

## Values To Avoid Job Burnout

It is hard to pick up a magazine, newspaper or professional journal and not find something about job burnout.

The reality of the high rates of burnout is consistently confirmed. There are clearly many systems issues in health sciences education and work places that need to be addressed and studied to help keep our healthcare workforce healthy and well. At the same time, however, it is imperative that we look to what we can do as individuals to help protect us from becoming a burnout statistic. It is also essential that are health sciences students begin early identifying the strategies that can help prevent burnout and maintain resiliency through the training process. Perhaps, it is best to identify wellness as a key competency in the development of a professional identity.

Previous newsletters have identified strategies such as practicing gratitude, mindfulness practices, social connectedness, sleep hygiene, and exercise as a few examples of helpful strategies. Another practice is being intentional and reflective about identifying and honoring your values. It can be easy to lose sight of your values as you get engrossed in the day to day grind and the sheer amount of expectations and demands each day presents. An important strategy can be to pause and take stock of your core values and connect again with what guided you to make the choice for a career in the health professions. It

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can offer a moment to connect to your personal mission, something that can get lost as you are focusing on preparing for the next test.

The first step is to pause and reassess your values. Here is a link to a helpful tool about identifying your values.

[https://www.mindtools.com/pages/article/newTED\\_85.htm](https://www.mindtools.com/pages/article/newTED_85.htm)

The next step is making a decision about how to incorporate those values into your daily life in order to ward off burnout. It can be useful to identify a small number that can help guide and refuel you. Perhaps some of you might reconnect to your values of compassion, determination, and altruism, while others of you might identify patriotism, integrity or intelligence. All of us will have different values that can help re-focus us and hopefully stabilize us as we ride the roller-coaster that life can sometimes present. Practice a few moments of mindfulness, pause and consider finding your guiding values.

Positive psychologist Martin Seligman says that all of us require five essential elements in our lives in order to experience well-being. These elements are positive emotions, engagement, positive relationships, meaning and achievement. Connecting with your values is a way to find meaning in what you do and with that you are on the road to preventing burnout.

### Wellness Events

**UC Davis Health Farmers Market**  
Ed Bldg Outdoor Quad  
Thursday 3 to 7:30 p.m

#### Living Fit Forever Classes

[http://intranet.ucdmc.ucdavis.edu/clinops/resources/living\\_fit\\_forever.shtml](http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

#### Work Life and Wellness Events

[ucdmc.ucdavis.edu/hr/wellness/brownbags.html](http://ucdmc.ucdavis.edu/hr/wellness/brownbags.html)

#### UCDMC Yoga

<https://docs.google.com/document/d/1Gz23GMJbZJDI-wzn9g8NxUnia4IFuVsHah4olav7Ow0/edit#>



# How To Meditate with Noise

As we strive to prevent burnout, incorporating strategies during the workday like mindfulness is key and is supported by research. Some of you might say, the day is too busy to pause and be mindful. To that end, below please find a helpful mindful meditation that can be used no matter what chaos surrounds you –“How To Meditate with Noise: A 3-Minute Practice for Anywhere”

Meditation can't always happen in blissful silence. By tuning in to the cacophony of everyday activity, we can find a space to rest and settle the mind.

1. Begin this meditation by noticing the posture that you're in. You may be standing or sitting or lying down.
2. Notice your body exactly as it is. See if you can tune in to any sensations that are present to you in your body in this moment. There might be heaviness or lightness, pressure, weight. There might be vibration, pulsating, movement, warmth, coolness, These sensations can be anywhere in your body, and all you have to do is notice them. Notice what's happening with curiosity and interest.
3. Take a breath. As you breathe, relax. Not much to do except be fully present and aware.
4. Now let go of the body's sensations, and turn your attention to the sounds inside or outside the room. There may be all sorts of sounds happening: loud sounds, quiet sounds. You can also notice the silence

between the sounds. But the sounds are coming and going. Notice them coming and going.

5. Note the sounds instead of narrating them. One tendency of our mind is to want to think about the sounds, to start to make up a story about the sound, or we have a reaction to it: I like it, I don't like it. See if instead, you can simply listen to the sound. Notice it with curiosity and interest. The sounds are coming and going.

6. Check in before you check out. Now once again, notice your body standing, present, or seated, or lying down. Notice any body sensations that are obvious to you. Take another breath, soften, and when you're ready, you can open your eyes.

[https://www.mindful.org/how-to-meditate-with-noise-a-3-minute-practice-for-anywhere/?utm\\_source=Mindful+Newsletter&utm\\_campaign=0038f7ff2a-EMAIL\\_CAMPAIGN\\_2017\\_05\\_23&utm\\_medium=email&utm\\_term=0\\_6d03e8c02c-0038f7ff2a-21555569&mc\\_cid=0038f7ff2a&mc\\_eid=08f60e91ca](https://www.mindful.org/how-to-meditate-with-noise-a-3-minute-practice-for-anywhere/?utm_source=Mindful+Newsletter&utm_campaign=0038f7ff2a-EMAIL_CAMPAIGN_2017_05_23&utm_medium=email&utm_term=0_6d03e8c02c-0038f7ff2a-21555569&mc_cid=0038f7ff2a&mc_eid=08f60e91ca)

## Monthly Recipe: Southwest Chipotle Quinoa

Dr. Oliveira from the UC Davis Department of Integrative Medicine has a wonderful summer recipe to try for June- Southwest Chipotle Quinoa:

“Our Southwest Chipotle Quinoa is a simple, nutritious meal that comes together in minutes. While quinoa is cooking on the stove, a variety of healthful vegetables and legumes are sautéed, including black beans, corn, zucchini, and onion. The two pans then unite in a burst of flavor, thanks to peppers and spices like chipotle, garlic powder, onion powder, paprika, and cumin. Those who like a little more heat may indulge in additional chipotle, and those who do not can omit it entirely. This plant-based meal is sure to become a regular, wholesome and tasty dinner in your home!”

## Wellness App: Aura

Aura is a meditation app with a simple premise: Every day, you get a new, personalized, three-minute meditation. If you like the meditation, you can save it to your library for later listening. Aura claims to target stress, anxiety, and depression. If a short meditation isn't enough, you can also listen to relaxing sounds or try their Mindful Breather feature, where you synchronize your breath to an animated circle that gently expands and contracts—surprisingly effective.