Thrive Rx
REVAMPing Our Pursuit Health & Well-Being

Jordyn H. Feingold, MAPP
MD/MSHR Candidate
Icahn School of Medicine at Mount Sinai
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Overview

- Who am I and what do I do?
  Hint: Positive Medicine

- Check Vital Signs: How are YOU doing?
  - Thrive Rx: REVAMP
First, who am I?

Penn Grad!

Medical Student

I'm a MAPP!

Top VIA Strengths:
- Perspective Wisdom
- The ability to love and be loved
- Gratitude

Optimist

Chief Extravert

Music and arts lover
Positive Medicine

"Health is a state of complete positive physical, mental, and social well-being and not merely the absence of disease or infirmity."

Preamble to the Constitution of the World Health Organization, 1946

“That physician will hardly be though very careful of the health of his patients if he neglects his own.”

Galen, 130-200 AD
Key Principles

• A deliberate and balanced approach to the practice of medicine

• Recognizes that the absence of disease ≠ health

• Begins with medical professionals adopting self-care & resilience practices to subsequently translate to patients, colleagues, the work environment

• Positions medicine as a field that aims to not just cure disease, but to promote the thriving of our population
Mind/Body Synergism
The premise of Positive Medicine

• THE MIND AND THE BODY ARE INEXTRICABLY LINKED.

• YOU CANNOT SUCCESSFULLY TREAT ONE WITHOUT THE OTHER

• MASSIVE DISCREPANCY BETWEEN PSYCHOLOGISTS AND MEDICAL PROFESSIONALS ABOUT INTEGRATING TREATMENT....

BUT: RECENTLY, MEDICINE SEEMS TO BE MORE RECEPTIVE THAN EVER.
BURNOUT.

1) Emotional exhaustion
2) Depersonalization
3) Low sense of personal accomplishment
(Maslach, 1981)

- Physician suicide rates 6x that of the general population
- Cardiovascular mortality higher than average
- 8-12% of physicians expected to develop a substance abuse disorder (Wallace et al., 2009)
- Burnout begins as early as medical school & in residency training
- The culture of the medical profession is recognized as a key factor preventing doctors from adequate self-care
- Burnout is getting worse (Shanafelt et al., 2016)
- **Interventions help!** (West, Dyrbye, Erwin, & Shanafelt, 2016)

(Arnetz, 2001; Hampton, 2005; Shernhammer, 2005)
Vital Signs Check:

All of us are patients. How are you all doing?

What are some barriers you have to achieving thriving/optimal health?

What factors enable you to thrive in college?
A theory of physician well-being, derived from former theories of well-being

|--------------|---------------|------------|----------------|-------------------|--------------------------|

Table 1: Elements Across Six Theories of Well-Being

(Feingold, 2016)
~Close/interpersonal, Workplace (HQC), Self~

- Good relationships may be the single most important source of life satisfaction and emotional well-being across people of all ages & cultures (Seligman, 2011; Reis & Gable, 2003)

**The Michelangelo Phenomenon & partner affirmations**

**Health benefits:**
- 50-91% greater survival rates among a global sample (n=3,000); meager connections = smoking 15 cigarettes/day, being alcohol dependent & double the effect of being obese
- Conflict-laden relationships do NOT have these benefits

**HQC(s):**
- Respectful engagement, task enabling, trusting, & playing

**Self-compassion**

**Exercises:**
- Active Constructive Responding
- Practicing Acts of Kindness
- Best Possible Selves
- Building HQCs
- Self-compassion exercises
Relationships

~Close/interpersonal, Workplace (HQC) Self~

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**Ways of Responding** (Gable et al., 2004)
A friend, significant other, etc. states: “I just found out I got that new job promotion!”

**Active-Destructive:**
“Isn’t that new job going to make you even more stressed than you already are?”

**Active-Constructive:**
“That’s wonderful! Tell me everything from start to finish. Who called you? What did they say? How do you feel?!?”

**Passive-Destructive:**
“Aren’t you going to ask me how my day was?”

**Passive-Constructive:**
“I’m happy to hear that.”
~Mindfulness practice, Flow, & Character Strengths~

**Flow** = the psychological state of optimal human experience; an ordered psychic energy

- When you stop thinking about HOW you’re doing and focus on WHAT you’re doing; closely related to **mindfulness**

  - “Alienation gives way to involvement, enjoyment replaces boredom, helplessness turns into feeling of control, and psychic energy works to reinforce the self of self”

**Character strengths & VIA; strengths development**

**College Life Crafting:** relational, task & cognitive crafting
  - strengths, values, passion

**Exercises:**
- Designing a Flow Experience
- Mindfulness Practice
- The VIA Inventory
- Job Crafting
<table>
<thead>
<tr>
<th>Strength</th>
<th>Opposite</th>
<th>Absence</th>
<th>Excess</th>
</tr>
</thead>
<tbody>
<tr>
<td>creativity</td>
<td>triteness</td>
<td>conformity</td>
<td>eccentricity</td>
</tr>
<tr>
<td>curiosity</td>
<td>boredom</td>
<td>disinterest</td>
<td>nosiness</td>
</tr>
<tr>
<td>judgment</td>
<td>gullibility</td>
<td>uneffectiveness</td>
<td>cynicism</td>
</tr>
<tr>
<td>love of learning</td>
<td>orthodoxy</td>
<td>complacency</td>
<td>&quot;know-it-all&quot;-ism</td>
</tr>
<tr>
<td>perspective</td>
<td>foolishness</td>
<td>shallowness</td>
<td>ivory tower</td>
</tr>
<tr>
<td>bravery</td>
<td>cowardice</td>
<td>fright</td>
<td>foolhardiness</td>
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<tr>
<td>persistence</td>
<td>helplessness</td>
<td>laziness</td>
<td>obsessiveness</td>
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<tr>
<td>authenticity</td>
<td>deceit</td>
<td>phoniness</td>
<td>righteousness</td>
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<tr>
<td>vitality</td>
<td>lifelessness</td>
<td>restraint</td>
<td>hyperactivity</td>
</tr>
<tr>
<td>intimacy</td>
<td>loneliness</td>
<td>isolation/autism</td>
<td>emotional promiscuity</td>
</tr>
<tr>
<td>kindness</td>
<td>cruelty</td>
<td>indifference</td>
<td>intrusiveness</td>
</tr>
<tr>
<td>social intelligence</td>
<td>self-deception</td>
<td>obtuseness</td>
<td>psychobabbling</td>
</tr>
<tr>
<td>citizenship</td>
<td>narcissism</td>
<td>selfishness</td>
<td>chauvinism</td>
</tr>
<tr>
<td>fairness</td>
<td>prejudice</td>
<td>partisanship</td>
<td>detachment</td>
</tr>
<tr>
<td>leadership</td>
<td>sabotage</td>
<td>compliance</td>
<td>despotism</td>
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<tr>
<td>forgiveness</td>
<td>vengefulness</td>
<td>mercilessness</td>
<td>permissiveness</td>
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<tr>
<td>humility</td>
<td>arrogance</td>
<td>footless self-esteem</td>
<td>self-deprecation</td>
</tr>
<tr>
<td>prudence</td>
<td>recklessness</td>
<td>sensation-seeking</td>
<td>prudishness</td>
</tr>
<tr>
<td>self-regulation</td>
<td>impulsivity</td>
<td>self-indulgence</td>
<td>inhibition</td>
</tr>
<tr>
<td>awe</td>
<td>criticism</td>
<td>oblivion</td>
<td>snobbery</td>
</tr>
<tr>
<td>gratitude</td>
<td>entitlement</td>
<td>rudeness</td>
<td>ingratiation</td>
</tr>
<tr>
<td>hope</td>
<td>despair</td>
<td>present orientation</td>
<td>Pollyannaism</td>
</tr>
<tr>
<td>humor</td>
<td>douarness</td>
<td>humorlessness</td>
<td>buffoonery</td>
</tr>
<tr>
<td>spirituality</td>
<td>alienation</td>
<td>anomie</td>
<td>fanaticism</td>
</tr>
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</table>
Mindfulness practice, Flow, & Character Strengths

**Flow** = the psychological state of optimal human experience; an ordered psychic energy

- When you stop thinking about HOW you're doing and focus on WHAT you're doing; closely related to **mindfulness**
  
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If you're in a bad mood, go for a walk...

If you're still in a bad mood, go for another walk.

Hippocrates
~Physical activity, sleep, nutrition, and our mindsets~

**Exercise, Cognition, & BDNFs**
- Physical activity & our mindsets around it
- BDNF = MiracleGro for the brain! Antidepressant, anti-toxic stress factor; corr. with intelligence & memory
  - Think: EVOLUTION

**Nutrition (on a budget)**
- Cook with friends! Leafy greens, lentils, beans, citrus fruits, berries, eggs (Vitamins B, D + folate)

**SLEEP!**
- Disconnect from the digital world at least one hour before bed
- Avoid artificial light (think: melatonin)
  Take advantage of natural sunlight

**Exercises:**
- Time Tracking
- Food logging & diarying
- The Unplug Challenge
Mindset meets Physiology

Research Article
Mind-Set Matters
Exercise and the Placebo Effect
Alia J. Crum and Ellen J. Langer
Harvard University

BRIEF REPORT
Mind Over Milkshakes:
Mindsets, Not Just Nutrients, Determine Ghrelin Response
Alia J. Crum
Yale University
William R. Corbin
Arizona State University
Kelly D. Brownell and Peter Salovey
Yale University
~Physical activity, sleep, nutrition, and our mindsets~

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Success ≠ a zero sum game; gritty otherishness~

Being "Otherish" means:
“Willing to give more than you receive, but still keeping your own interests in sight, using them as a guide to choose where, how, and to whom you give”
(Grant, 2013, p. 158)

GRIT = Passion + Perseverance
“Sometimes it's very particular (“my children,” “my clients,” “my students”) and sometimes quite abstract (“this country,” “the sport,” “science,” “society”). However they say it, the message is the same: the long days and evenings of toil, the setbacks and disappointments and struggle, the sacrifice—all this is worth it because, ultimately, their efforts pay dividends to other people”
(Duckworth, 2016, p. 142)

Deliberate practice ~ a predictor of world class achievement ~
1) have a clearly defined stretch goal
2) employ full concentration and effort
3) receiving immediate and informative feedback
4) repeating with reflection and refinement

Exercises:
SMART Goals
Developing a Daily Deliberate Practice Ritual
Reciprocity Ring
<table>
<thead>
<tr>
<th>Otherish Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prioritize you own needs and goals</strong></td>
</tr>
<tr>
<td>“Put the oxygen mask on yourself before helping others around you” — if you’ve been on an airplane, you’ve heard the spiel. By prioritizing your own needs and employing self-compassion, you can turn your desire to help others in on yourself; this can help you to avoid burnout and enable yourself to recharge to be able to help others in the future.</td>
</tr>
<tr>
<td><strong>Be a chunker, not a sprinkler</strong></td>
</tr>
<tr>
<td>Having an open-door policy for helping others can put you at risk from losing time devoted to your own goals; research shows that you get more psychological benefits when you chunk good deeds in a shorter period of time rather than sprinkling them throughout the week. Set chunks of prosocial time in the calendar to ensure that both your giving and goal-seeking tasks get done.</td>
</tr>
<tr>
<td><strong>Know when to say NO</strong></td>
</tr>
<tr>
<td>Be discerning: do not automatically agree to every favor that is asked of you. Be critical, screen for sincerity, and ensure that you are qualified to help.</td>
</tr>
<tr>
<td><strong>Ask for help more often and more effectively</strong></td>
</tr>
<tr>
<td>Give others the gift of giving! Ask for help in areas that will energize the other person; ask for help that will be convenient for the other person to give; allow the other person the option to say no and feel safe. Seek out mentors this way.</td>
</tr>
<tr>
<td><strong>Consider the needs of others</strong></td>
</tr>
<tr>
<td>Be compassionate toward your peers: by understanding what they are going through, you may be able to more carefully cater your help in ways that will both suit their needs and overlap with your own interests.</td>
</tr>
<tr>
<td><strong>Seize energizing opportunities to help</strong></td>
</tr>
<tr>
<td>Help people in ways that correspond with your strengths and interests. Helping a friend in the course that comes most naturally to you may be a great way to keep yourself motivated, reinforce the material, and also help another person succeed.</td>
</tr>
<tr>
<td><strong>Reflect on your impact</strong></td>
</tr>
<tr>
<td>After you help someone, take a moment to consider the impact that you’ve had and reap the emotional and motivational benefits. Doing this has been shown to motivate individuals to continue giving.</td>
</tr>
<tr>
<td><strong>Build a team</strong></td>
</tr>
<tr>
<td>Recruit other friends or colleagues to join you in a help request to give even more people the gift of giving. This will also help reduce resource demands, protecting each individual from burnout, and can forge bonds between more people and build a community around helping.</td>
</tr>
</tbody>
</table>
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Exercises:
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Developing a Daily Deliberate Practice Ritual
Reciprocity Ring
~Sacred moments, sacred vocation, the humanities~

Identifying with our sense of calling, belonging
- Boundlessness, Interconnectedness, Transcendence, Ultimacy

The Humanities & the Human Experience
- Writing, reading, music, art, philosophy, film, history, philosophy

- Spirituality

- Empathy vs. compassion

Exercises:
- A Work Oath
- Exercising "Exquisite Empathy"
- Creating meaningful music & literature libraries
Positive Emotions

~Broaden-and-build, correl. to health, & Resilience~

Joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, & love

Broaden-and-Build theory
- Positive affect induces unusually flexible, creative, integrative, and efficient informational processing and a broad, flexible, cognitive organization, enabling the integration of diverse material

Positive Emotions & Physical Health
- Optimism protective against cardiovascular disease, death from cardiovascular disease, contraction of common cold, frailty & physical deterioration
  - Related to adherence to post-surgical regimens

Resilience
- The ability to bounce back in the face of adversity: holding positive emotions with the negative ones

Words make worlds
- Language and our health

Exercises:
  - Savoring
  - Three Blessings Exercise
  - ABCs (Activating events >> beliefs >> Consequences)
  - Fighting Thinking Traps
Positive Emotions

Broadening

Novel thoughts, activities, relationships

Building enduring personal resources (e.g., social support, resilience, skills, and knowledge)

Enhanced health, survival, fulfillment

Produces more experiences of positive emotions, creating an upward spiral
Questions?

Jordyn.feingold@gmail.com
Gratitude for:

Scott Barry Kaufman
Martin Seligman
James Pawelski
Leona Brandwene
The Mount Sinai Community

ALL OF YOU!
Thrive Rx

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On Wednesday, August 17, 2016, at about 5:15 in the morning, Kathryn, one of our fourth-year medical students, ended her life by jumping out of her apartment window. She was found
IcahnBeWell Presents:

A Discussion with Dean Muller: 
*Rock Bottom, a Debrief*

Tuesday, November 8th | 6:00pm
Aron Hall Student Lounge

Light refreshments and tea will be served.
All in the Mount Sinai community are welcome to attend.

Look out for an email to RSVP from IcahnBeWell@gmail.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON, FEB 06</td>
<td>Social 12PM Welcome to Wellness Week: BYO Lunch</td>
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<tr>
<td></td>
<td>Annenberg Student Lounge 430-530PM Reciprocity Ring Aron Hall Lounge</td>
</tr>
<tr>
<td>TUES, FEB 07</td>
<td>Emotional 530PM “Is my Skin too Thin? Is my Skin too Thick?” with Dr. Lister &amp; Dr. Lindenerger Aron Hall Lounge 530PM Slow Flow Yoga Annenberg Student Lounge</td>
</tr>
<tr>
<td>WED, FEB 08</td>
<td>Physical 430PM-630PM Massage Workshop* Annenberg Student Lounge 530PM Find Your Qi: Integrative Medicine Workshop Annenberg Student Lounge</td>
</tr>
<tr>
<td></td>
<td>SPIRITUAL 6PM-630PM Guided Mindfulness Mediation Annenberg 10-30 7PM Deities and Dessert: An Interfaith Wellness Dialogue Aron Hall Lounge</td>
</tr>
<tr>
<td>FRI, FEB 10</td>
<td>Professional 12PM Young Work-Life Balance Panel Annenberg 12-01</td>
</tr>
</tbody>
</table>
Well-being Wednesdays
Wednesdays | 9:00 - 10:00pm
Aron Hall Student Lounge
Unless otherwise specified

We will have tea and some snacks! BYO Mug 😊
All in the Mount Sinai community are welcome to attend.
Feel free to stop in or come for the whole hour.
Student Spotlight
Ching See Lau, Resident in Pediatrics

What Wellness Means To Me:

“...staying physically and mentally healthy”

“With the haphazard schedule of residency, I have to be more flexible with how I find wellness. More often than not, it takes the form of an ongoing project...reading a book, working on a puzzle, learning a song on the guitar, engaging my mind/body/soul in something other than patients and medicine.”

“Sometimes, I let myself say no to things.”

Do you want to be spotlighted, or know someone who you think should be spotlighted? Let us know!
Class of 2020 Oath

We recognize that practicing medicine is a sacred privilege. Therefore, with reverence for our patients and teachers, we, the Icahn School of Medicine at Mount Sinai Class of 2020, commit:

* To promote a culture of wellness and mindfulness for ourselves, our peers, and the communities we serve;
* To be humble agents of change in the pursuit of equitable care;
* To actively challenge discrimination at large and bias within ourselves;
* To reflect upon our own limitations, and those of the medical tradition, using them as catalysts for learning and progress;
* To bring a mindful presence to each patient encounter;
* To collaborate with patients, colleagues, and communities to foster mutual understanding and education;
* To empower patients to be partners in their own care; and
* To approach our patients holistically with love, empathy, and respect for their individual strengths and vulnerabilities.

In the spirit of curiosity and with a passion for service, we enthusiastically accept these responsibilities.
The Art & Science of Medicine
Year 1
Setting and Tackling SMART
Wellness Goals – Student and Faculty Guide
PEERS: Practice Enhancement, Engagement, Resilience, & Support

- Orientation: Introduction to burnout, well-being, & resilience
- IF1: Transitions & Change; distinguishing expectations vs. goals
- IF2: Maintaining Self; identifying and living by values and priorities
- IF3: Recognizing Growth; practicing Appreciative Inquiry
- IF4: Overcoming Obstacles; tackling cognitive distortions & thinking traps
- IF5: Signature Strengths; identifying and using strengths in new ways
- IF6: Interpersonal Effectiveness; employing empathy and high quality connections
- IF7: On Becoming; writing our past and future narratives
- IF8: Gratitude; reflecting on where we are and how we got here

* Each class will begin the program where they are, rather than starting everyone from the beginning
* Some of these sessions will take place during ASM rather than InFocus
* Sessions are 90-minutes
Positive Medicine, a New Nexus Course

Applying the Science of Well-Being, Resilience, & Human Flourishing in Medical School
The National Academy of Medicine

400 people die by suicide each year, a rate more than 2X the rate of the general population.

Physician rates of depression remain alarmingly high at 39%.

24% of ICU nurses tested positive for symptoms of post-traumatic stress disorder.

Prevalence of emotional exhaustion among primary care nurses 23–31%.

How can we protect the health of the people who protect our own?

National Academy of Medicine
Action Collaborative on Clinician Well-Being and Resilience

Learn more at nam.edu/ClinicianWellBeing
Evidence-Based Interventions for Medical Student, Trainee and Practicing Physician Wellbeing: A CHARM Annotated Bibliography
For the Collaborative for Healing and Renewal in Medicine (CHARM) *Best Practices Subgroup*

Thomas L¹, Harry E², Quirk R³, Gooding H⁴, Ripp J⁵, James T⁶, Kosub KY⁷, Pinto-Powell RC⁸, Orrange S⁹, Panagioti M¹⁰, Duckles AB¹¹, Brown C¹², Feingold J¹³, Co JP¹⁴, Wallach S¹⁵, Tan WW¹⁶, McManamon AC¹⁷, Palamara K¹⁸, Block L¹⁹, Quinn M²⁰, Lukela M²¹, Tomescu O²²