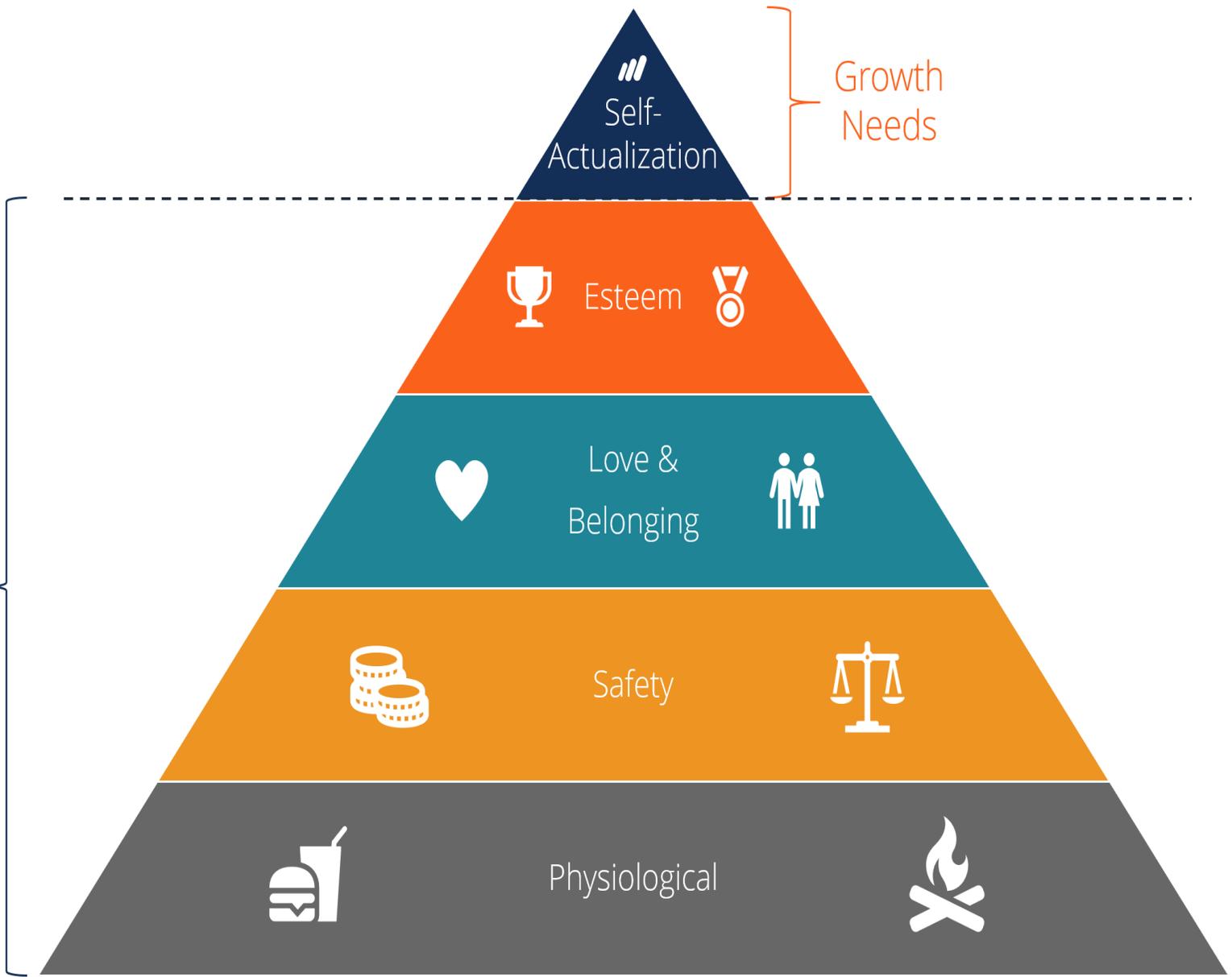
ILLNESS - WELLNESS CONTINUUM



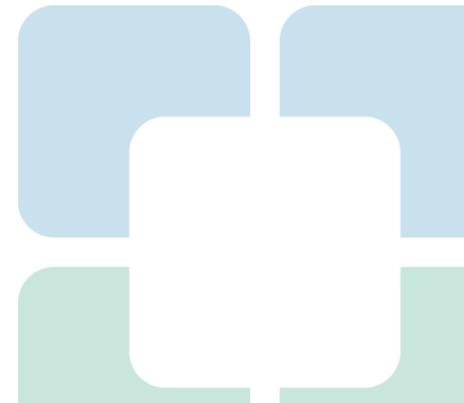
Mental illness is a challenge, not a weakness.
Understanding your psychological makeup
will unlock your true potential to authenticity
and optimization of function.



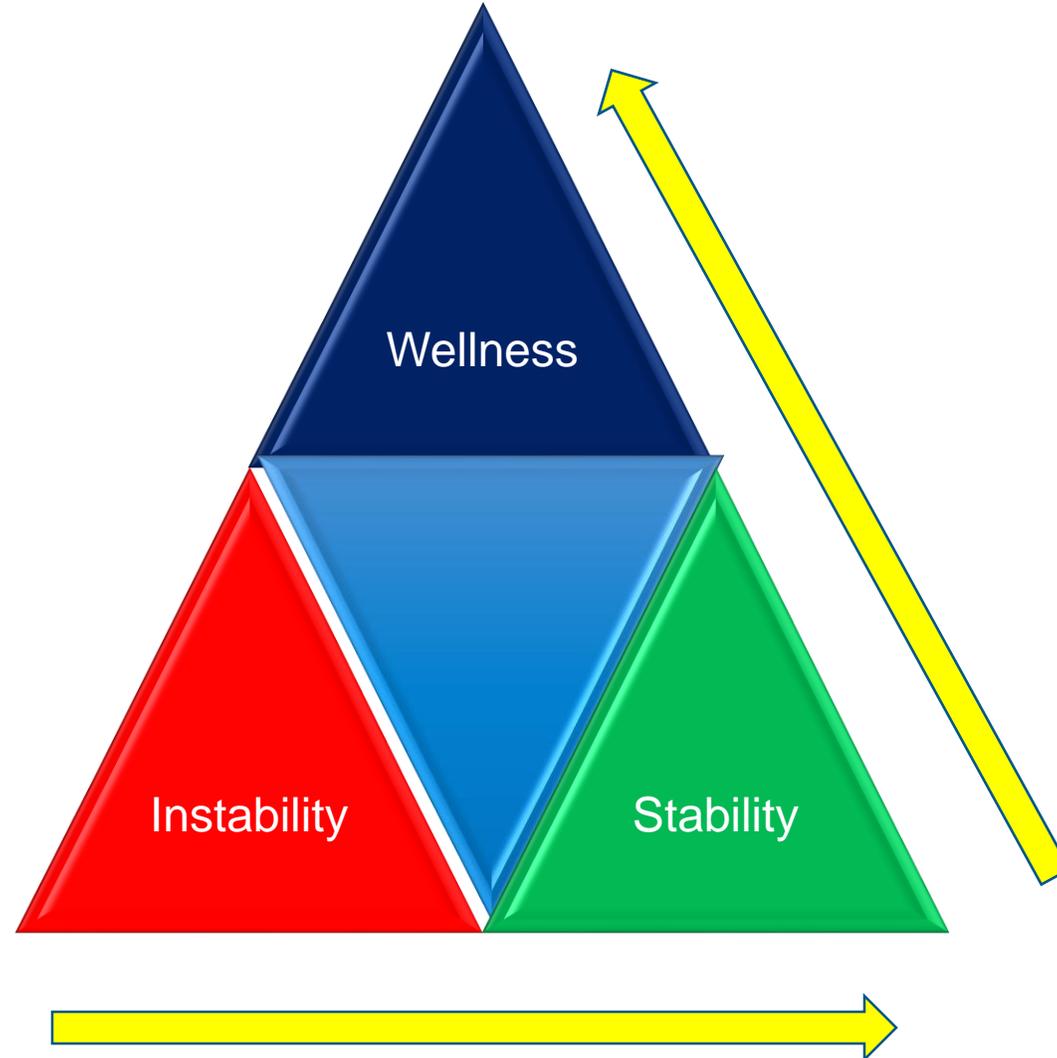
Deficiency Needs



Wellness is ...



Assessing where you are



Impact Stress, Anxiety & Burnout



Big picture

- 1 in 4 experience mental illness each year
- 20% of the US population has anxiety
 - 284 million worldwide
- Only 1/3 of people get treatment
- We are chronically good at *faking* wellness

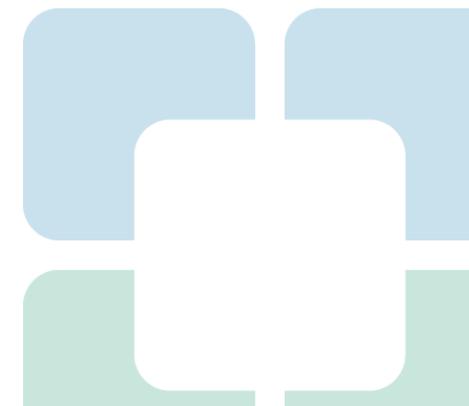


“Invisible illness”

- Stress
- Anxiety
- Trauma
- Loneliness
- Depression
- Burnout
- Etc.



Neural Wi-Fi

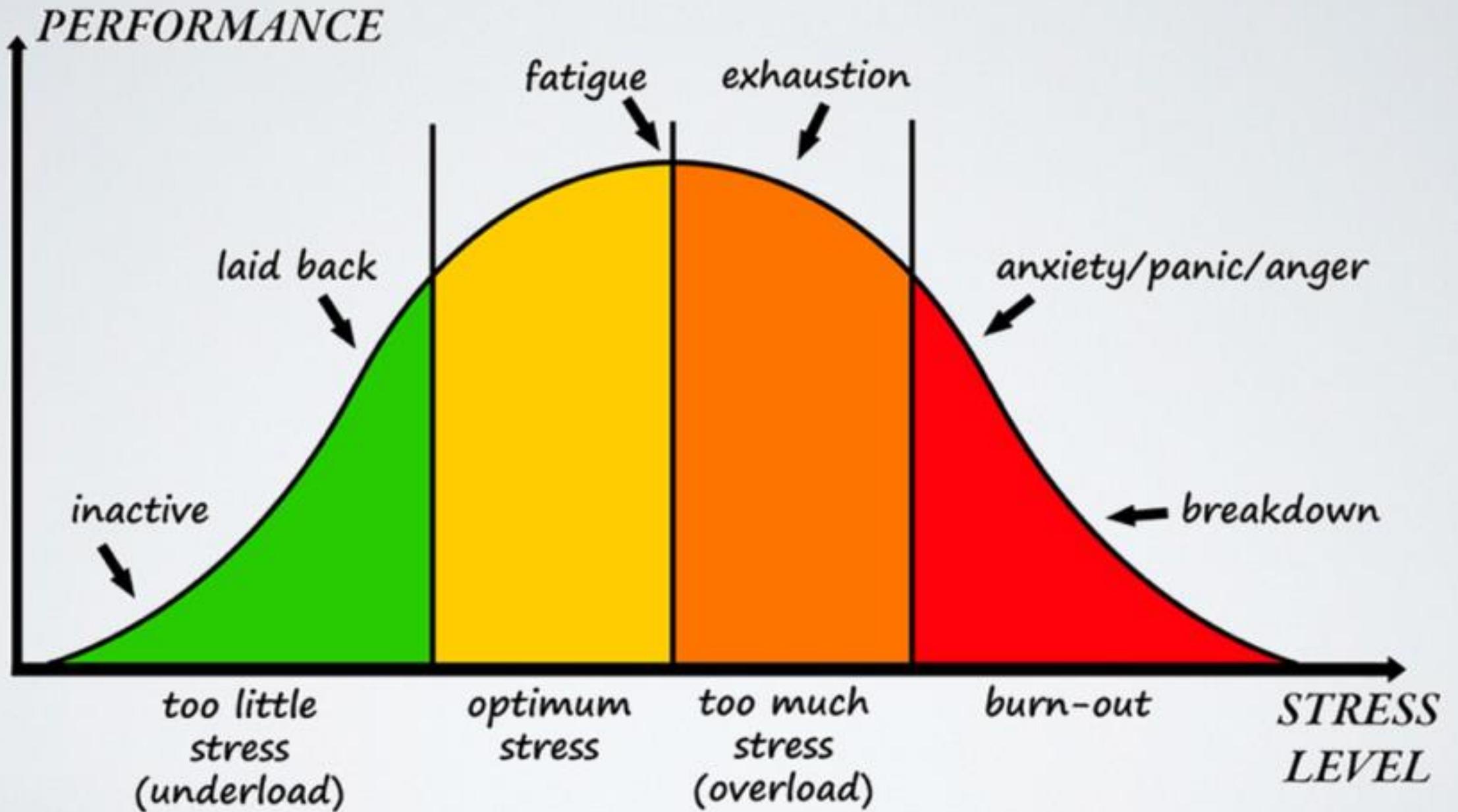


Stress defined

- Normal and natural response
- Doesn't mean you are weak
- Stress can be useful – sense of purpose
- What's important is how you manage stress

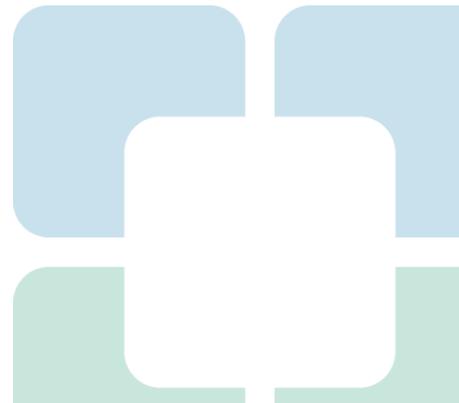


STRESS CURVE



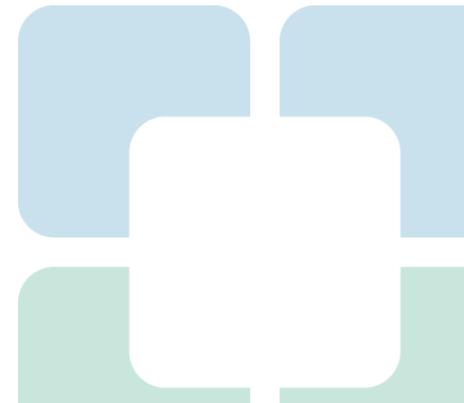
Anxiety defined

- Feeling of worry, nervousness or unease
- Typically about an imminent event or something with an uncertain outcome



Anxiety trouble shooting

- Differentiate *possible* from probable
- Unreliable narrators when anxious
- Control what you can
- Complete bite-sized, immediate tasks
- Use mindfulness for acute anxiety
- Make a good connection



Distraction as coping mechanism

- Be aware of the behaviour
- Modern day equivalent of avoiding the dangerous or unknown
- Map out anxiety-distraction habit loops

Anxiety > Distraction Behaviour > Reward



Burnout defined



01

Exhaustion



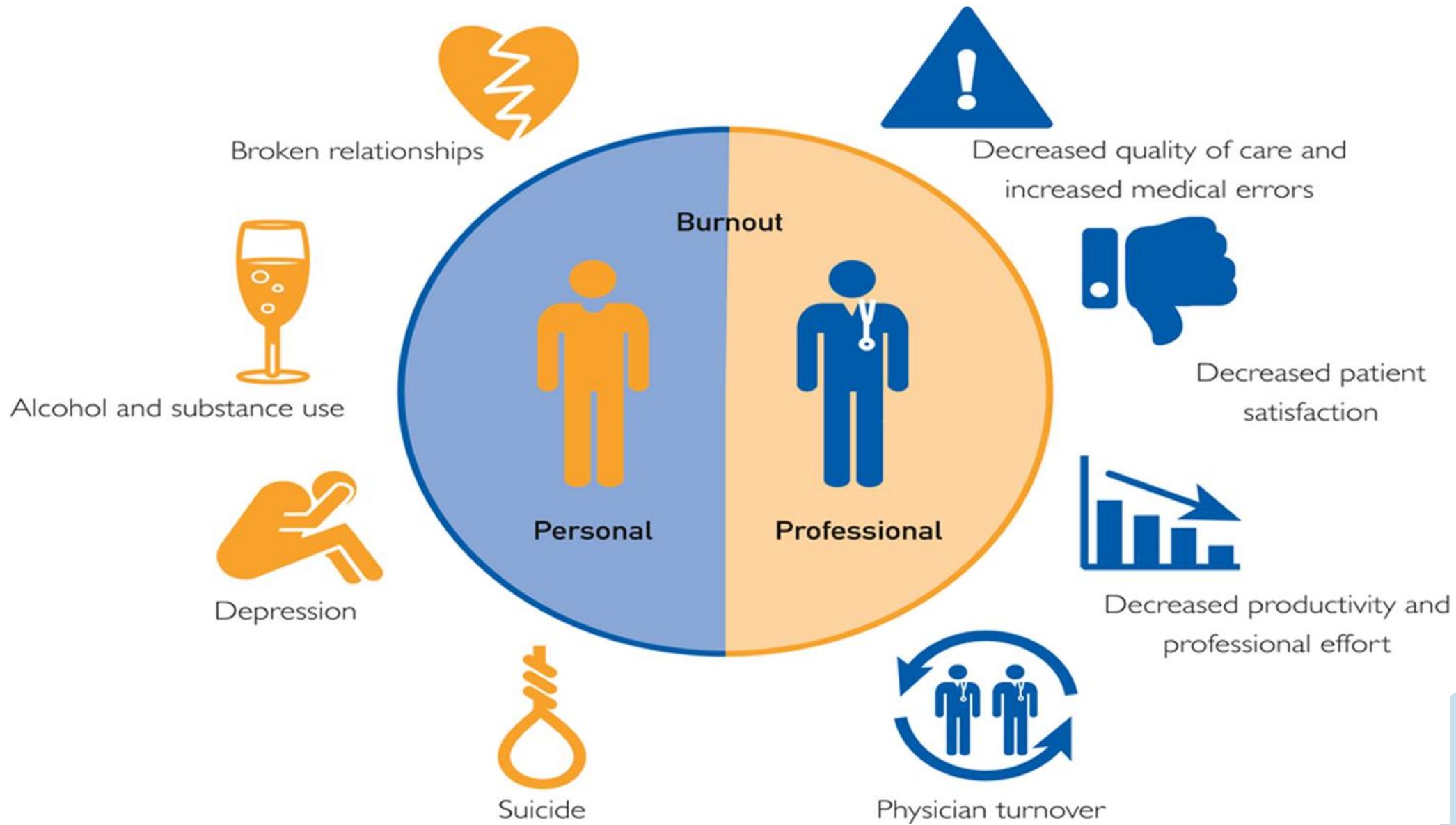
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Depersonalization



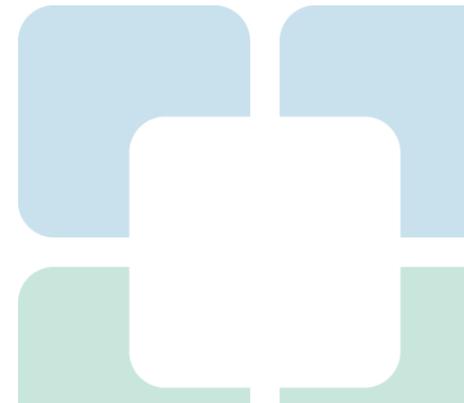
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Lack of Efficacy

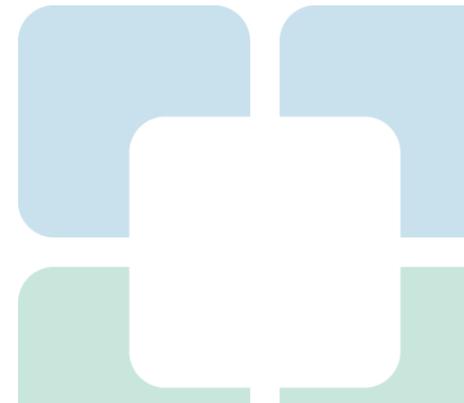


6 truths about burnout

- Measurable
- Dynamic
- Environmental
- Damaging
- Disproportionate
- Growth opportunity



Strategies to Wellness



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom”

Neurologist Victor Frankl



Tune into yourself

- Learn to surf the waves of distress
- Tune into your own feelings
- Take note of your physical reactions
- “Anxiety tells”
- “Unresolved business” from your past



Practice self-compassion

WHAT IS SELF-COMPASSION, ANYWAY?

It has three main elements:

1. Self-kindness

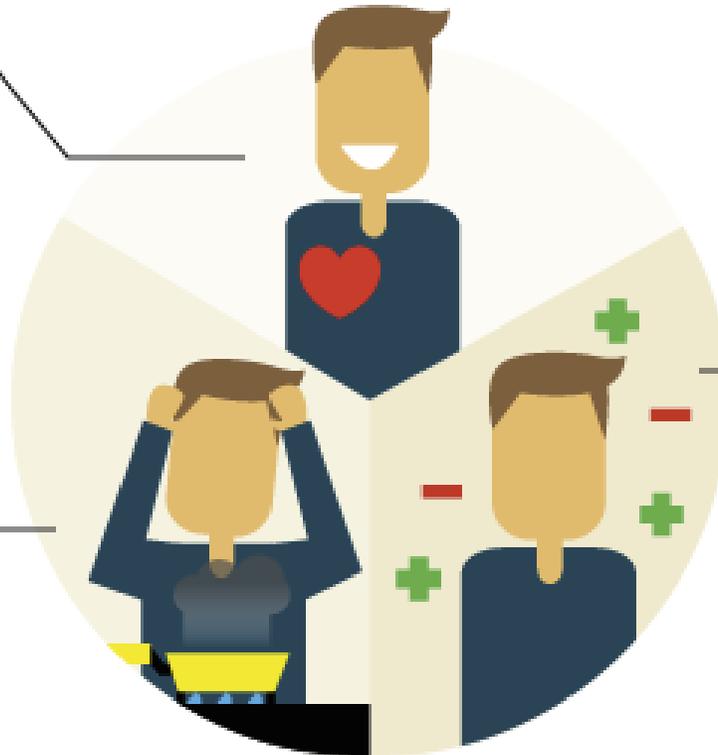
Being supportive and gentle to oneself

2. Understanding common humanity

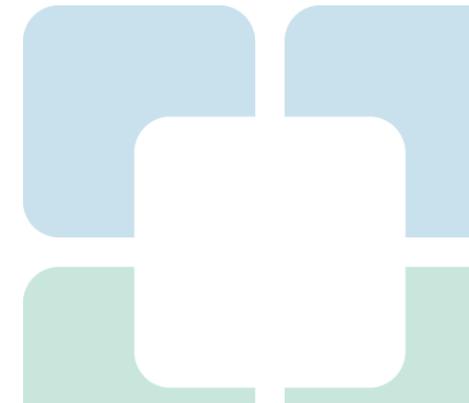
All humans are imperfect and make mistakes!

3. Mindfulness

Being aware of one's suffering with clarity



Celebrate the good



Strengthen your resilience

5 Core Traits

1. Belonging
2. Perspective
3. Acceptance
4. Hope
5. Humour



Nurture your mindset

- Avoid negativity
- Be weary of negative language
- Adopt a neutral mindset
- Attitude of gratitude
- Harness your energy
- Seek out positive relationships

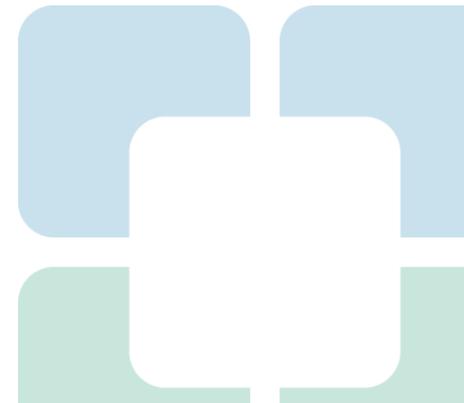


The Road Ahead



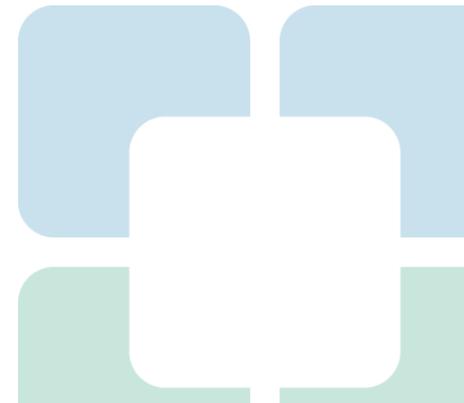
Tools for well-being

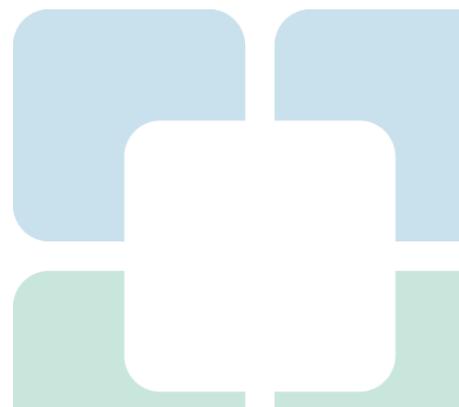
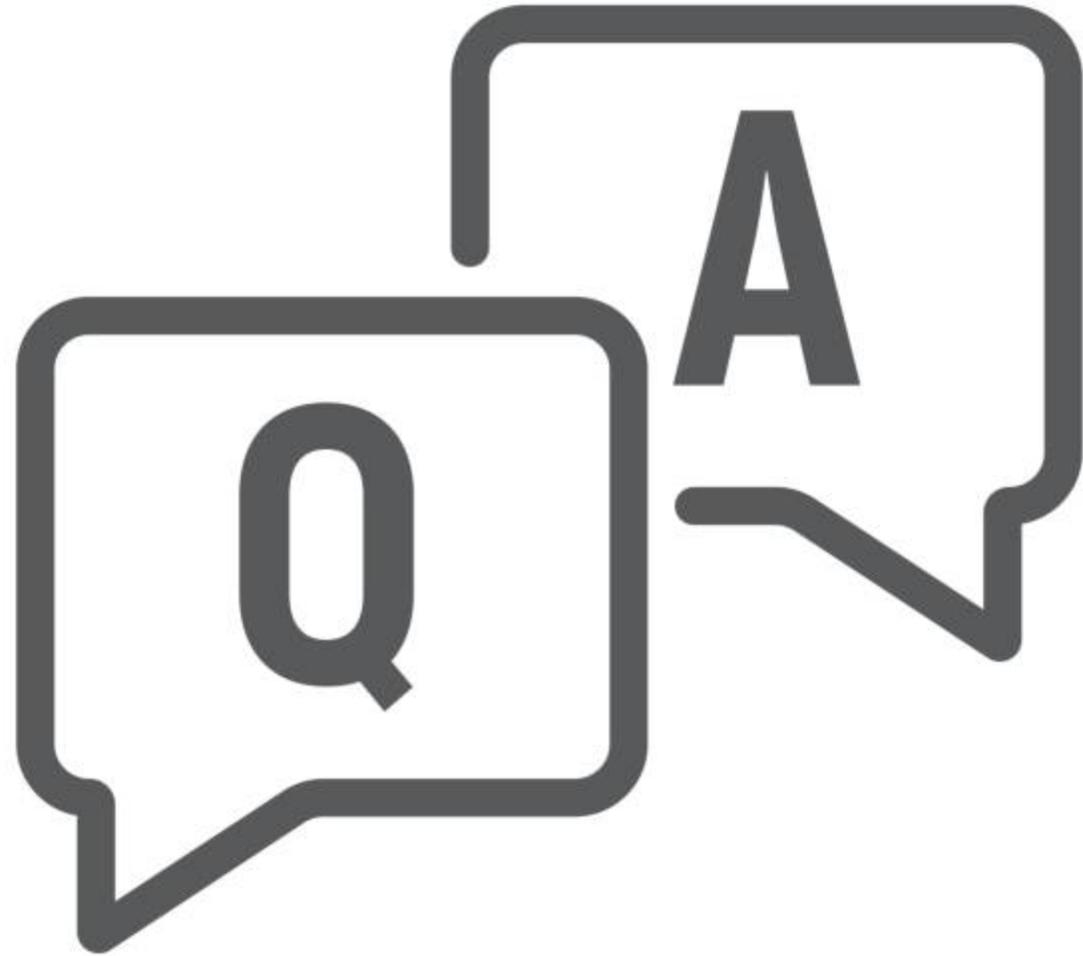
- Finding what works for you
- Making a commitment between now and the next time we meet in January to practice using these strategies and shifting your place on the triangle



Upcoming sessions

- 3 more sessions. Topics include:
 - Conflict management 101: growth through challenges
 - Unlocking the secrets of sleep for performance
 - Building a resilient locker room
- Questions or ideas? Dr. Razmy
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Cleveland Clinic

Every life deserves world class care.