Resilient Living for a Resilient Community

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10% PTSD (General population)
20% Depression
30% PTSD (War veterans)
40% Loneliness
50% Burn out
60% Discriminated
70% Not engaged / actively disengaged

American Psychology Association; Gallup.com
Predictors of Wellbeing/Resilience

- Affect
- Adaptability
- Altruism
- Approach
- Attention
- Autonomy
- Challenge
- Communication
- Confidence
- Control
- Coping (active)
- Creativity
- Courage
- Effort
- Excellence
- Expectation
- Experience
- Faith
- Flexibility
- Happiness
- Health
- Hope
- Humility
- Humor
- Integrity
- Learning
- Meaning
- Morality
- Motivation
- Optimism
- Patience
- Predictability
- Problem solving
- Reappraisal
- Self control
- Self esteem
- Self-mastery
- Social support
- Tolerance
- Wisdom

Simplify

- Life is a series of experiences ($L = n \times E$)
- Experience = Attention + Interpretation + Action

Trained Attention + Trained Interpretation
Brain Jeopardy:
Our Brain Struggles With Focus, Fatigue, and Fear.
Health Partner Economy Work Children Finances
Learning to Drive: 100% Attention Capacity Used

Driving as Adults: 20% Attention Capacity Used
Learning to Drive: 100%
Driving as Adults: 20%
Eating: 15%
Brushing teeth: 10%
Talking to Spouse: 95%

![Graph showing baseline fatigue and fatigue after 2 hours](image-url)

**Baseline Fatigue**

**Fatigue at 2 hours**

**Time on task**

**Graph A: Mean reaction times**

**Graph B: Accuracies**

Threat superiority effect
Past            Present          Future
Hurts, Regrets              Concerns, Fears
Imagination (Catastrophizing)

Kernel of negative memory or fear

Avoidant response

Rumination
Past          Present          Future
Hurts, Regrets          Concerns, Fears
Practice

Insight
Core Practice #1
Morning Gratitude
Gratitude

Wake up with Gratitude
Bonus Practice #1
Grateful Note
Grateful Note
Bonus Practice #2
Gratitude Jar
Gratitude Jar
Part 2
World

Body/Breath

Mind (Chosen)

Mind (Automatic)

Smartphone
Core Practice #2
Two-minute Rule
Novelty
Transience
Do not try to improve

Be genuinely interested
Say one good thing
Bonus Practice #3

Curious Moments
Bonus Practice #4
Relaxing Moments
Pamper Yourself
Watch a movie / Visit a place / Read a book / Meet a person / Get a massage / ...
Core Practice #3
Kind Attention
Trustworthiness
Competence
Aggressiveness
Attractiveness
Likeability

I Wish You Well
Look at yourself with the eyes of someone who loves you for who you are.

Dove.com; https://www.youtube.com/watch?v=litXW91UauE
Bonus Practice #5
Drop One
Drop One
Part 4
Core Practice #4
Resilience Thinking
Daily Theme

Monday
Gratitude

Tuesday
Compassion

Wednesday
Acceptance

Thursday
Meaning

Friday
Forgiveness
Bonus Practice #6
Pick One
Causes of MORTALITY

Keeney R: Personal Decisions Are the Leading Cause of Death. Operations Research 56(6), pp. 1335–1347
Pick One
Week 1: Morning Gratitude

Week 2: Two-Minute Rule

Week 3: Kind Attention

Week 4: Resilience Thinking

+/- Meditation


7. **Sood A**, Fuehrer D, Schroeder D. Attention and Interpretation Therapy: Outcomes of Train the Trainer program.

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9. Khan Z, Jensen J, **Sood A**. Stress management and resilience training (SMART) for couples undergoing IVF.

10. Chesak S, Cutshall S, Schroeder D, **Sood A**. Stress management and resilience training (SMART) for nurses: A one-year follow up.

11. Steinkraus L, **Sood A**. Integration of Stress management and resilience training (SMART) program among medical students: A pilot study.

12. Magtiby D, **Sood A**. Online Stress management and resilience training (SMART) program for transplant care nurses.


Next Step: Content

* Books
* @amitsoodmd
* Stressfree.org
Integrative Re-Sources partners with rural health leaders to identify, support, measure and monitor resiliency in health care environments thru workshops, leadership coaching and peer support.