

SELF COMPASSION

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- ❑ Research by the Robert Wood Johnson Foundation indicates that more than half of Americans experience at least one chronic illness
- ❑ 7.3 percent of faculty members report chronic illness
- ❑ No large-scale studies have tracked chronic illness among faculty members.
- ❑ Women – Physical and mental health disparities

WHAT IS STRESS?

Stress is a biological and **psychological** response experienced on encountering a threat that we feel we do not have the resources to deal with.

Distress vs. Eustress

A **stressor** is the stimulus (or threat) that causes **stress**, e.g. divorce, death of loved one, moving to a new house, loss of job. Sudden and severe **stress** generally produces: Increase in heart rate, release of stress hormones, respiratory changes, immune system suppression and muscle tension.

- **Fight or Flight**



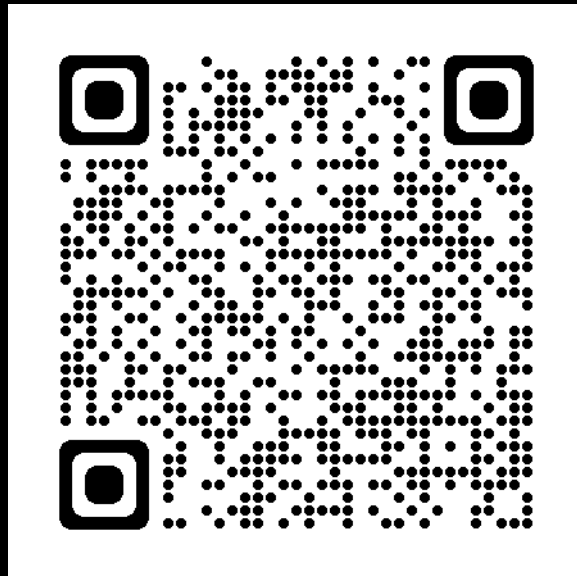
Leveling Up. Reinforcing Your Professional and Personal Toolkit

- How many of us are aware of feeling stressed?
- How do you deal with stress?
- What are the most effective ways to deal with stress?
- Which of these strategies do you employ consistently?

STRESS SCALE

Please have device handy

- Please take the next few minutes to complete the Holmes and Rahe Stress Scale



- 43 items
- For each item you endorse, your score will be tallied

What is Your Stress Rating?

Score	Comment
11-150	You have only a low to moderate chance of becoming ill in the near future.
150-299	You have a moderate to high chance of becoming ill in the near future.
300-600	You have a high or very high risk of becoming ill in the near future.

You wouldn't let your phone run
on a low battery,



So why let yourself run on one?



SELF COMPASSION

Self-kindness
vs. Self-
judgment

Common
humanity vs.
Isolation

Mindfulness
vs. Over-
identification

Tips for Self Care

Set Goals

Get Physical

Symbols

**Practice
Gratitude**

Kindness

**Take time to do
things you love**

**Don't neglect
your social life**

**Avoid
procrastination.**

References

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