



School of Continuous  
Professional Development

# Protecting Your Mental Health:

A WELLNESS-CENTERED APPROACH

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## **DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIP(S) WITH INELIGIBLE COMPANIES**

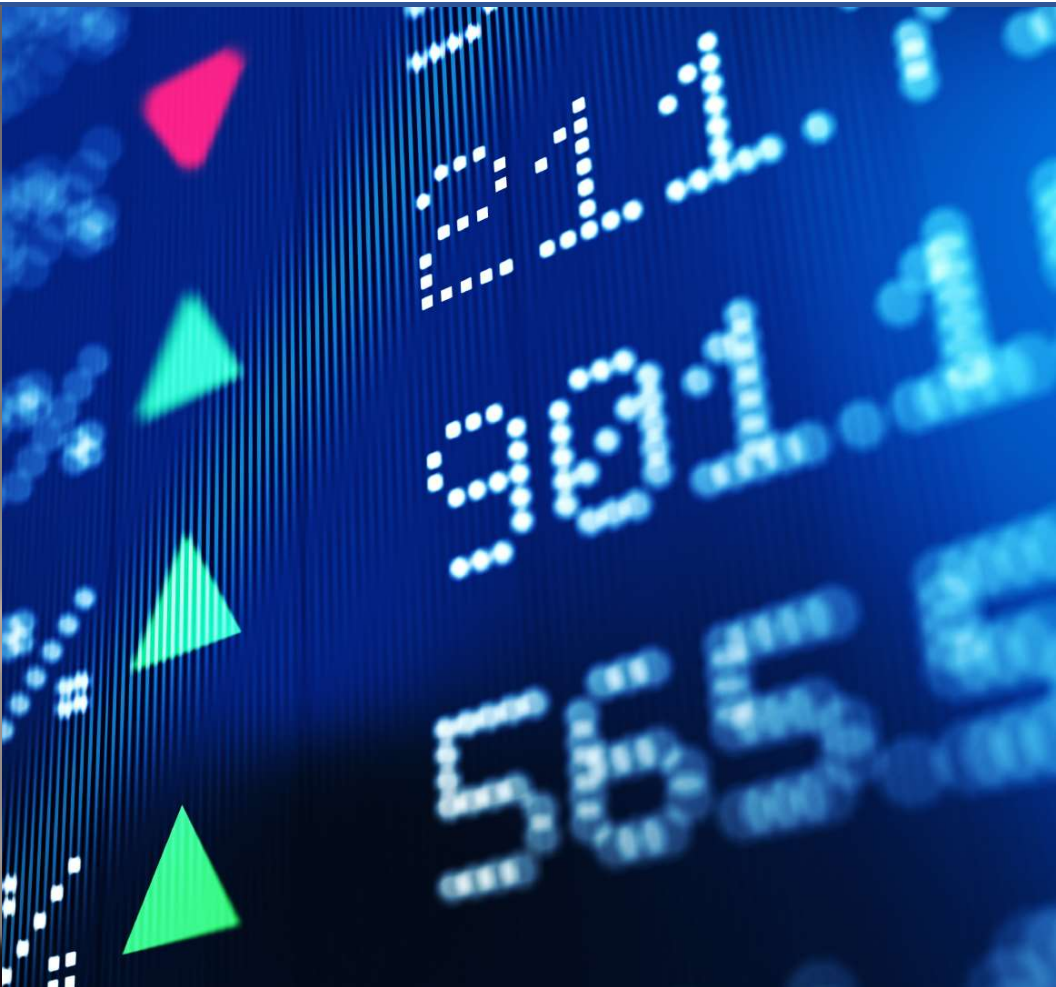
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## **REFERENCES TO OFF-LABEL USAGE(S) OF PHARMACEUTICALS OR INSTRUMENTS**

- Nothing to disclose

# LEARNING OBJECTIVES

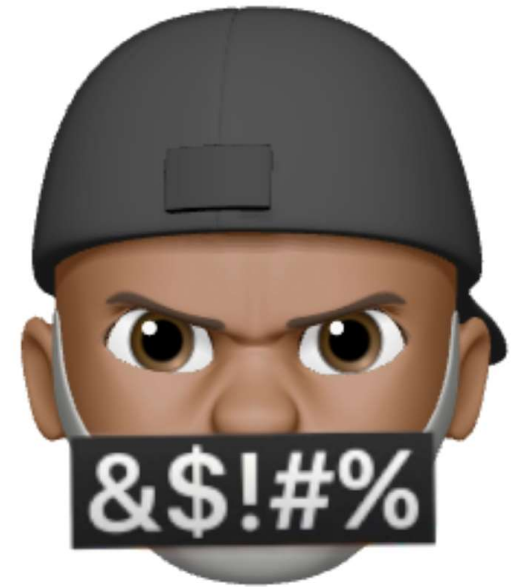
- Discuss a 10-15-minute well-being intervention to support mental health
- Discuss areas where the well-being intervention can support your professional and personal well-being
- Apply the well-being skills in a way that makes a meaningful difference to you, your patients, colleagues, and loved ones



Keith 1.0

# Default Settings:

- Constant Ruminations
- **Resistant & Hostile to Change**
- Inability to Be in the Present Moment
- Misplaced Anxiety About Future Events
- Self-focused Rather Than Other-oriented
- Complete Identification with My Thoughts







# The Costs:

- Increased “Lows”
  - More Stress, Anxiety
- Inability to See the Good
  - Drawn to the Negative
- Separation from Others & Life
  - More Self-interest
  - Fewer Win-wins

**Unaware there was a choice**

Work on Yourself







# Gratitude Threshold

High or Low

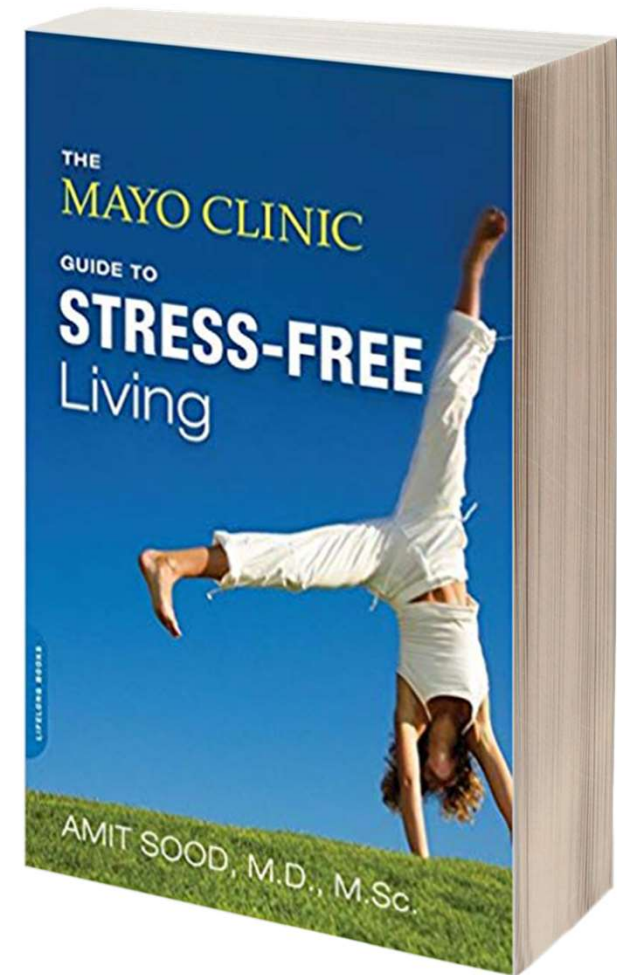
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Choose

# “The Practice”

## Five Daily Exercises

1. Perform Gratitude exercise
2. Read 1 pg of the Mayo Clinic Guide to Stress-free Living book
3. Perform 3-5 min. of exercise
4. Listen to an inspiring podcast or faith-based talk
5. Accountability: Circle of friends holding me accountable.



# Benefits

- Expanded capacity to see possibilities
- More grace & kindness
- Increased Joy and Inner Peace
- Greater Fulfillment in your Life
- A Contribution to Others
- Acceptance & Love for Where You Are



“The Practice”  
In the Workplace





MAYO CLINIC



Embracing Change  
Contributing to Others



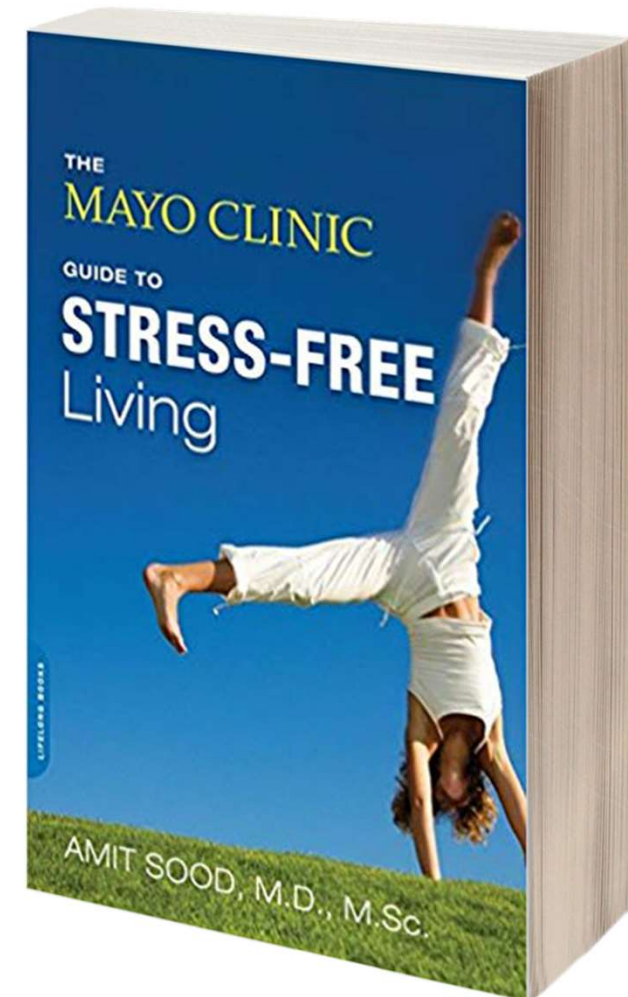
# “The Practice”

## Five Daily Exercises

1. Perform Gratitude exercise
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4. Listen to an inspiring podcast or faith-based talk
5. Accountability: Daily group text with colleagues and biweekly discussions

## Biweekly Group Meetings

1. Meet in-person or over Zoom.
2. Answer two questions: “What’s going well with your practice?” and “What needs work?”
3. Create a safe space for participants to be vulnerable and grow together.
4. Offer learner-centered feedback that boosts individual and group well-being.



# Well-being Intervention Participation

Initial grant application included Cardiology ONLY. Due to interest from other departments, grant modified to include other groups.

| Date     | Number of Participants* |
|----------|-------------------------|
| 7/20/21  | 42                      |
| 8/10/21  | 60                      |
| 8/23/21  | 81                      |
| 9/8/21   | 90                      |
| 10/22/21 | 119                     |
| 12/31/21 | 138                     |
| 4/22/22  | 250                     |

\*number reflects only those who agreed to also participate in IRB approved study with baseline and f/u surveys

| Cardiology Groups                             | Non-Cardiology Groups                                |
|---|--|
| CATH/EP                                       | Department of Laboratory Medicine & Pathology (DLMP) |
| CV Pre/Post Procedure Unit (PPPU)             | Psychiatry & Psychology                              |
| CV Imaging CV Administrative Support          | Gastroenterology and Hepatology                      |
| Cardiothoracic Surgery                        | Critical Care Medicine                               |
| Cardiology Advanced Practice Providers (APPs) | Respiratory Therapy and Vascular Access              |
| Cardiology Outpatient Nursing                 | Liver, Kidney and Heart Transplant                   |



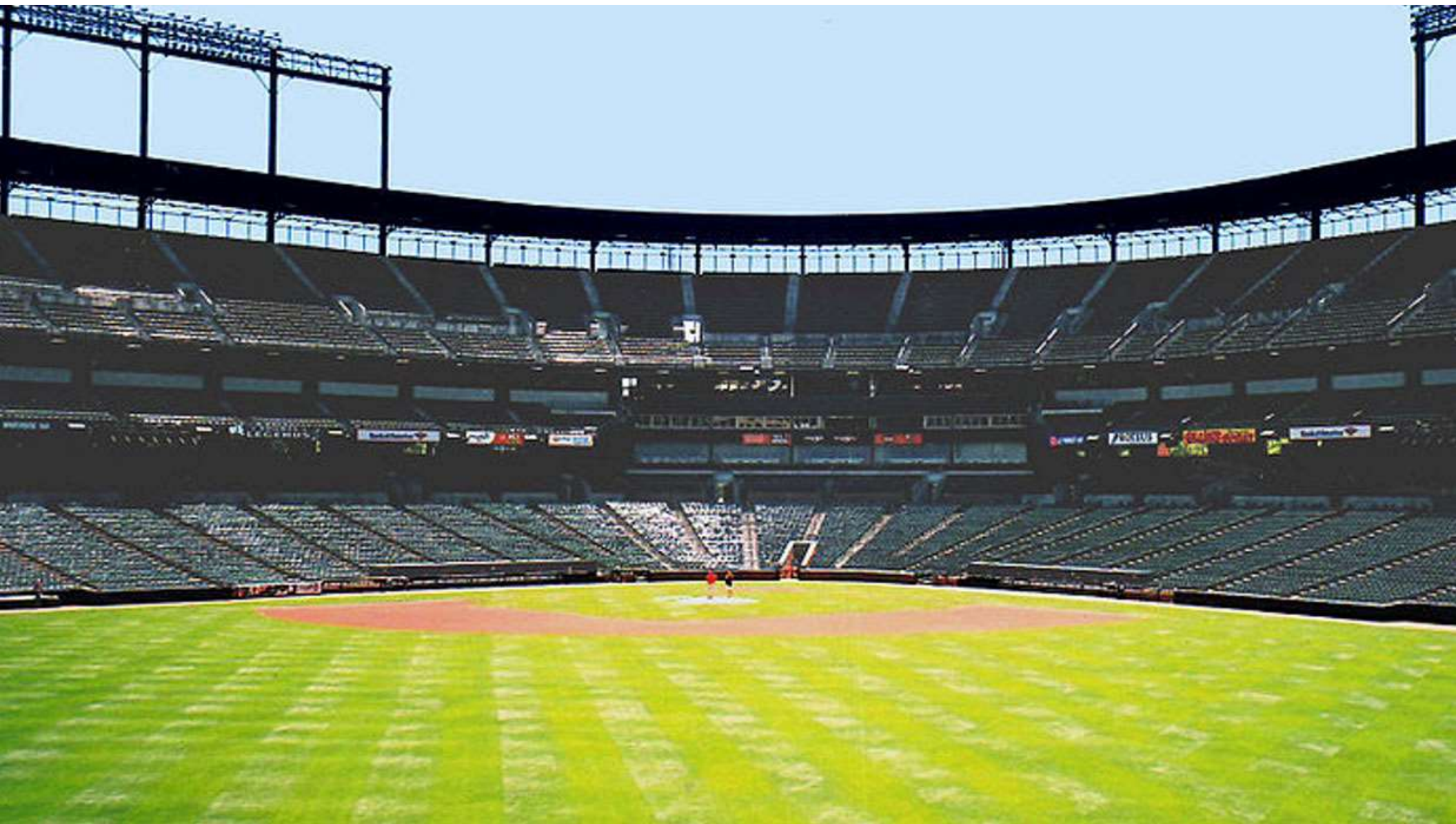
# Wellness Intervention Summary of Quantitative Data: baseline, 3, and 12 months

At baseline group has great capacity for well-being, emotional intelligence, and job fulfillment, but they are physically and emotionally exhausted.\*

At 3 months post-intervention, we noted **significant improvement** from baseline in all measures and sustained improvement at 1 year:

- Wellbeing
- Emotional intelligence
- Professional fulfillment
- Burnout
- Medical errors

\*at least moderate physical exhaustion=46%; at least moderate emotional exhaustion=59%; at least moderate lack of enthusiasm for work=42% in the initial cohorts



# QUESTIONS & ANSWERS





# REFERENCES

[WWW.MAYO.EDU](http://WWW.MAYO.EDU)