



# BREAKING THE STIGMA:

## A PHYSICIAN'S ROAD TO RECOVERY AND SELF-CARE

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# FINANCIAL DISCLOSURE

- I will be disclosing a lot of things today....
- None of those are financial in nature

# TALK OVERVIEW

- Share my story
- Discuss the lesson learned
- Invite dialogue, conversation, questions

- "Not until we are lost, do we begin to understand ourselves" - Henry David Thoreau

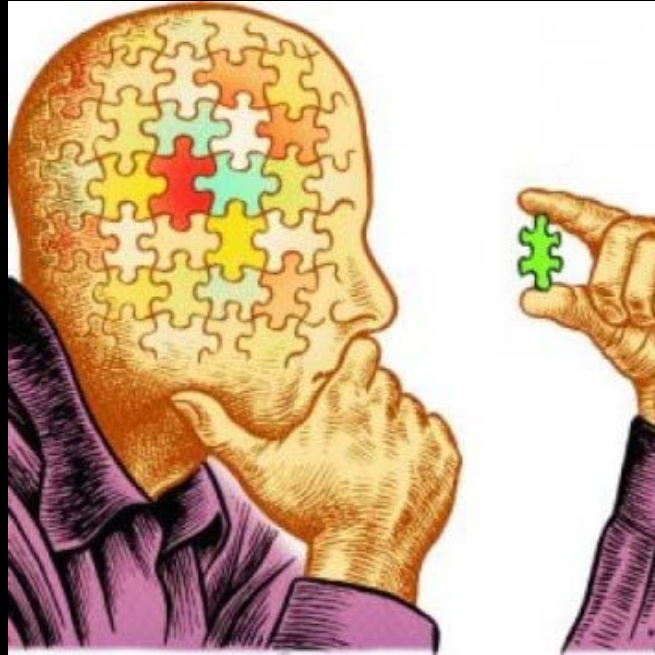


# LESSONS LEARNED

- 1. Self Care
- 2. Stereotyping
- 3. Stigmatization of Mental Illness/Substance Abuse
- 4. Open/Honest Conversations (Vulnerability)
- 5. Professionalism/Patient Safety
- 6. Support Systems

# SELF-CARE

- Self awareness



- pic: <http://lifitnessandwellness.com/2015/12/08/the-importance-of-self-awareness-in-your-health-and-fitness/>



# SELF-CARE

- SELF TALK



# SELF CARE

- SELF COMPASSION

- Be Kind to Yourself

- My Mantra :

- "There is a lot of pain and suffering in the world, I didn't cause it. All I can do is stand in the face of tragedy, suffering and try to make a small difference"



# SELF CARE

- BEING PROACTIVE

- "When the well is dry, we know the value of water" - Benjamin Franklin

# BOUNDARIES

- What do you value?
- Discover your own limits
- Set healthy boundaries
  - To PRESERVE what you value
  - PREVENT pushing you beyond your limits



# SELF CARE

- SEARCH FOR GRATITUDE
  - Take stock
  - Make a list



# SELF CARE

- COLLECT SKILLS/TOOLS:
  - Fill up your toolbox
- Yoga
- Meditation
- Massage
- Deep Breathing
- Hot Baths
- Exercise
- Debriefing with friends/spouse/family/colleagues



# SELF CARE

- Counseling/DBT
  - Positive reframing, Distress Tolerance, Radical Acceptance
- Mindfulness Activity
- Pet Therapy
- Hemi-sync
- Writing/Journaling
- Poetry
- Music
  - Find a self-care anthem/theme song

# SELF CARE

- TRIAL and ERROR





# STEREOTYPING



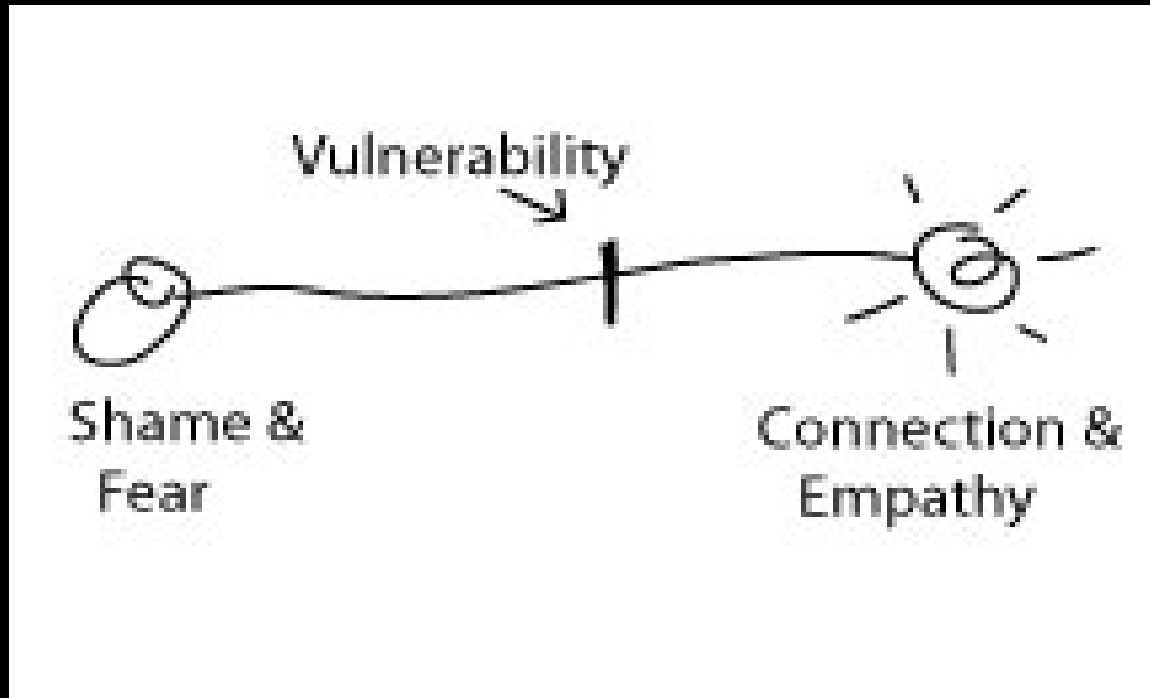
**Stereotypes**

# STIGMA



# OPEN/HONEST COMMUNICATION

- Vulnerability DOES NOT mean weakness



# PROFESSIONALISM (PATIENT SAFETY)



# SUPPORT NETWORK

- Counselor
- Psychologist/Psychiatrist
- Support Groups
  - With similar life experiences
- Family
- Friends
- Mentors
- Faith community
- Professional Advocacy Organizations (ISMA)
- Colleagues





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