

# Safeguarding Resilience and Curbing “Burnout Hysteria” During Uncontrollable Times.



Wayne M. Sotile, Ph.D.

Founder

CENTER FOR PHYSICIAN RESILIENCE

Davidson, North Carolina

Center for Physician Leadership

Carolinas HealthCare System

Charlotte, North Carolina

# Goal

Navigating the many paradoxes  
of our chaotic times....  
and helping others, along the way

# Life in healthcare today?

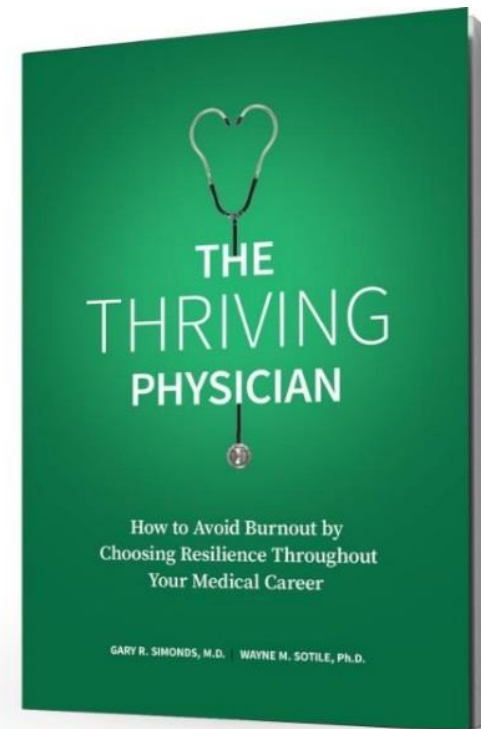
## Toxic Stress

- High demand
- Low control
- Low support

# THRIVING IN HEALTHCARE

A Positive Approach to  
Reclaim Balance and Avoid  
Burnout in your Busy Life

AUTHORS: GARY R. SIMONDS, M.D. | WAYNE M. SOTILE, PH.D.



# Keys to Thriving

## Resilience Vital Variables

- ▼ Energy
- ▼ Meaning
- ▼ Relationships

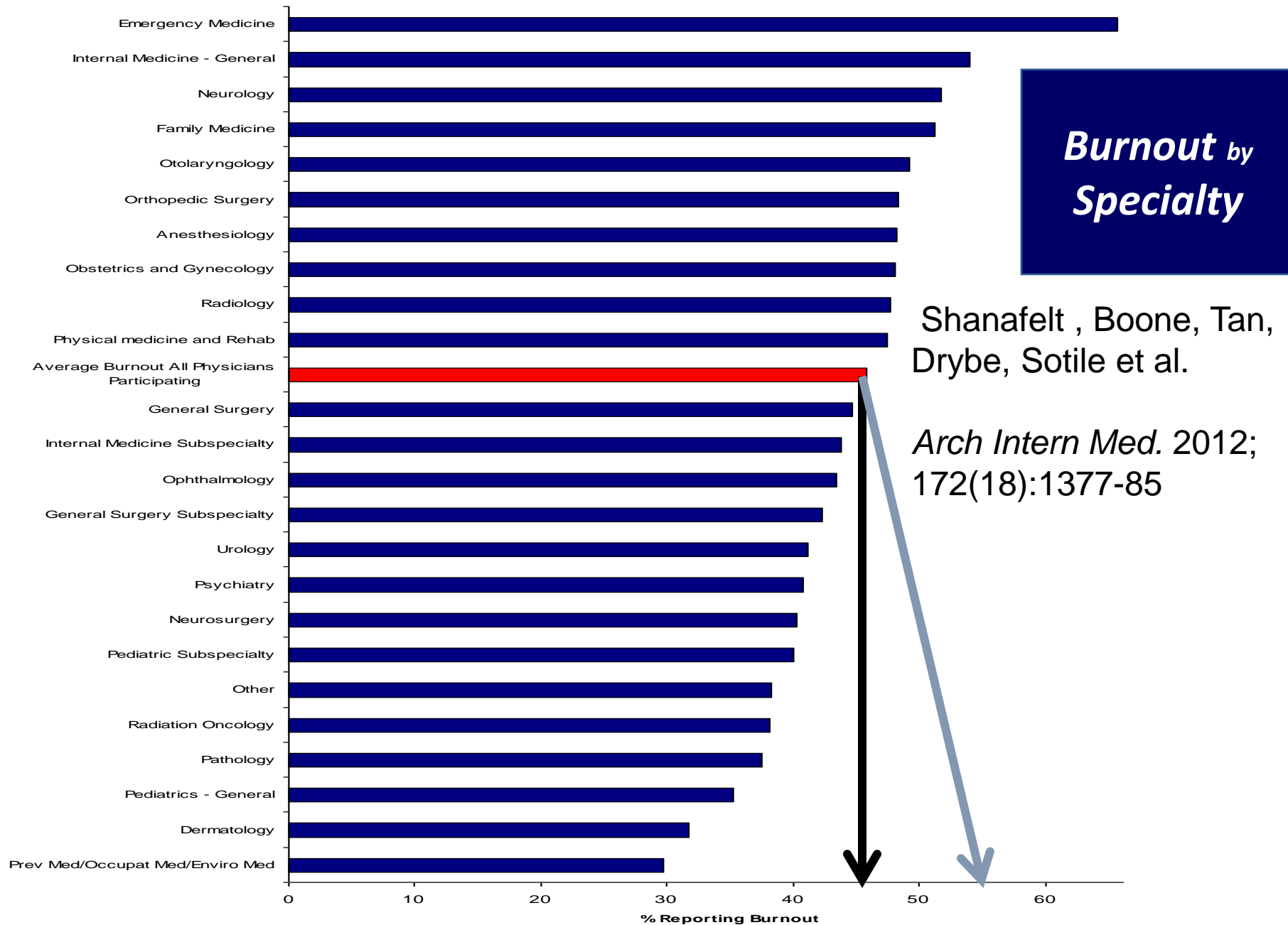
## Tactics

- ▼ Counter hassles with uplifts
- ▼ Practice wonderment
- ▼ Manage work ambivalence
- ▼ Beware of burnout hysteria
- ▼ Create community
- ▼ Be an ambassador of C & C
- ▼ Protect intimacy

# ***Beware of Cajun Logic:***

Right Concept; Wrong Application  
Ignoring the Obvious

- **Burnout *Hysteria***
- **Work Ambivalence**

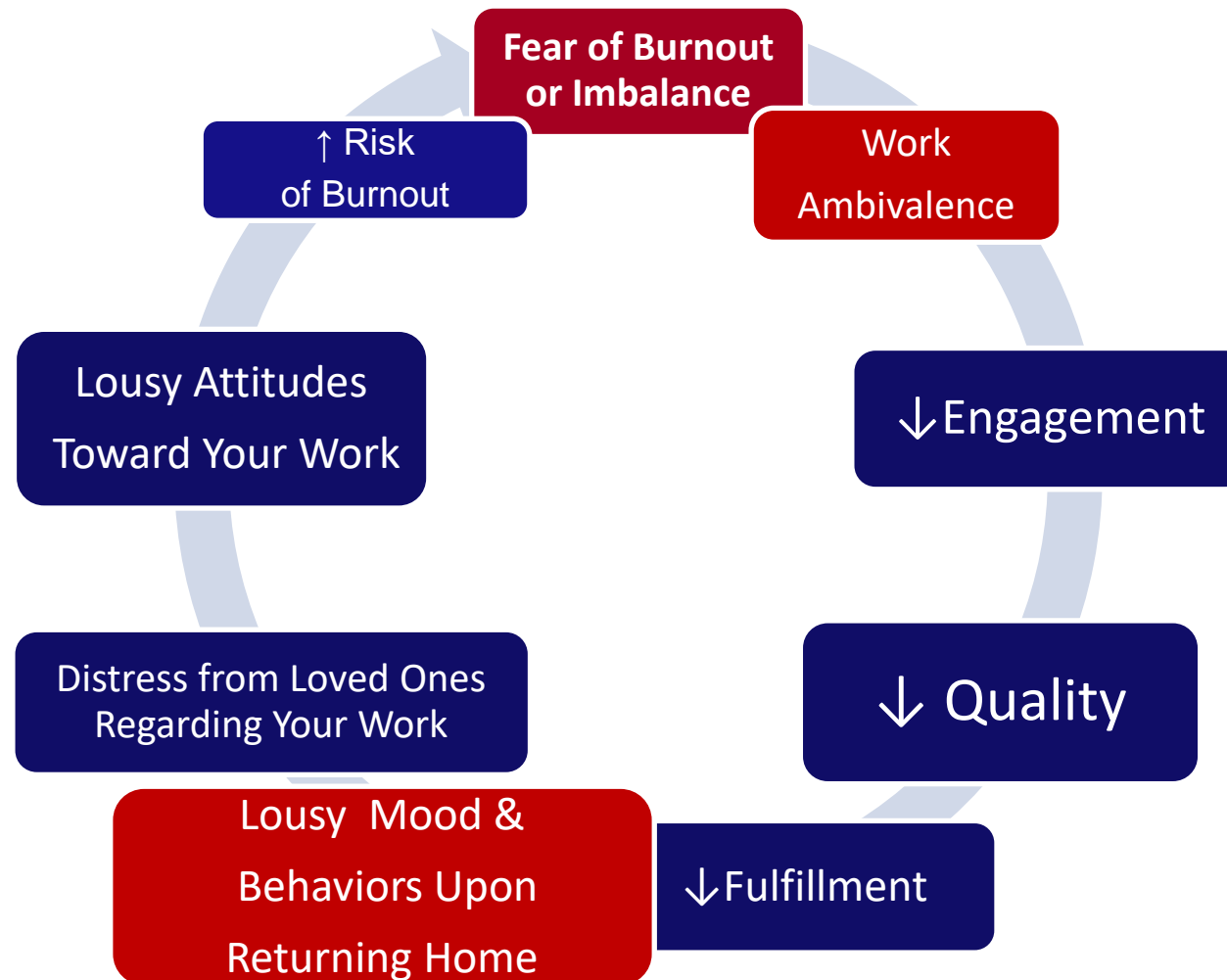


## Demystify and Demythologize Burnout



# Re-think the Burnout Hysteria Cycle

Sotile WM et al., *Clin OBGYN*. 2019. 62(3), 480–490.



Routinely audit  
personal and your relationships'  
emotional “bank accounts”

*“Did I just make a deposit, or  
a withdrawal?”*

# Keys to Resilience

- ▼ Meaning

- ▼ Wonderment

*Seeing the familiar  
in unfamiliar ways*

# Keys to Resilience: *Realistic Optimism*

*...seeing the world as it is,  
but always working positively  
toward a desired outcome or solution*

Schneider S. *American Psychologist*. 2001;56(3):250-263.

## The Psychology of *Incorporation*

***Reflect on  
how you are working  
and loving, together***

# Intervening When a Colleague Needs Help

## ***Support.....Who needs what *right now*?***

- ▼ Information
- ▼ Tangible Help
- ▼ Emotional Support
- ▼ Relational



## Manage Marriage/Family Dynamics

Content

Structure

Process

# Be a Hero!

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**A hero is someone  
who creates safe spaces  
for other people**

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*Simonds & Sotile. Thriving in Healthcare, 2019*  
*Simonds & Sotile. The Thriving Physician, 2018*

***Thank You!***



**Wayne Sotile, Ph.D.**

**THE CENTER FOR PHYSICIAN RESILIENCE**

**[www.TheResilientPhysician.com](http://www.TheResilientPhysician.com)**

**Email: [Sotile@SotileMail.com](mailto:Sotile@SotileMail.com)**

**336/794-0230**