



Suffering, Stamina, and Self-Compassion

PHS Oregon Pediatric Grand Rounds

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*Disclosures: No relevant financial relationships to disclose.



Land + People + Centering





Learning + Unlearning Objectives

Content

- Reinforce awareness that feelings of distress are normal and are to be honored
- Increased sense of self efficacy, capacity, and contribution
- Learn a few evidence based practices to increase self compassion

Community

- Real time experience of community through selective disclosure, relational support, mutual validation
- Decrease isolation
- Challenge learned helplessness
- Restore a bit of examined **hope**



Hope: a trilogy of goals, pathways, and agency

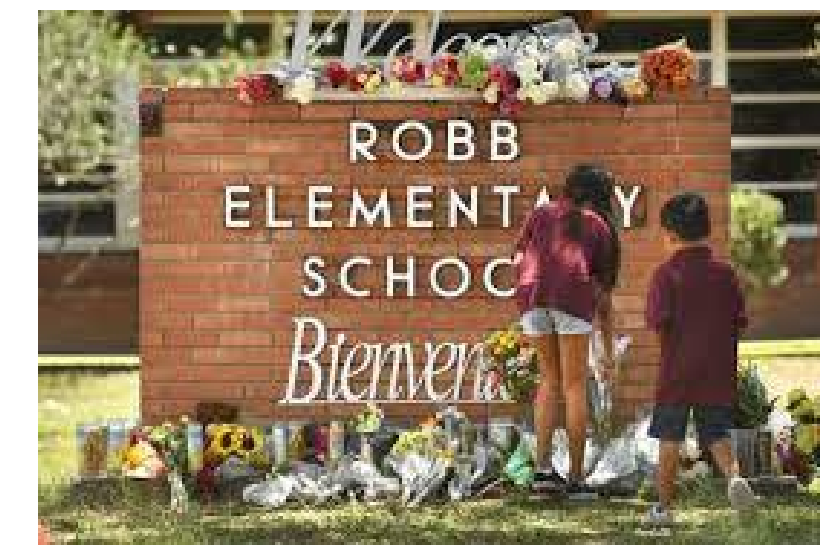
-researcher C.R. Snyder as quoted in *Atlas of the Heart*

- ❖ Realistic goals "I know where I want to go."
- ❖ "I know how to get there, I'm persistent, and I can tolerate disappointment, trying new paths again and again."
- ❖ We have agency. We believe in ourselves- "I can do this"

-Atlas of the Heart, Brene Brown



Suffering



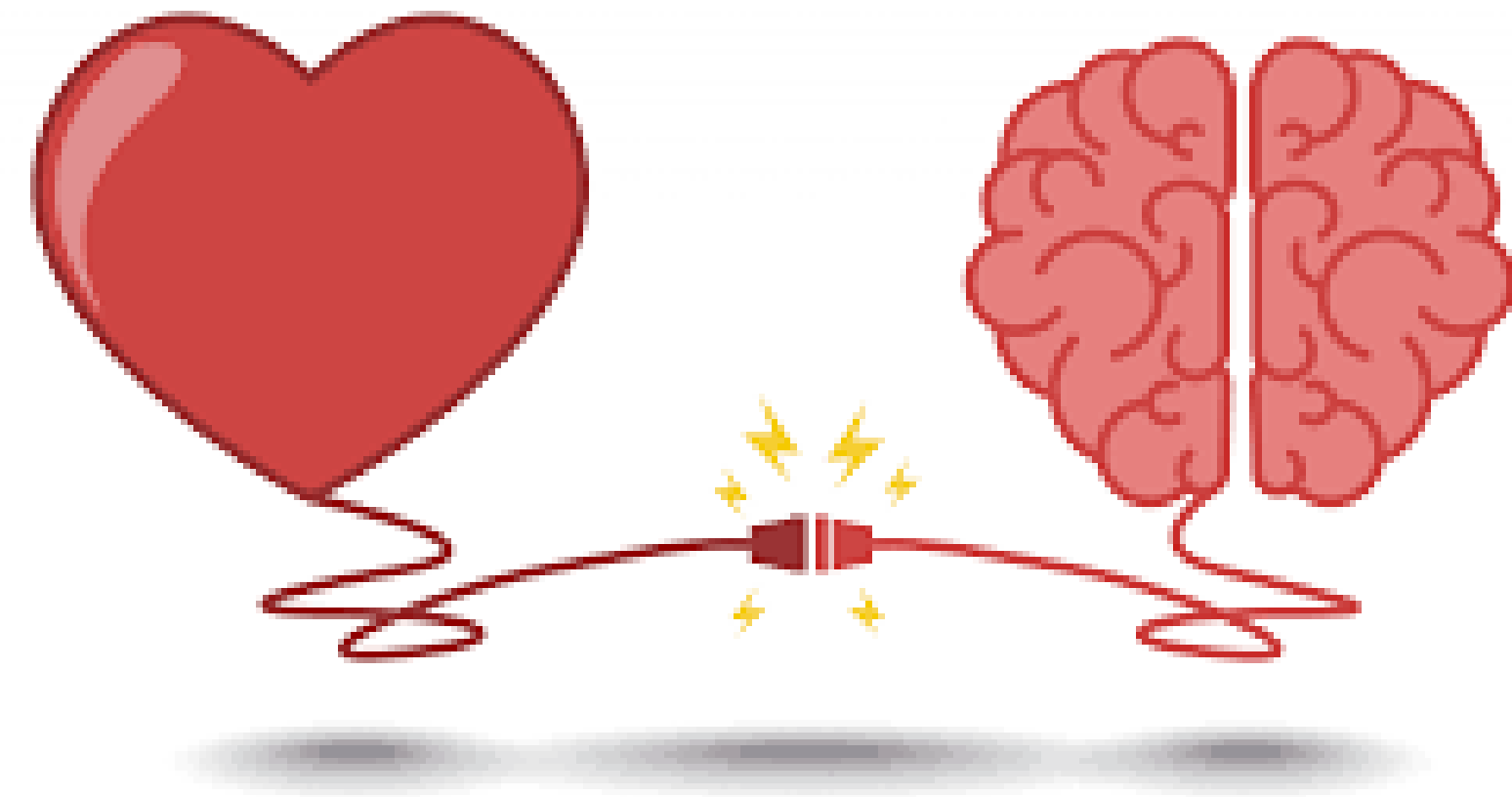
It's been a lot.



Personal Gauntlet

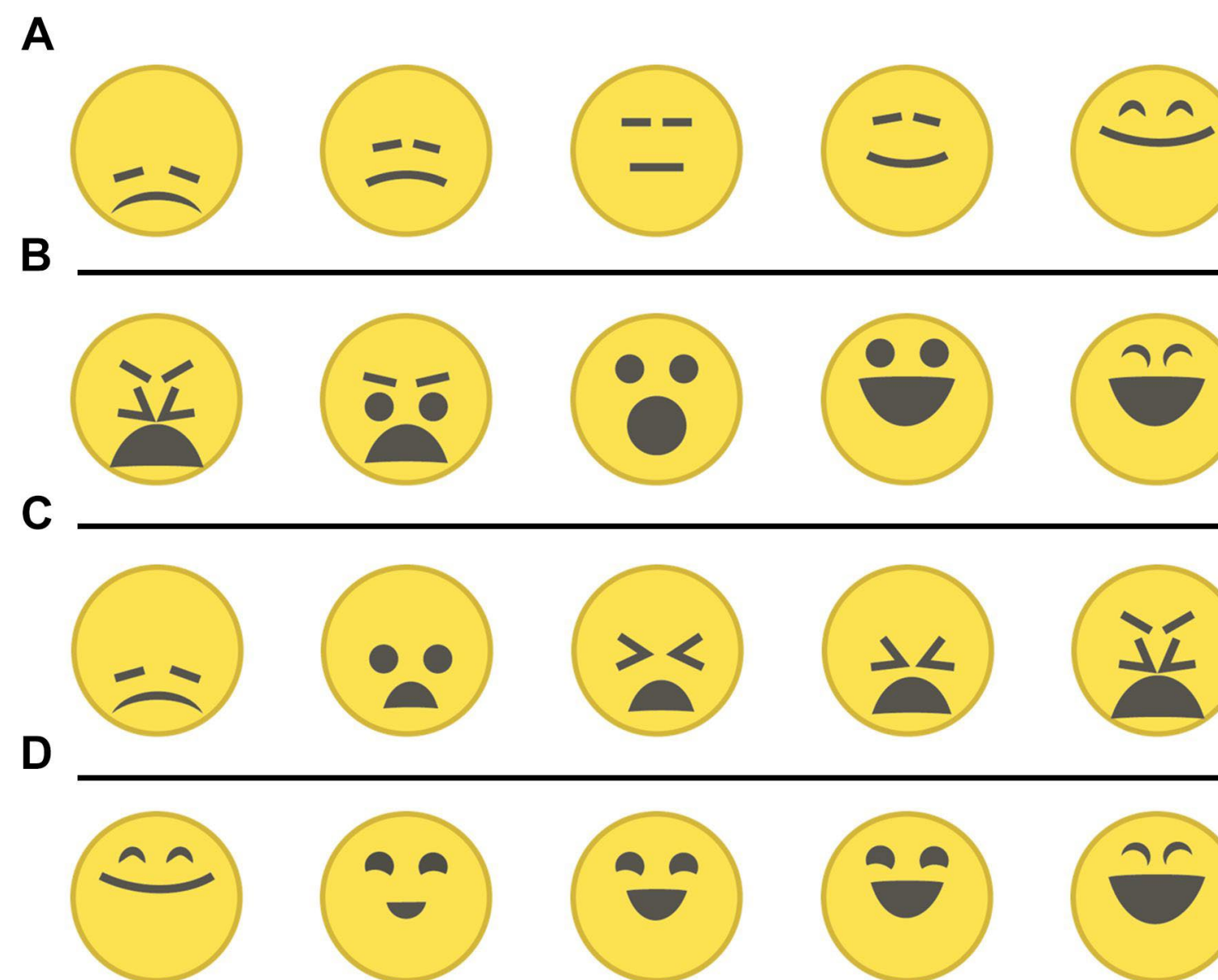


- ☑ Loneliness? Systemic Oppression?
- ☑ Illness or loss of loved one(s)?
- ☑ Financial distress?
- ☑ Occupational demoralization?
- ☑ Physical / Emotional Pain?
- ☑ Kids having difficulties?
- ☑ Care of elderly parents?
- ☑ Existential angst?





How are YOU doing? (No, for real)





- Stress → Distress
- Moral Injury
- Suffering
- Grief
- Despair



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

- Rachel Naomi Remen



per·sist·ence

noun:

firm or obstinate continuance in a course of action in spite of difficulty or opposition.



stam·i·na

noun:

the ability to sustain prolonged physical or mental effort.





Why Persist?

- Because there are few viable alternatives.
- Because we crave a life of meaning.
- Because human connection and service *bring* meaning.



Post Traumatic Growth

- When a process/ event challenges core beliefs such that we are transformed
 - Appreciation of Life

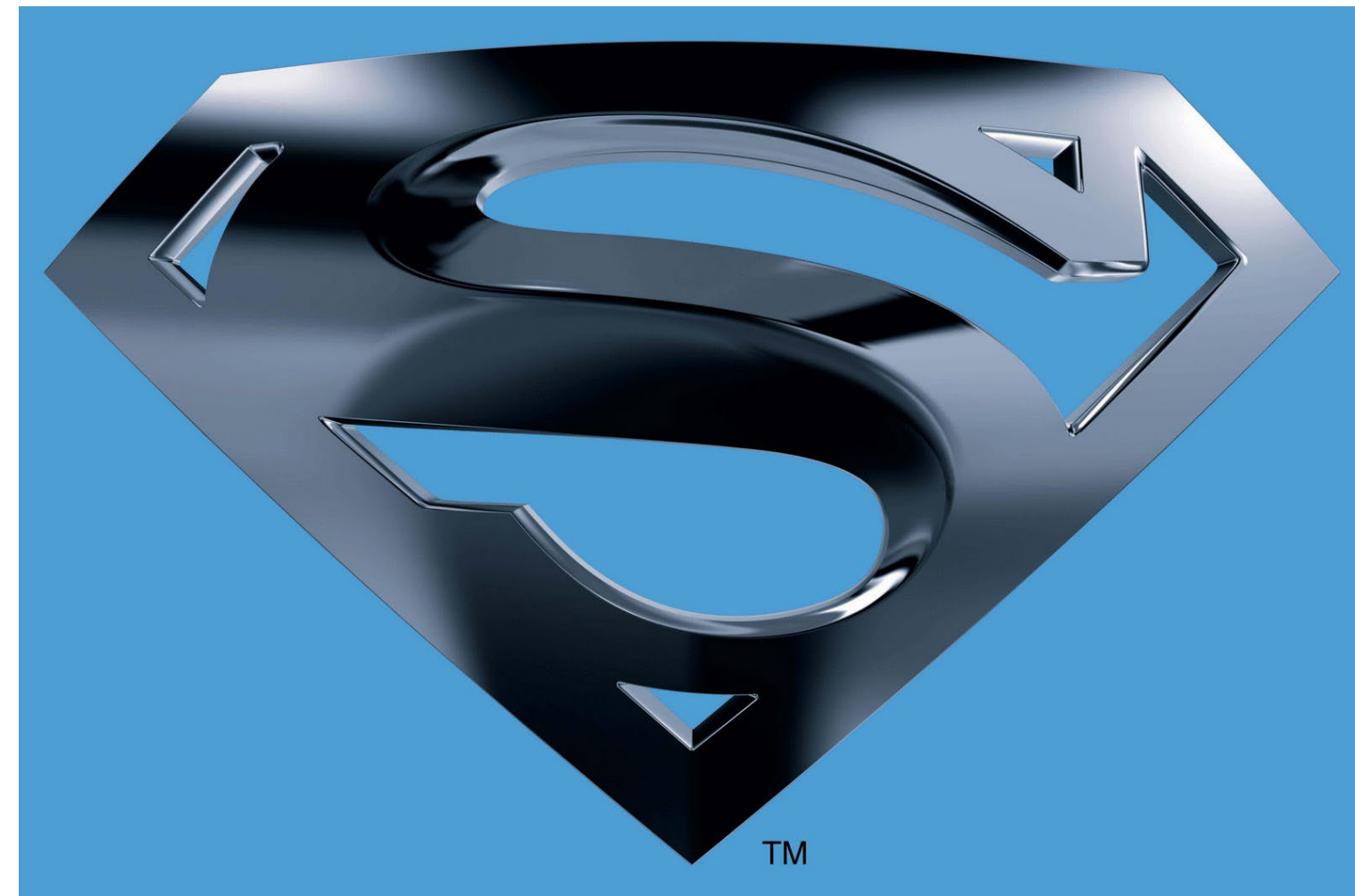


Stamina: How do we persist?

- We stay in contact with our **WHY**, our personal mission.
- We **ACKNOWLEDGE** suffering without collapsing into it.
- We develop **PRACTICES** that sustain us and develop us.
- We leverage our social connections, **COMMUNITY**, and our need for intentional **SOLITUDE, REFLECTION**.
- We practice **PLEASURE, GRATITUDE, and REST**.
- We offer ourselves the **COMPASSION** we hold for others.



Fierce
What is Self Compassion?



Awareness



Connection



Kindness



Exercises

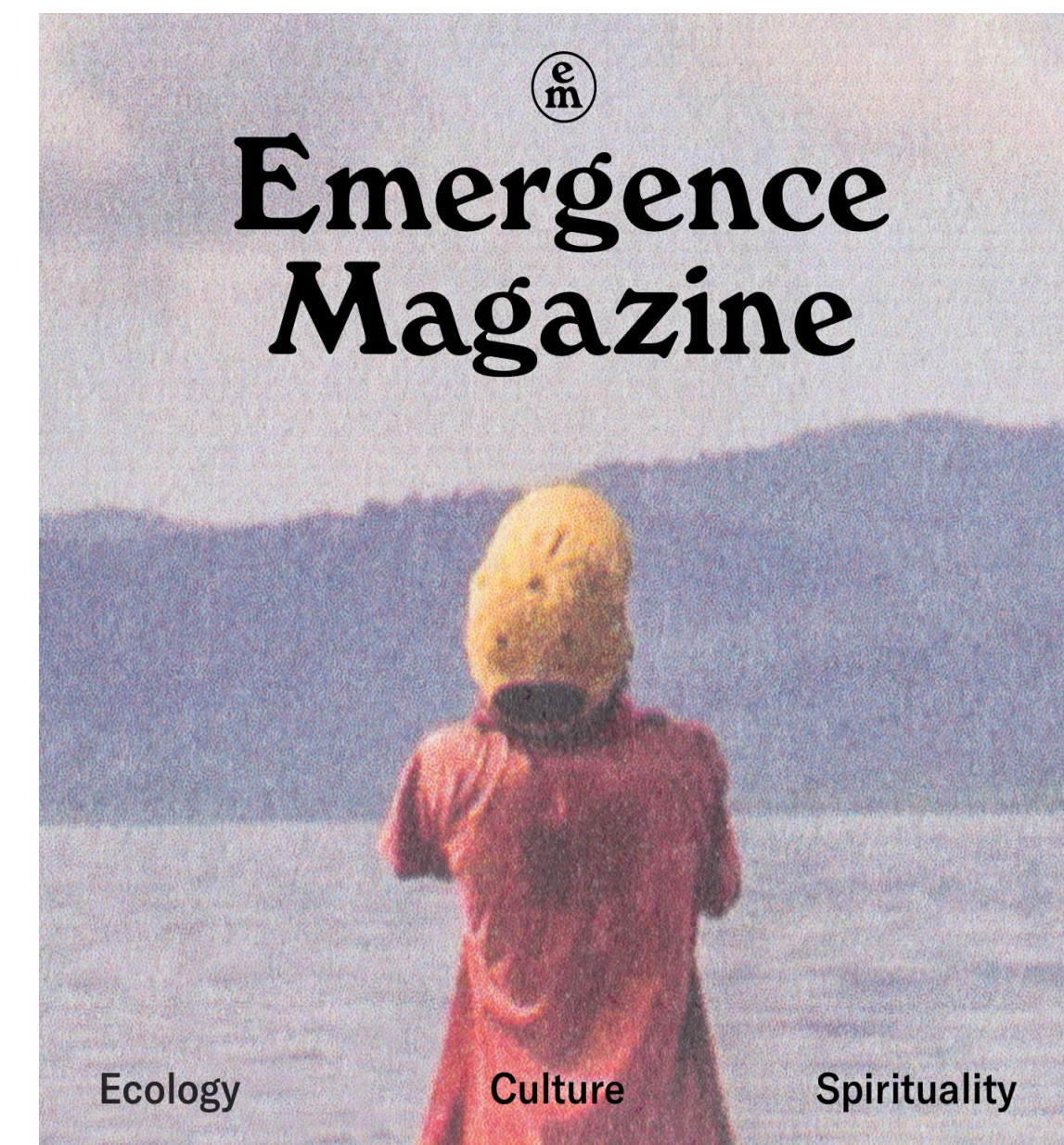
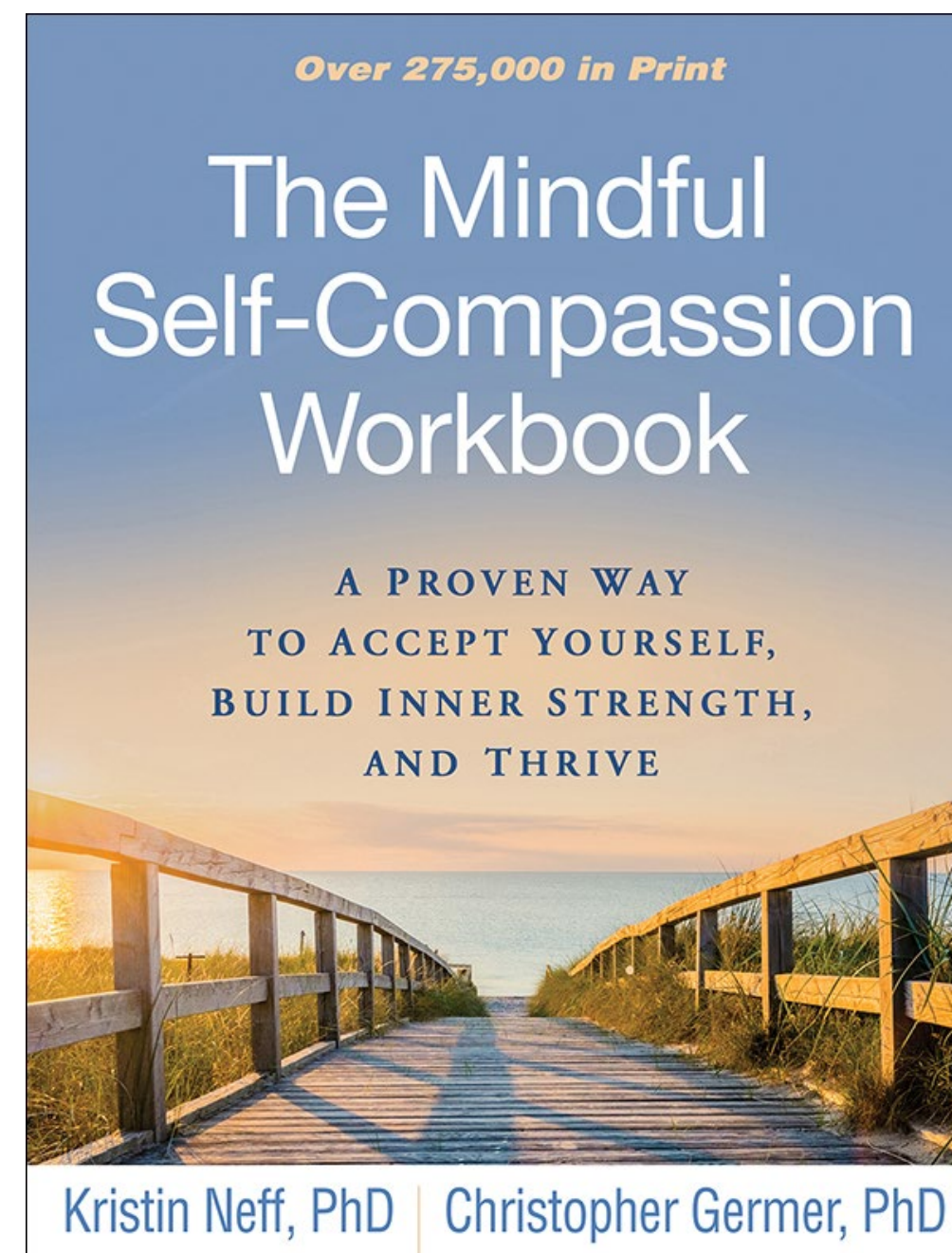
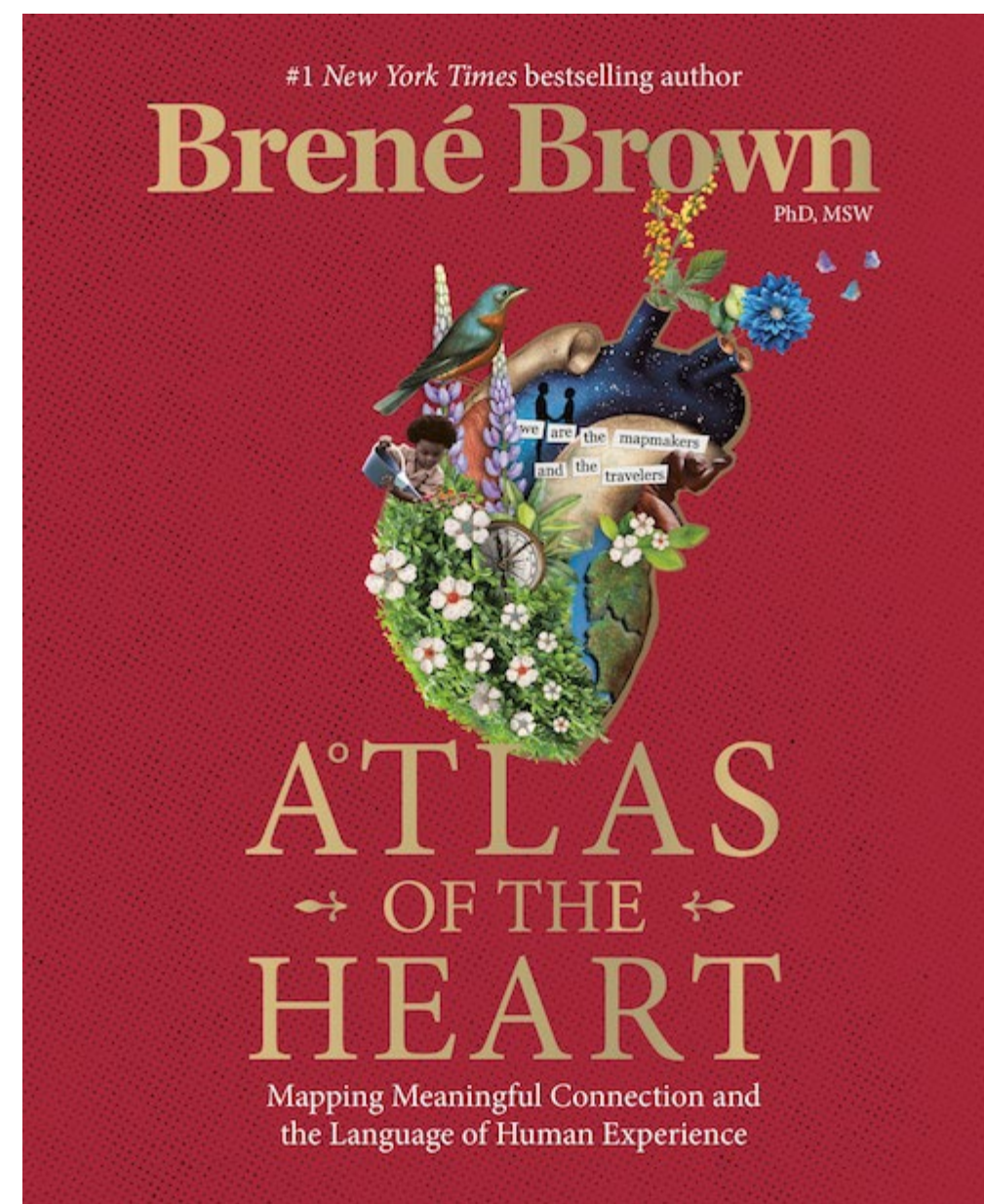
1. How would you treat a friend's suffering? (dbl standard?)
2. Exploring self-compassion through writing (thank you note)
3. Supportive touch (hand on heart, hand on belly)
4. Changing critical self-talk (notice, decrease negative acts)

We can actively acknowledge ourselves and encourage ourselves, and research shows it helps us in many ways.

Self-Compassion.org



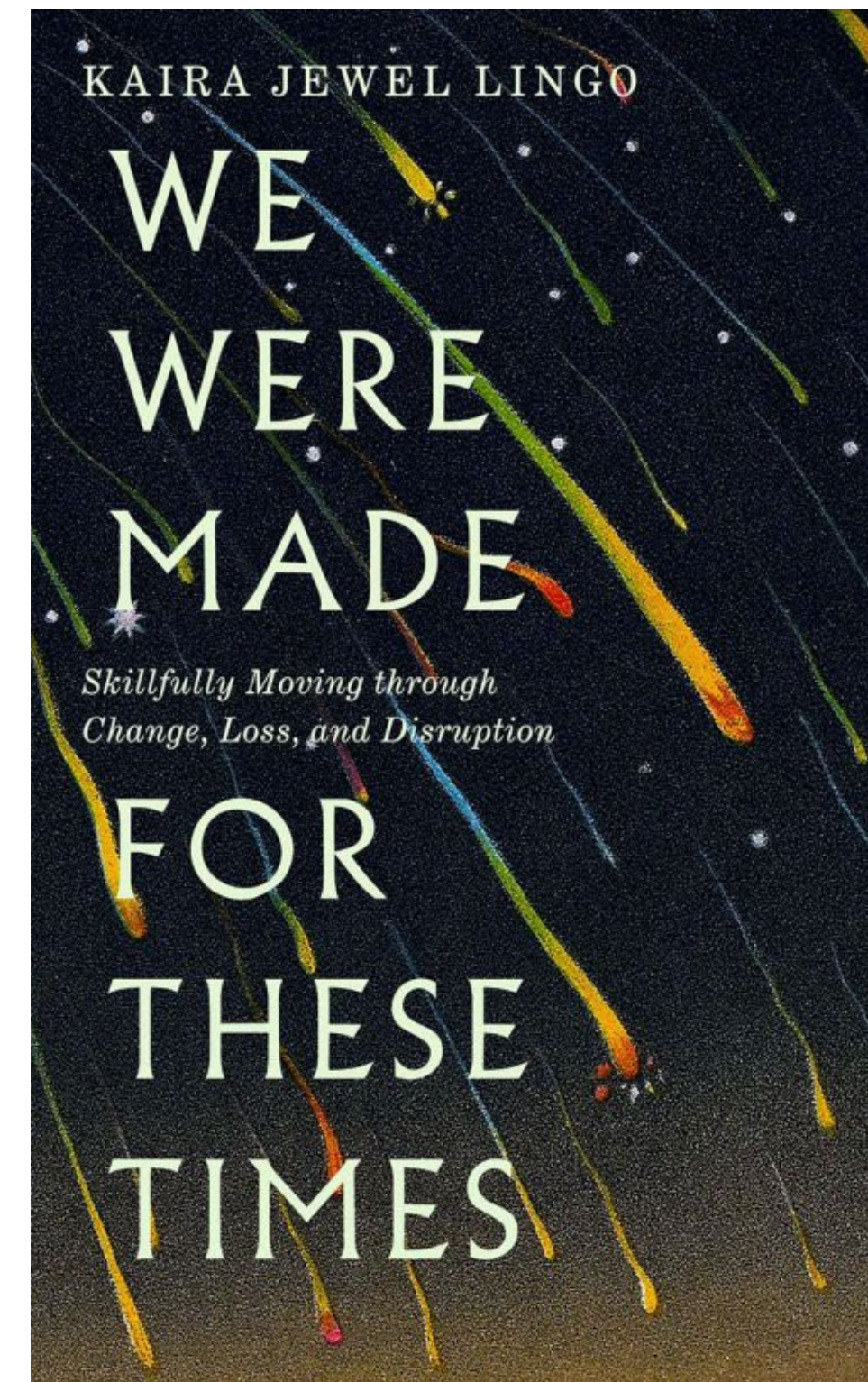
Resources





Offering: A brief practice together

*Adapted from dharma teacher
Kaira Jewel Lingo*





Thank You!



OMEC WELLNESS RESOURCES

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