

Healthy Healers

Northwest Tribal Dental Support Center
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Healthy Healers

A training curriculum to help promote resiliency among rural healthcare providers.



Session Overview

- Why I love my job
- How to manage job stress
- How to implement self care



I Love My Job




What makes a GOOD job?

Salary	Job benefits	Job security
Opportunity to advance	Work hours	Work feels meaningful
Working conditions	Flexibility	Variety
Supervisors – supportive, fair	Co-workers – good supportive relationships	Opportunity to help others
Allows for balance of work and home life	Fits your personality	Job is interesting and absorbing

Source: University of Michigan



Managing Job Stress




Compassion Fatigue



Neurobiology of Stress



Reframing



Reframing our Thinking

Think back to a time when you reframed a negative situation into a positive one.



Locus of Control

INTERNAL locus of control	EXTERNAL locus of control
Belief in one's (internal) ability to control oneself and influence or change situations.	Belief that control over events and what other people do is outside of them.
Able to change the way I look at situations and find positive aspects even in negative situations.	Belief that I, personally, have little or no control over such things.



Locus of Control at Work



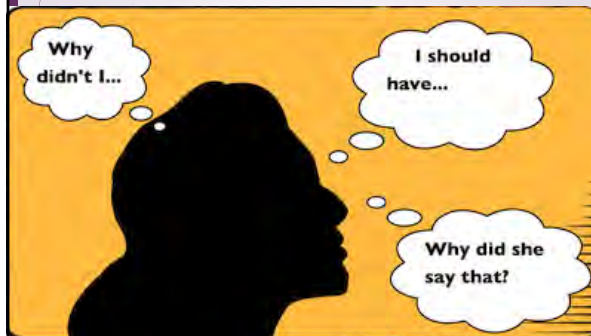
Positive Self-Talk



Negative Self-Talk



Untangling the Mind



Shift into Pause



Mindfulness



SBNRRR



Guided Imagery



Sleep



Healthy Eating



Regular Exercise



Source: exercise-works.org



The Mind Body Connection

Maintaining wellness is like tending fire, it takes constant attention and vigilance. By attending to this fire you develop sustainable long term ground-ness in the work you do.
- Dr. Gary Ferguson



Balancing Body & Mind

Name **ONE** physical wellness habit, and **ONE** mindful wellness habit you will work on.



Bringing it all together

“Take care of yourself first, before you take care of the problems you’re gonna face.”



Quyana!
Qagaasakung!

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