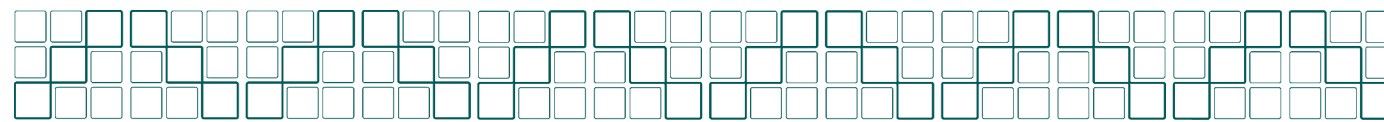

Building Resilience and Wellness in Cancer Research Careers

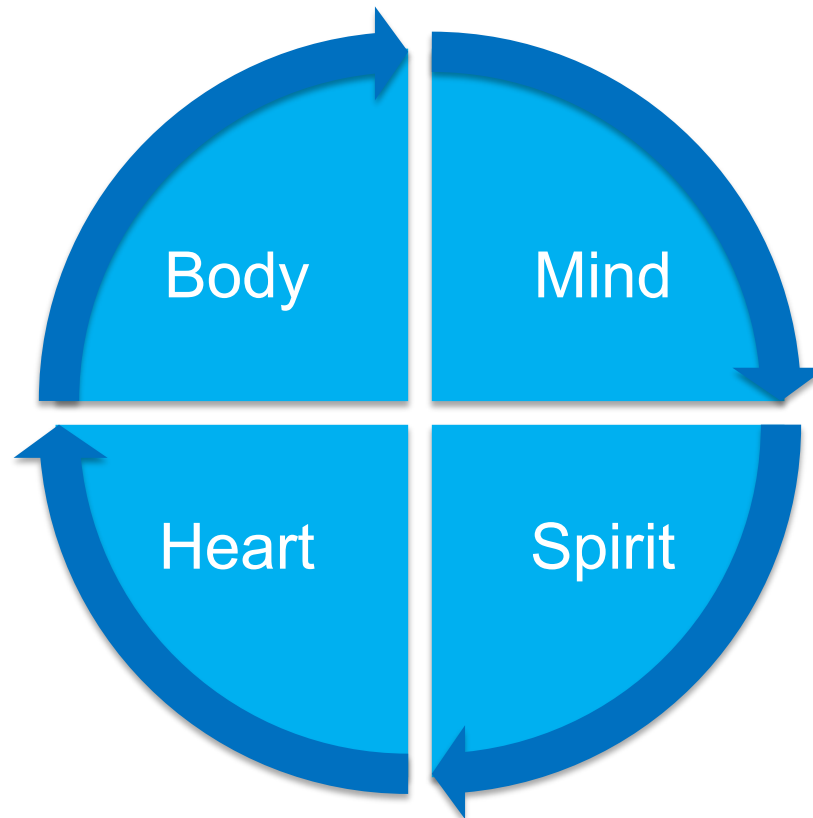
Jenn Wiggins, MA, LPC, OITE Wellness Advisor
Email// www.training.nih.gov
On Twitter @NIH_OITE



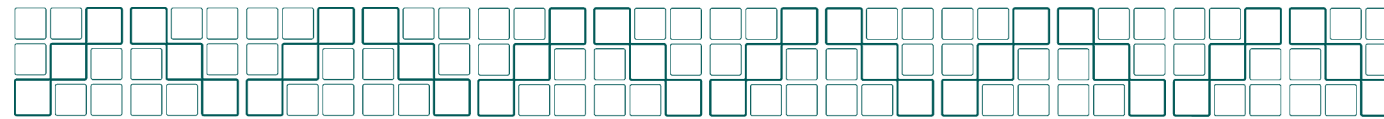


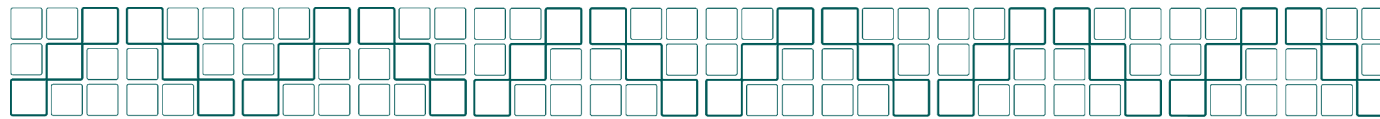
To Do Well, We Have To Be Well

What we do and what we don't do to take care of our...



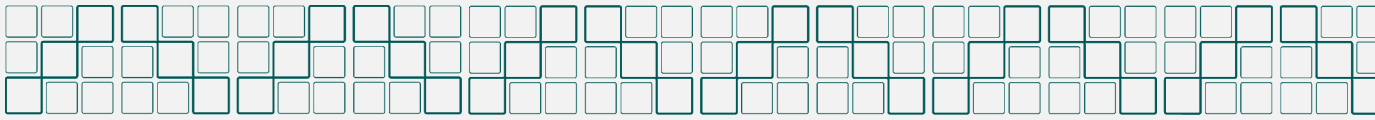
Culture and Wellness





Culture and its Contexts

- Characteristics of a specific group of people
 - Language
 - Religion and/or spiritual belief systems
 - Social habits
 - Food
 - Music/arts
- Contexts
 - Individual
 - Family
 - Community
 - Policy



Shaping Wellness

Places of Origin

- Family/parenting
- Cultural norms
- Geography

Power Dynamics

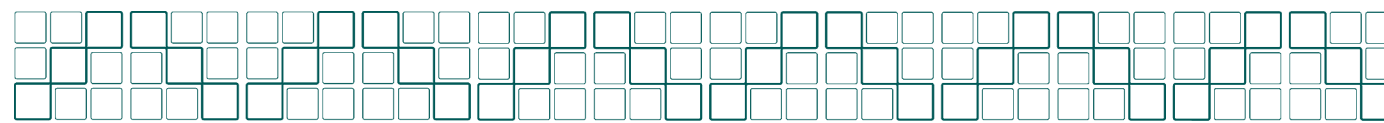
- Hierarchical systems

Experiences

Expectations

Media

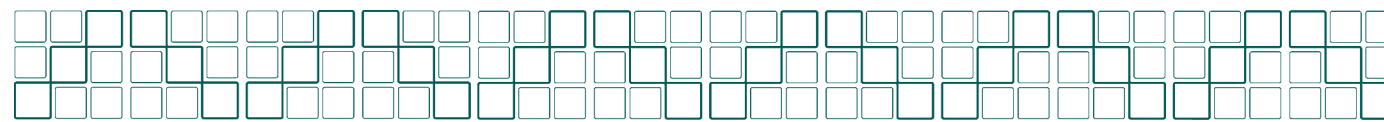
Resilience and Protective Features



Culture Feeds Behavior

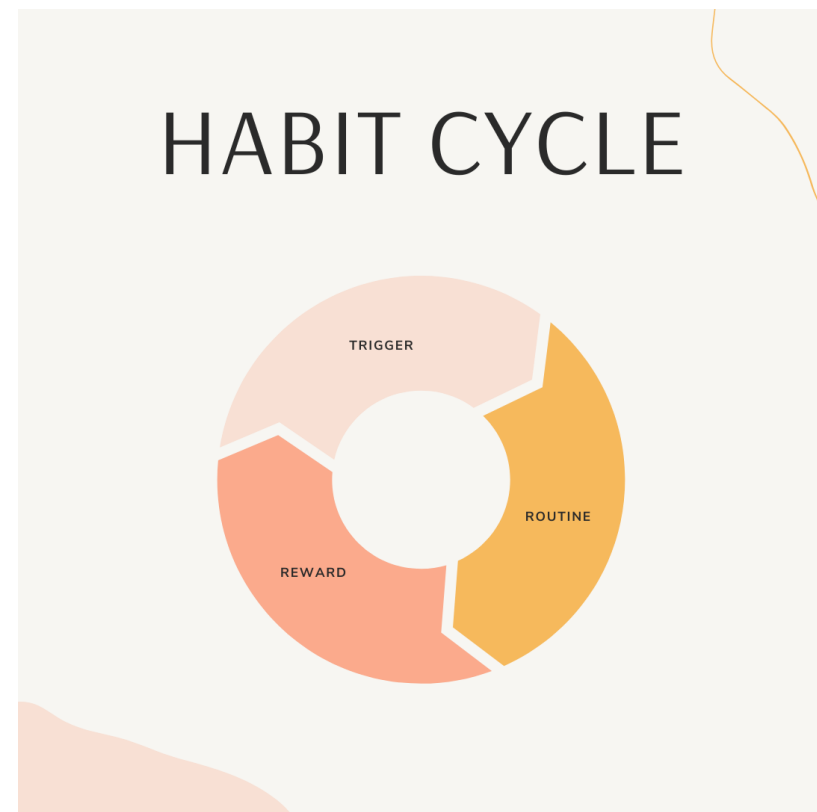
- Power dynamics within the realm of medicine
- Develops how practitioners and researchers view a population
- Shapes the acceptance of a diagnosis
- Shapes perspectives on preventative or health promotion behaviors
- Impacts the amount of control people have in controlling and preventing disease
- Creates perceptions of youth and aging

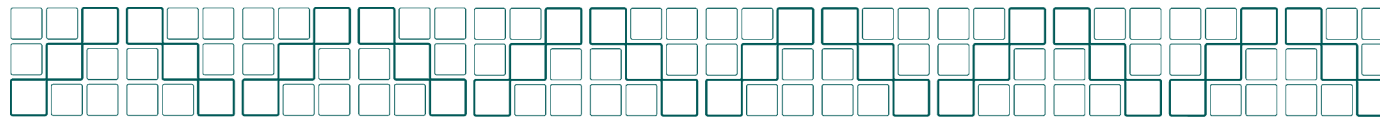
Fostering Wellness Habits



What is a Habit and How They Work

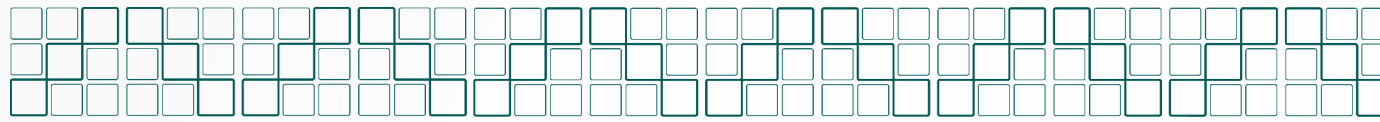
- A habit is...
 - A regular tendency or practice
 - Often within our comfort zone
 - Difficult to give up or change





Barriers to Healthy Habit Formation

- Access
- Activation energy and motivation
- Focus
- Cognitions
 - Perfectionism
 - Distortions
 - Attitudes and beliefs
- Shame, guilt, and discomfort
- Time and time management
- Environment
- Resources and knowledge
- Systems of oppression
- Life!!

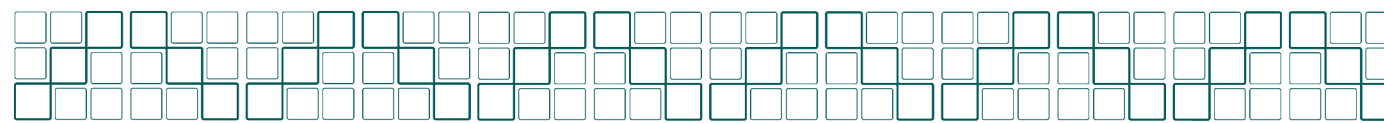


The ABC's of Addressing Stress

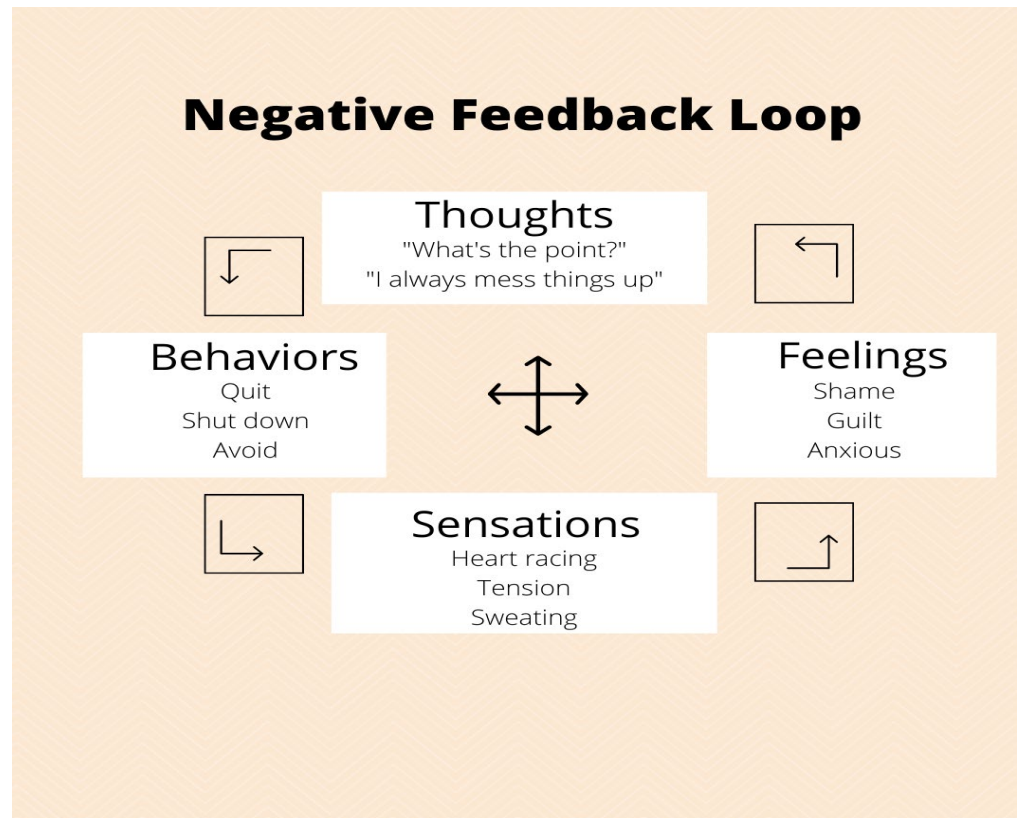
Awareness (of own needs, limits, emotions & resources)

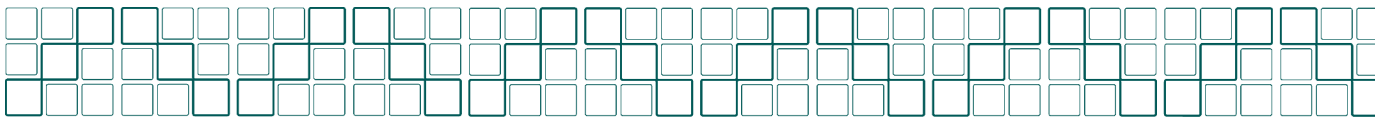
Balance (of work, play & taking care of yourself)

Connection (to oneself, others & to something larger)



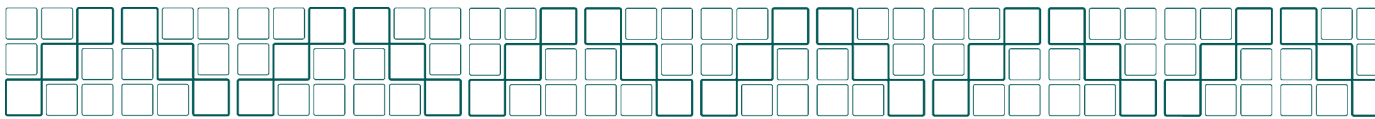
Shifting Cognitive Distortions





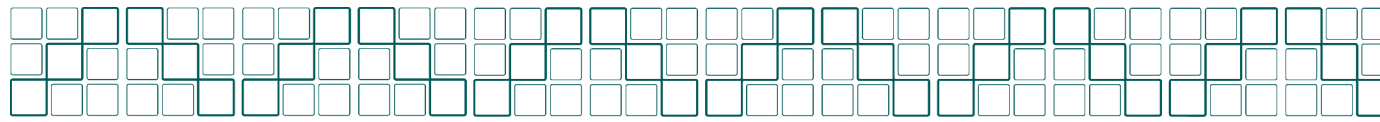
Building Resilience

- Recognize unhelpful thoughts
- Appreciate where they come from
- Learn to question them
- Work to soften them
- Take action to address the situation



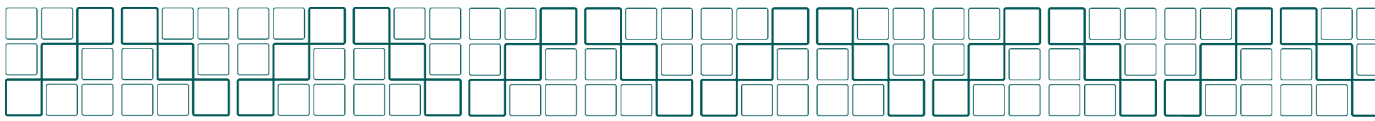
Managing Emotions Relative to Change

- Stress Tolerance
- Mindfulness
- Problem solving
- Social support
- Distraction vs. Avoidance
- Acceptance
- Compassion



Working With Time vs. Time Working Against Us

- Prioritizing
 - Eliminate the unnecessary
- Delegating
- Goal setting (Be SMART)
 - Specific
 - Measurable
 - Attainable
 - Relevant
 - Time sensitive
- Tracking
- Strategic thinking
- Take regular breaks
- Supportive morning and evening regimens
- Be inspired!!



Four Powerful Tools

■ Journaling

- Let's us be with our thoughts and feelings without worrying what others think of us
- Helps us see patterns and growth over time

■ Mindfulness

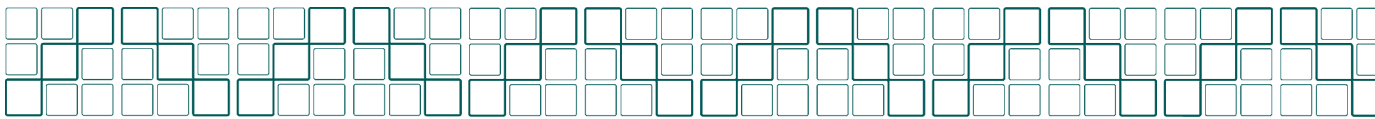
- Helps us learn to "be" with our feelings and struggles without judgement
- <https://www.mindful.org/meditation/mindfulness-getting-started/> to learn more

■ Community

- We can learn from others and build resilience by helping others

■ Therapy

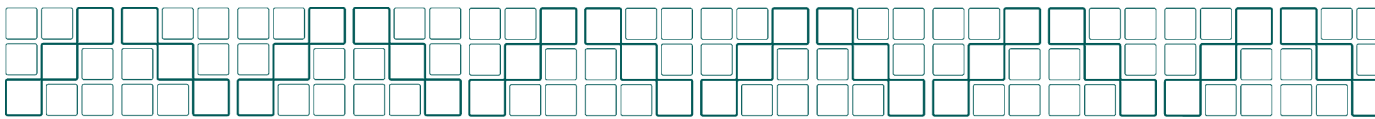
- Can help us identify maladaptive coping strategies and replace them with adaptive ones



Take-Away Message

Resilience = People + Process +
Preparation

<http://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people>



Thank You!

- Visit www.training.nih.gov for videos, blogs and other career development resources
- Reach out -- jennifer.wiggins@nih.gov