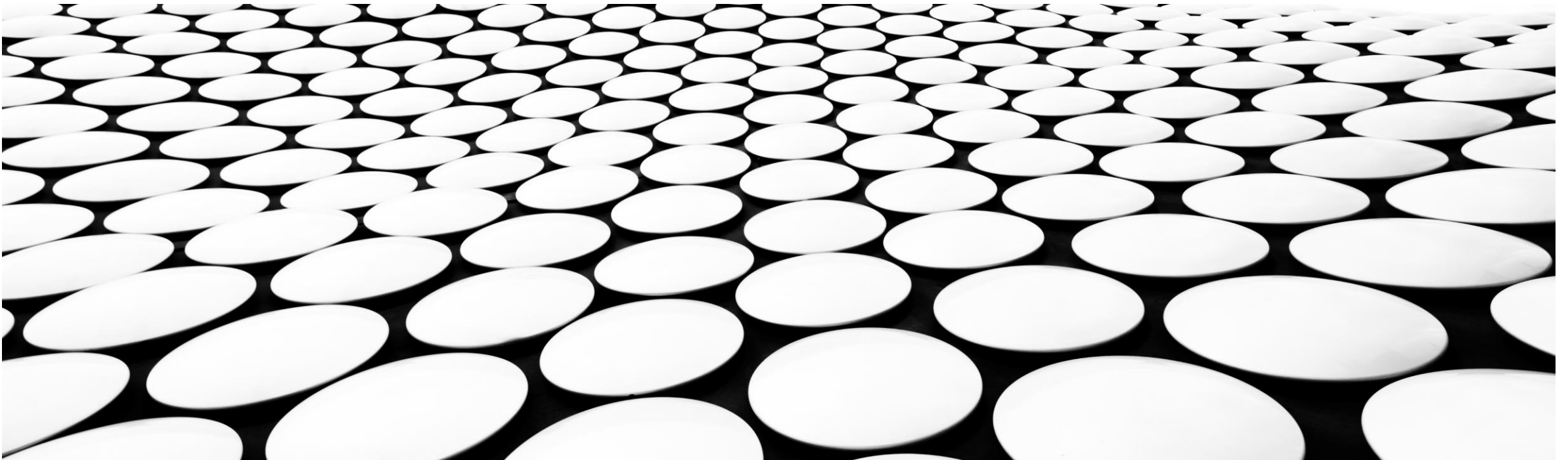


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# COVID-19: WELL, THAT SUCKED...NOW WHAT?!

KATHLEEN (KATE) GASE, MBA, MPH, FAPIC, CIC



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## CONFLICT OF INTEREST DISCLOSURE & PERMISSIONS

Nothing to disclose relevant  
to this presentation.

Conference planners have  
my permission to post these  
slides and video recording of  
this presentation for use by  
APIC NYC and Long Island  
Chapter Members.

# OBJECTIVES

- IDENTIFY
  - Signs of burnout and reflect on how these symptoms may manifest in your own professional life
  - Tactics to combat burnout and increase resiliency
  - Opportunities to lead the way in your organization



Vaccines



Global Pandemic



Work From Home

# 2020/2021



Election



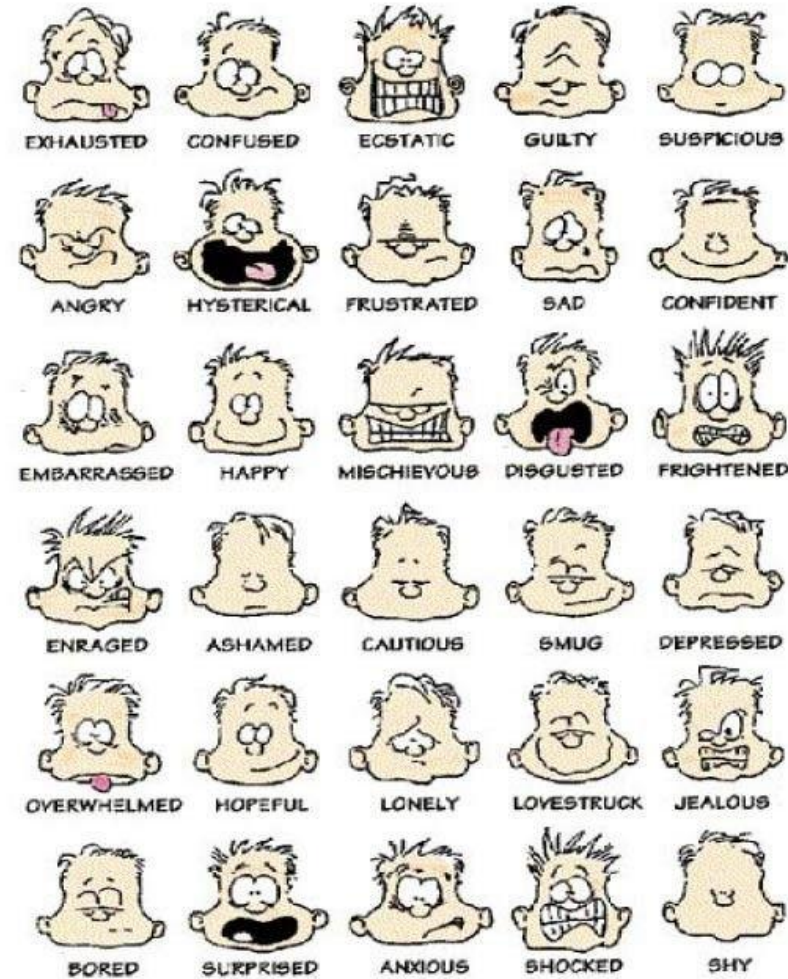
Economic Impact



Social Injustice

# IN THE CHAT

- What emotion are you feeling right now?



# ARE YOU BURNED OUT?

What's your energy level?

How's your workload?

How are you feeling about your work performance?

What do you do with your free time?

Describe your work-life balance.

How often do you feel physically sick?

What do you do to relax?

Your friends ask you to hangout after work...how do you respond?

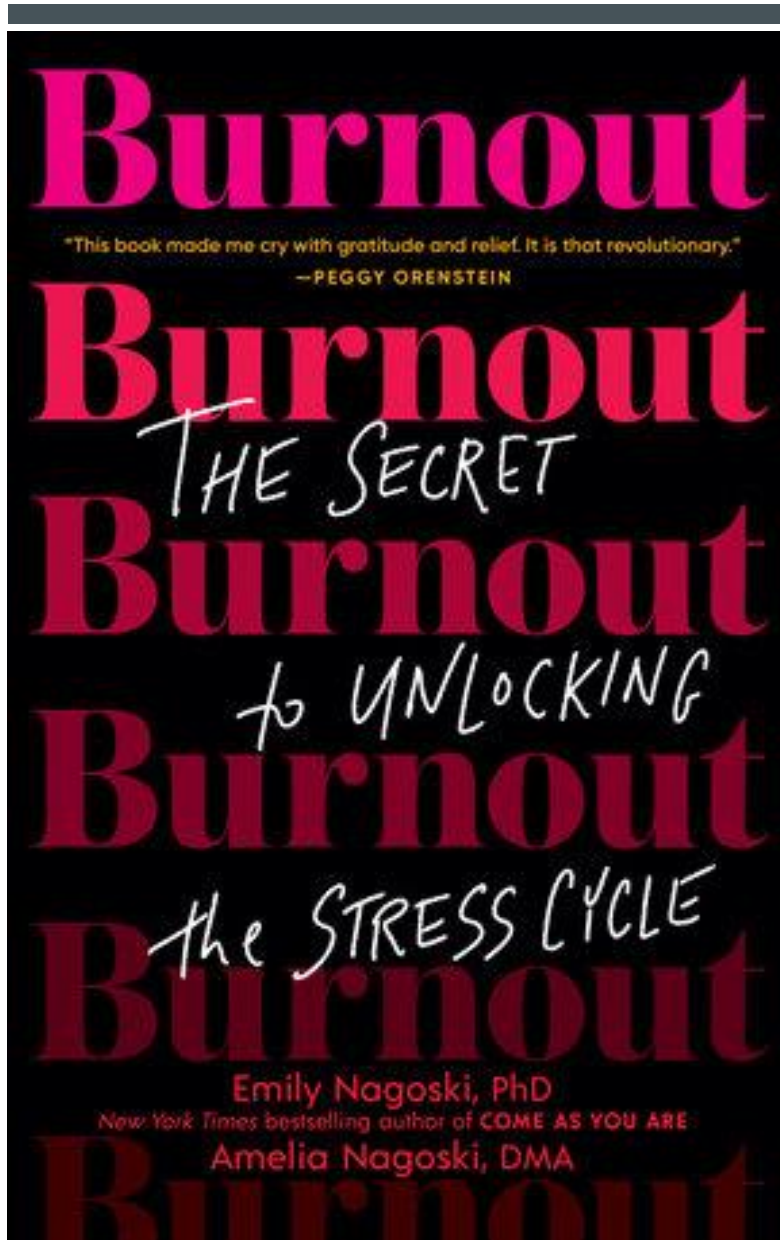
Do you have trouble concentrating?

Describe your mood.



<https://mywellbeing.com/burnout-quiz>





## PROFESSIONAL BURNOUT FACTORS

- Emotional Exhaustion
- Depersonalization
- Decreased Sense of Accomplishment



## STRESS CYCLE

- Emotions are an involuntary neurological response. They have a beginning, a middle, and an end.
- They are also like tunnels. If you get through them, you get to the light at the end.



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## WHY WE GET STUCK



Chronic Stress

Social  
Appropriateness

Lack of Safety

## HOW DO YOU CLOSE THE STRESS CYCLE?



Physical  
activity



Breathing



Positive social  
interactions



Laughter



Affection



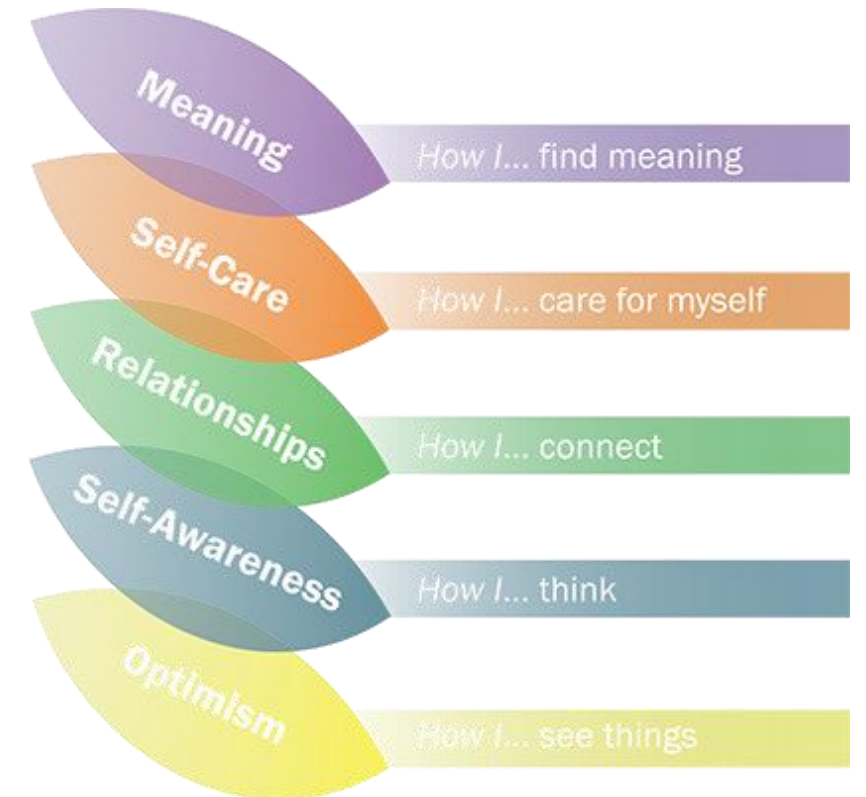
Crying



Creative  
expression

# RESILIENCY

- The ability to adapt and thrive in the face of adversity and stress.
  - Allows us to “bounce back” from difficult circumstances.



<https://www.bjclearn.org/resiliency/>

# RESILIENCY – MEANING

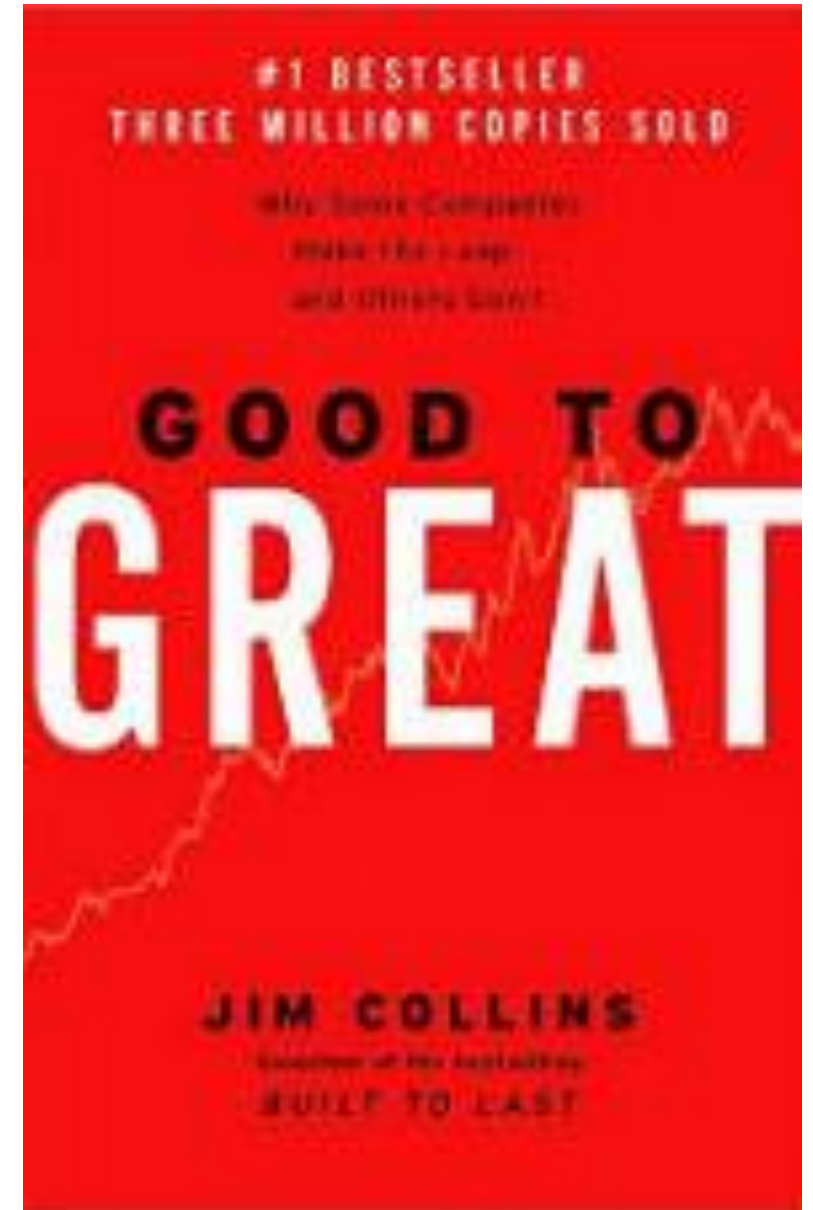
- Resilient people have a strong sense of purpose and meaning in life. They are committed to their values, and these values are aligned with the way they live at home, in the community, and at work.

## LIST OF COMMON VALUES

Accountability	Consistency	Family	Knowledge	Selflessness
Accuracy	Continuous Improvement	Flexibility	Leadership	Service
Achievement	Control	Focus	Learning	Simplicity
Adventure	Cooperation	Freedom	Loyalty	Sincerity
Altruism	Courage	Friendship	Meaning	Speed
Ambition	Creativity	Fun	Mindfulness	Spirituality
Appreciation	Curiosity	Generosity	Openness	Spontaneity
Assertiveness	Daring	Gratitude	Passion	Stability
Autonomy	Decisiveness	Happiness	Peace	Strength
Balance	Dependability	Hard Work	Perfection	Structure
Beauty	Desire	Health	Perseverance	Success
Belonging	Determination	Helpfulness	Playfulness	Sympathy
Boldness	Dignity	Honesty	Positivity	Teaching
Bravery	Discipline	Honor	Precision	Teamwork
Calmness	Drive	Humility	Preparedness	Thoughtfulness
Candor	Effectiveness	Impact	Professionalism	Timeliness
Challenge	Efficiency	Independence	Purpose	Tolerance
Change	Empathy	Initiative	Reliability	Trust
Cheerfulness	Enthusiasm	Innovation	Reputation	Truth
Collaboration	Excellence	Integrity	Responsibility	Understanding
Comfort	Excitement	Intelligence	Resourcefulness	Variety
Commitment	Expertise	Joy	Sacrifice	Warmth
Community	Fairness	Justice	Self-awareness	Wealth
Compassion	Faith	Kindness	Self-control	Wisdom

# RESILIENCY – MEANING – VALUES

- When it comes to values there is no “right” or “wrong,” there’s just “true.” – Krista Tippett “On Being” Podcast
- Good to Great – 4 Steps
  - “Data” Collection
  - Identify the Values “Implicit” in the Data
  - Prioritize Your “Core” Values
  - Translate Your Values into Guiding Principles



## RESILIENCY – SELF-CARE

- Self-care describes the actions you take to care for your physical, emotional, and spiritual health.

## 50 Self Care IDEAS FOR A BAD DAY

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. DRINK HERBAL TEA               | 26. DO SOMETHING NEW                  |
| 2. TRY AFFIRMATIONS               | 27. GIVE YOURSELF A MANICURE          |
| 3. WRITE 10 THINGS GRATEFUL FOR   | 28. CALL OR TEXT SOMEONE YOU LOVE     |
| 4. TAKE A DETOX BATH              | 29. DO YOGA POSES                     |
| 5. TRY A FACE MASK                | 30. LISTEN TO YOUR FAVORITE PODCAST   |
| 6. BREATHE DEEPLY                 | 31. SPEND TIME WITH SOMEONE INSPIRING |
| 7. LIGHT YOUR FAVORITE CANDLE     | 32. STRETCH                           |
| 8. WATCH A MOTIVATIONAL TED TALK  | 33. DO A SPA DAY                      |
| 9. EXERCISE                       | 34. DO A DIGITAL DETOX                |
| 10. WALK IN NATURE                | 35. EAT A SALAD OR SMOOTHIE           |
| 11. BUY YOURSELF FLOWERS          | 36. GO OUT IN SUNSHINE                |
| 12. WRITE 5 THINGS YOU LOVE       | 37. GO TO YOUR FAVORITE PLACE         |
| 13. JOURNAL                       | 38. TAKE SOME PRETTY PHOTOS           |
| 14. MAKE A VISION BOARD           | 39. GET A MASSAGE                     |
| 15. DECLUTTER 10 ITEMS            | 40. HUG SOMEONE                       |
| 16. READ A PERSONAL GROWTH BOOK   | 41. DRINK A FULL GLASS OF WATER       |
| 17. GO FOR A LONG WALK            | 42. READ INSPIRATIONAL QUOTES         |
| 18. LISTEN TO YOUR FAVORITE MUSIC | 43. PUT ON NICE CLOTHES & MAKEUP      |
| 19. DO SOMETHING TO LAUGH         | 44. SLEEP                             |
| 20. PLAN A GETAWAY                | 45. WATCH THE SUNRISE                 |
| 21. COOK YOUR FAVORITE MEAL       | 46. REFRESH YOUR MORNING ROUTINE      |
| 22. WATCH YOUR FAVORITE SHOW      | 47. CHANGE YOUR SHEETS                |
| 23. HAVE A NIGHT WITH FRIENDS     | 48. DIFFUSE ESSENTIAL OILS            |
| 24. DO A BRAIN DUMP               | 49. DO SOMETHING NICE FOR SOMEONE     |
| 25. GO OUT FOR A DATE NIGHT       | 50. GO OUT FOR A COFFEE               |

WWW.HEALTHYHAPPYIMPACTFUL.COM



## RESILIENCY – SELF-CARE – SELF-COMPASSION

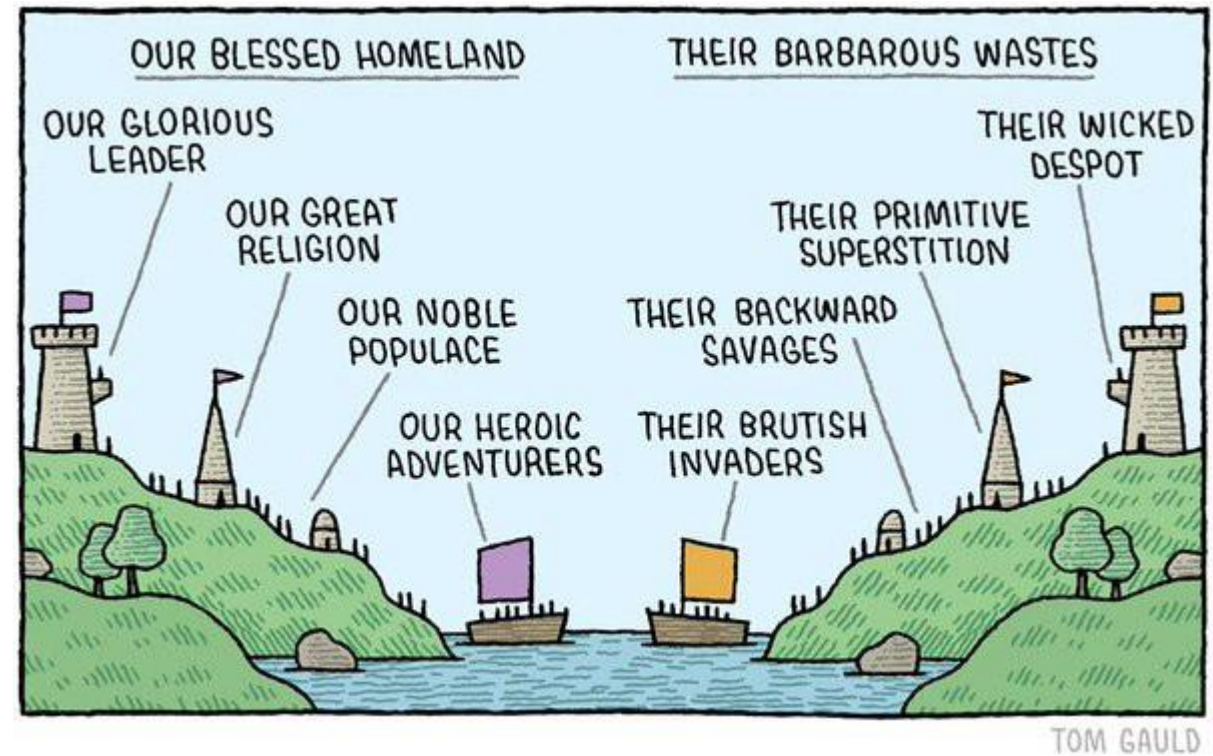
Self-kindness  
vs. Self-  
Judgment

Common  
humanity vs.  
Isolation

Mindfulness  
vs. Over-  
identification

# RESILIENCY – RELATIONSHIPS

- Having positive social interactions and strong, healthy relationships with friends, family and others are a critical factor in resiliency. Resilient people accept help and support from other and give to others in return.



# RESILIENCY – RELATIONSHIPS – THOSE YOU DISLIKE

- Erase False Beliefs That Fuel Dislike
  - The other person is not causing your internal state or reactionary behavior.
  - This is a precious opportunity for personal growth.
  - Acting on dislike will only bring more suffering.
  - The other person is triggering something within you.
  - Let go of the idea of enemies and friends.
- Cultivate Compassion
  - Put yourself in the other person's shoes.
  - You need compassion, too.
  - Take breaks!

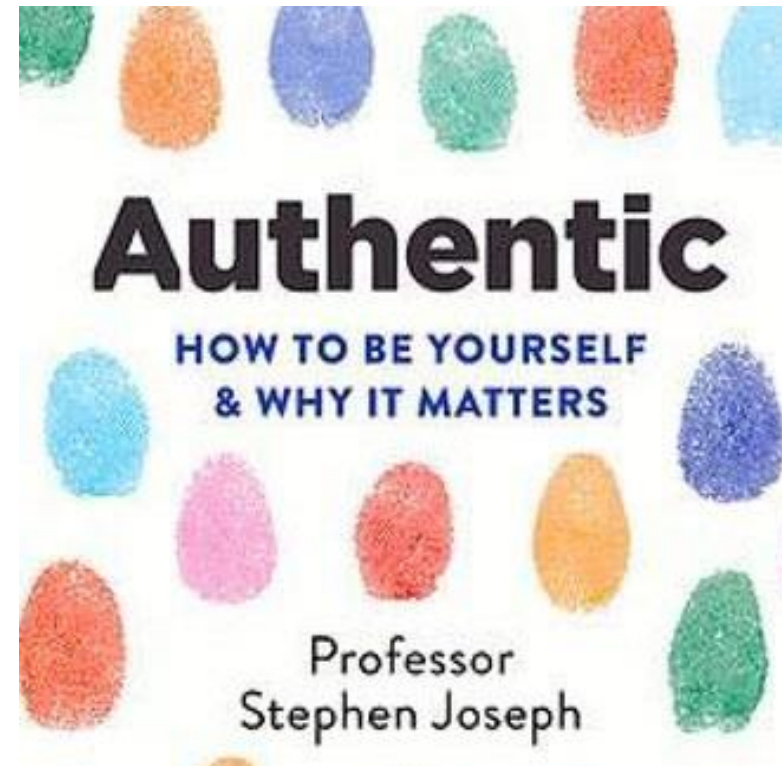
## RESILIENCY – SELF-AWARENESS

- Self-awareness is having knowledge and awareness of our thoughts, beliefs, feelings, and actions. Being able to recognize and correct our inaccurate thoughts allows us to face situations realistically and find solutions.



# RESILIENCY – SELF-AWARENESS – AUTHENTICITY

- What does it mean to be authentic?
  - Have realistic perceptions of reality.
  - Accept yourself and others.
  - Be thoughtful.
  - Have a non-hostile sense of humor.
  - Express your emotions freely and clearly.
  - Be open to learning from your mistakes.
  - Understand your own motivations.



## RESILIENCY – OPTIMISM

- Optimism is intentionally looking at the positive aspects of life and any given situation and having hope for successful outcomes. It involves looking at situations realistically, appreciating things we may take for granted, and having confidence in our ability to get through any situation.

**“WE CAN  
COMPLAIN  
BECAUSE ROSE  
BUSHES HAVE  
THORNS, OR  
REJOICE  
BECAUSE  
THORN BUSHES  
HAVE ROSES.”**

*Abraham Lincoln*



# RESILIENCY – OPTIMISM – FAILURE



COME TO TERMS WITH  
WHAT YOU CAN AND  
CAN'T CONTROL.



BOOST YOUR SELF-  
KNOWLEDGE.



OPPORTUNITY TO LIVE IN  
THE MOMENT.



REMINDER TO FOCUS ON  
THE JOURNEY.



OPEN YOURSELF UP TO  
SOMETHING EVEN  
BETTER DOWN THE  
ROAD.



## LEAD THE WAY – DON'T EVER LET GO OF THE THREAD

There's a thread you follow. It goes among  
things that change. But it doesn't change.  
People wonder about what you are pursuing.

You have to explain about the thread.

But it is hard for others to see.

While you hold it you can't get lost.

Tragedies happen; people get hurt  
or die; and you suffer and get old.

Nothing you do can stop time's unfolding.

You don't ever let go of the thread.

■ —William Stafford, “The Way It Is”

# MY RESILIENCY

## The Thread



Kathleen Gase

To BJSPPH-PWHC SLT

Reply

Reply All

Forward



Fri 10/1/2021 7:58 AM

Team –

I had the pleasure and the privilege of having dinner with Hilary Babcock – my friend, my mentor, my colleague – last night. I want to share two pieces of our conversation with all of you.

First, when I thanked her for taking the time to join our Town Hall, she returned the “Thank You”. She went on to say how much she enjoys the people in SCC. She noted in particular the engagement of our teams and the willingness to ask questions. She was also very clear that even more important than the willingness to ask questions, there is a palpable willingness to listen and to learn. There were many times throughout our dinner conversation that we came back to SCC, and each time I couldn’t have been more proud to be a part of it!

The next thing I want to share is a portion of our conversation about resiliency, and how each of us is handling the continued strain of the pandemic. Hilary and I have both struggled at different times and, thankfully, have been able to lean on each other to get through. I shared with her last night that I was beginning to feel worn down again, feeling like this might never end, being worried every day that my 10-yr old son is at risk because he can’t be vaccinated yet, wondering out loud why others won’t just get the vaccine!! I also shared with her conversations I’ve had with frontline team members, and their struggle to maintain empathy and compassion for those unvaccinated COVID patients in our EDs, nursing units, and ICUs. I asked her for her perspective and advice on how I can better cope myself, so that I might be more effective in helping those caregivers around me cope and continue to move forward.

In a very Hilary-like way, she looked my in the eyes and said, “Sweetie (she’s the only person in my life that calls me that!), we just have to keep remembering why we would what we do.”. Then she went on to tell me about an article she had read that resonated with her about never letting go of your “thread”. We had an extensive conversation about each of our “threads” and by the end, I was feeling much stronger and energized. Here is the article she was referencing: [acpjournal.org/doi/10.7326/M2...](https://acpjournal.org/doi/10.7326/M2...). I hope each of you will take the time to read this very short article by a Critical Care physician, and think about your “thread”.

Happy Friday!

Kate

Kate Gase, MBA, MPH, FAPIC, CIC  
Director Clinical Excellence  
314-452-2912

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# THANK YOU!!

- Kate Gase
  - [kathleen.gase@gmail.com](mailto:kathleen.gase@gmail.com)

You don't ever let go of  
the thread.