

Resilience and Self Care for Collaborative Courts

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Thank You!

Introductions and Disclosures

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Objectives

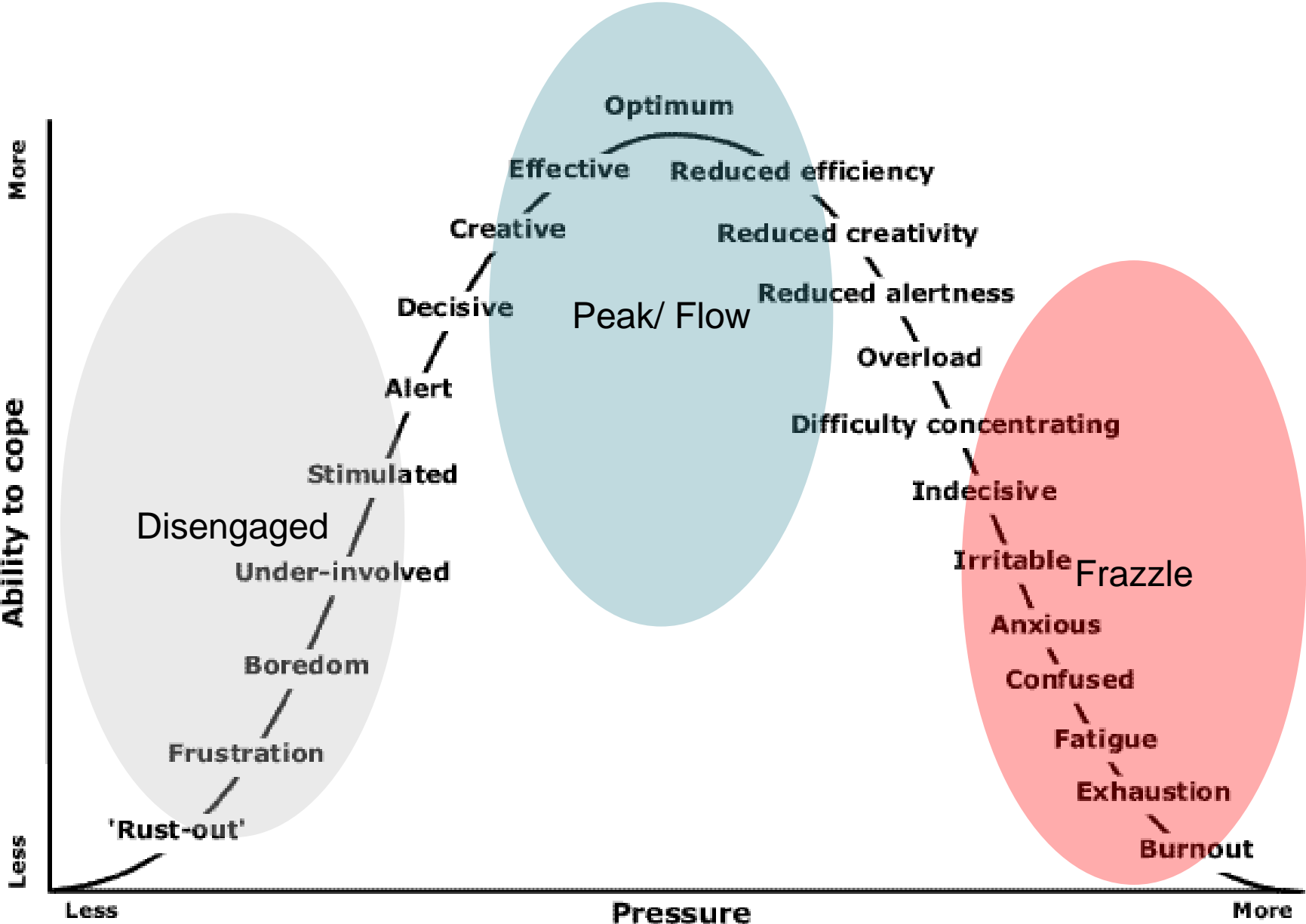
- Describe the human response to acute and chronic stress
- Compare your experience of three evidence-based strategies to increase resilience and improve well-being
- Identify two resilience and self-care strategies for you and your court team

“Challenging Changes: Collaborative Solutions”

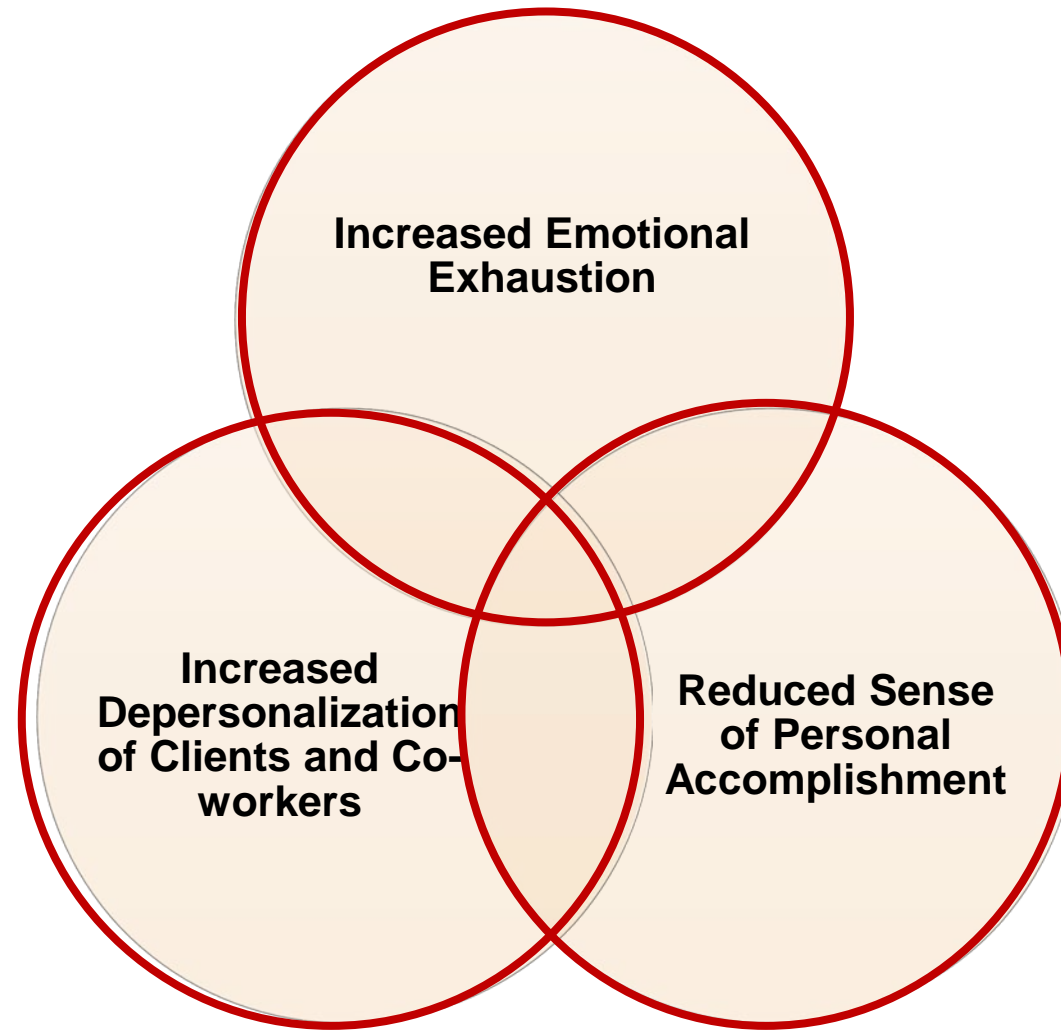
Where are your challenges?

Body Copy

Burnout is related to Pressure: Human Performance Curve



Beyond the Stress Response: Three Dimensions of Burnout



Trends in Burnout

- Rates
- Research
- Interventions

Good News

- The Burnout (and mental health) Crisis is recognized
- We have more research on stress and burnout than ever before
- There is well-developed science to empower professionals
- We have evidence-based strategies to promote resilience and wellbeing

Science of Happiness

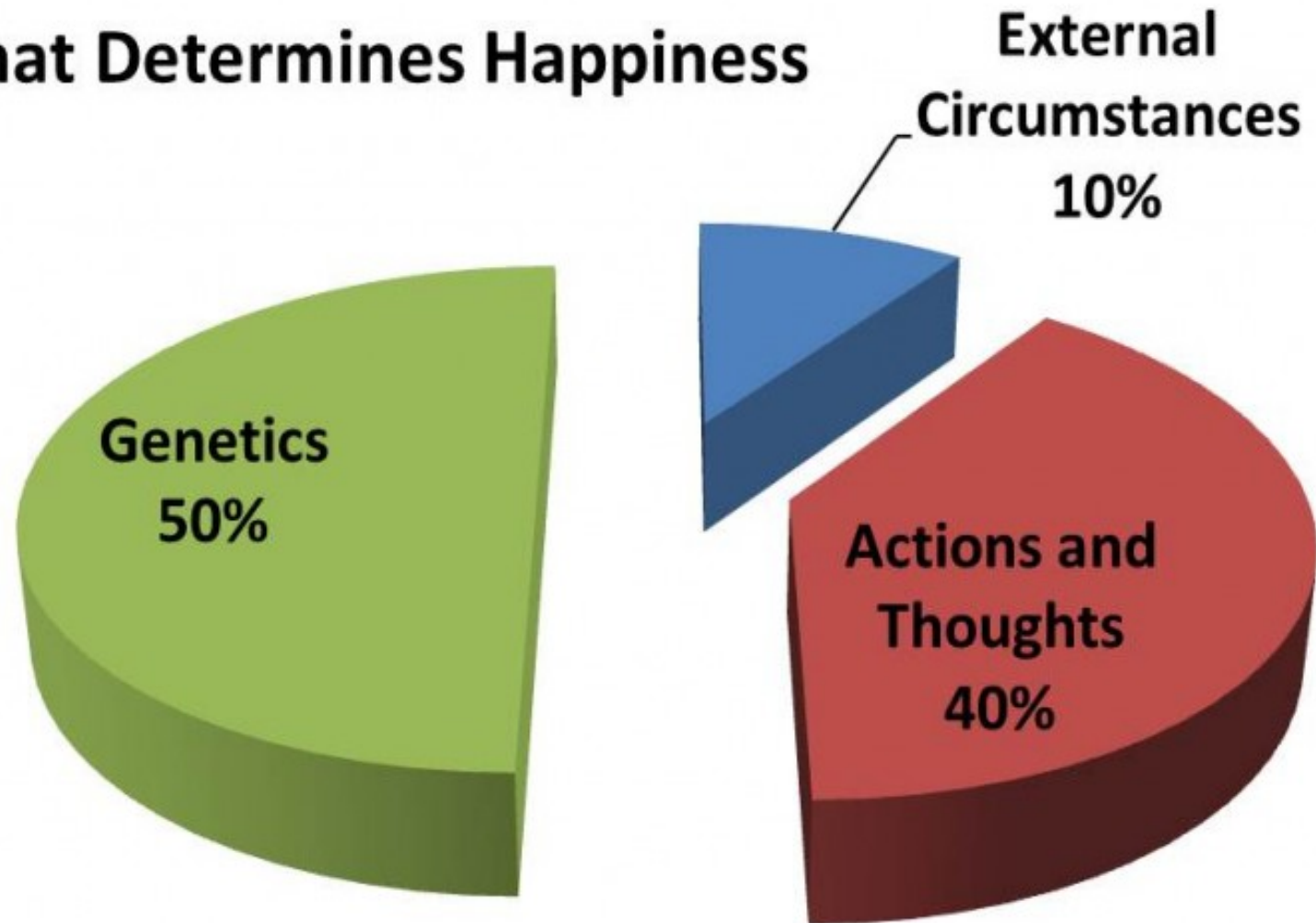
What would make you happier?

1.

2.

3.

What Determines Happiness



Source: Sonja Lyubomirsky, Ph.D.
University of California, Riverside

Happiness is 50% Genes

- Some people hit the happiness jackpots
- We cannot pick our parents

10% of Happiness is Related to Circumstances

- What was on that list?
- How many were “things” or “circumstances?”
- (True when most basic physical needs are met)

Good news: 40% Under Our Control

- We tend to grossly underestimate the impact of our behaviors (rather than circumstances) on our happiness
- Why?

Positive Psychology: Science of Happiness and Resilience

- Resilience can be cultivated
 - Specific practices
 - Exercises
 - Deliberate activities
- Physical activity has broad and lasting benefits

Why Cultivate Optimism and Other Positive Moods?

- Broadened mindset- increase cognitive functioning, options, resources
- “Undoing” of Negative Mood States
- Build resources and strengths that serve us well after the transient positive state
- Resilience

What are those intentional activities?

- Thoughts
- Actions
- Exercises that become Habits

Research: Happy People Habits

1. Time with family and friends
2. Physically active
3. Practice gratitude
4. Practice optimism

2 Minute Exercises That Build Optimism

- Reframing
- Treasure Hunt
- Gratitude

Marie Kondo



Exercise I: Reframing

- Think of a problem.
- How it might also be good?
- Write down three ways that problem may also be good.

Reframing

- Something bad happens. Natural dip in mood.
- Acknowledge it feels bad and....
- **How is this also good?**

Sample Reframes

- **It is good because it teaches me something.**
- **It is good because I can use it somewhere else or for something else.**
- **It is good because it will change in time into a good thing.**
- **It is good because it required me to try something new.**
- **It is good because I learned something valuable about myself.**

Research: 9 Beautiful Things

- College students: increased hope
- General population (online): increased happiness ratings for 1 month
 - Proyer, (2016), Huffman, (2014)

9 Beautiful Things

- Make a list of beautiful things at the end of the day
- List things from each category: natural, behavior, and man-made

Exercise 2: A Treasure Hunt 3 Beautiful Things

- 1.

- 2.

- 3

Gratitude



Gratitude Research

- Physical health
 - Sleep
 - Inflammation
- Mental Health
 - Less depression
- Resilience
- Social
 - Family benefits

Greater Good Science Center, UC Berkeley, May 2018

Forms of Gratitude Practice

- An ongoing gratitude journal
 - Letter writing
 - Gratitude visits/ calls
 - Daily 2 minute habit: “3 things Specific Things For Which I am Grateful”
 - Embedded in planners
-
- Lambert, Fincham, Stillman

Exercise 3: Your Gratitude List

- Specific
- Reason for choosing each item

Social Wellbeing



Research on Social Wellbeing

- Protection from burnout
- High correlations of wellbeing with satisfaction with family and friends.
- Strongest external source of wellbeing.
- Social contact better predictor than wealth, education or career.
- Stronger than the connection between smoking and cancer.

Social Wellbeing

For two minutes each day, start work by writing a two-minute positive e-mail or text praising or thanking one person you know.

- For a different person each day for a week.
- Expect great e-mails and texts back
- Perceived as positive leaders because of the praise and recognition
- Social connection score is at the top end of the scale.

Who here has a smart phone? Exercise 4

- Compose an Email or a text to a person you know and tell them:
- A wonderful quality that they have
- Gratitude for their presence on your team OR
- A thank you for something specific they do/ have done

Physical Activity

Major Protective Effect

Depression

Cancer

Chronic diseases

Aerobic or Resistance

Increase the impact: Go Outdoors!

Exercise 5 Mobility and Movement

Strategies for You and Your Team

What works?

- Brief
- Varied
- Modeled
- Embedded in existing activities
- Integrate into Your Culture

Exercise 6: Strategy to Take It Home

- Which activities would align best with your existing culture?
- Where could this be integrated into your existing routines?
- Which could you most authentically model?

Reframe

Treasure Hunt

Gratitude

Social contact

Physical Exercise

Wrapping Up

- You do difficult work with (sometimes) stressful situations
- We can cultivate happiness with intentional actions and exercises
- Care for yourself and each other





Thank You!



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