



**Wellness**

**Lessons Learned Moving Forward: Apply SPICES to your life to improve mental health and reach optimal wellness post COVID**

Dr. Robin Goodin Farrell, DNP, CRNP  
Dr. Joy DeBelleis, DNP, CRNP

1

---

---

---

---

---

---

---

---

**Objectives**

- Recognize mental health and optimal wellness issues associated with the COVID-19 pandemic.
- Discuss traditional medicines as well as complementary and alternative management treatments to utilize with mental health issues.
- Describe how to incorporate SPICES into a personal optimal wellness evaluation and plan in addition to that of patients.
- Develop a plan to revive career goals and purpose for the NP role in Alabama.

**Theme of this year's conference**  
**A Whole New World:  
Refresh. Refocus. Renew.**



2

---

---

---

---

---

---

---

---



**Changes in delivery of healthcare**



3

---

---

---

---

---

---

---

---

Question.....

- Mentimeter
- Use your cell phone.
- Type in the messages 1 word that comes to mind when you hear COVID 19 Pandemic

4

---

---

---

---

---

---

---

---

**Survey of Healthcare Providers:**

- 49% reported COVID-19 is having a "severe impact" on their practices
- 46% reported that clinicians are unable to report to work
- 33% reported being unsure of how their telehealth services will be reimbursed
- 56% are concerned about their own health and safety
- 65% report receiving no additional mental health resources
- 25% expect their compensation will be lowered and/or Job security

**Dilemmas for Health Care Workers during Covid-19 Pandemic**

5

---

---

---

---

---

---

---

---

**Covid-19 Pandemic Issues in Healthcare**

**Working in a War Zone**

- Increased incidence of post-traumatic stress disorder in healthcare practitioners
- ASNA study: low social support at work, heavy workloads, lack of PPE, passive coping, anxiety, burnout, etc
- 400 pages concerning patient care, nurse safety, and personal health issues

**Occupational Stress**

Work-related stress can be damaging to a person's physical and mental health

- Stress is a major factor in up to 80% of work injuries and 40% of turnovers
- Job-related stress can have implications in loss of compassion for patients and others, especially ourselves

Healthcare workers have experienced extremely high levels of stress, fear, anxiety, inadequate sleep, grief, and fatigue

6

---

---

---

---

---

---

---

---



### Compassion fatigue

- A state experienced by those helping people in distress
- Extreme state of tension and preoccupation with the suffering of those being helped
- Caring to the degree that creates a secondary traumatic stress for the helper

7

---

---

---

---

---

---

---

---



### The pandemic increased two risk factors for suicide:

- *Work-place stressors*
- *Mental health problems*

8

---

---

---

---

---

---

---

---



### Stigma surrounding mental health and the healthcare profession

- Social stigma
- Self-stigma

9

---

---

---

---

---

---

---

---

### Health and Wellness

- Being sound in body, mind, and spirit
- Not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being
- Purposeful, enjoyable living
- A deliberate lifestyle choice characterized by personal responsibility and optimal well-being of physical, mental (emotional), social, financial, intellectual, creativity, environmental, occupational, and spiritual health.

Wellness is the positive component of good health

→

which reflects how one feels as well as one's ability to function effectively.

→

Wellness is an active process of becoming aware of and making right choices

→

toward a healthy and fulfilling life.

→

Wellness is a dynamic process of change and growth.

10

10

---

---

---

---

---

---

---

---

---

---

### The Importance of Clinician Health and Well-Being

High prevalence of depression, burnout, suicidal intent, and chronic health conditions in healthcare clinicians

Burnout:

- Emotional exhaustion, work is no longer meaningful, feeling ineffective, patients viewed as objects
- Headaches, tension, insomnia, fatigue, anger, decreased attention, substance use, suicide
- Adverse effects on clinician population health, healthcare quality, and healthcare safety
- Contributes to high turnover and substantial financial loss

11

11

---

---

---

---

---

---

---

---

---

---

### Key Questions for Self-Assessment of Clinician Health and Well-Being

- Have you had a wellness exam in the past year? If not, is one scheduled?
- Do you follow the United States Preventive Services Task Force (USPTSF) recommendations for preventive health screenings that apply to your age, sex, and smoking status?

**Little Has Improved for Health Care Workers Amid COVID-19**

Health care workers were asked how the following have changed during the COVID-19 pandemic:

	Gotten better	Stayed the same	Don't know/No opinion	Gotten worse
Your personal financial situation	21%	44%	34%	34%
Your career and work life	21%	41%	36%	36%
Your physical health	19%	48%	31%	31%
Your mental health	13%	38%	46%	46%

12

12

---

---

---

---

---

---

---

---

---

---

## Key Questions for Self-Assessment of Clinician Health and Well-Being

- How high is your current level of stress according to the Perceived Stress Scale-10 (PSS-10)?
- Are you currently experiencing depressive symptoms according to the Patient Health Questionnaire-9 (PHQ-9)?
- Are you currently experiencing anxiety symptoms according to the Generalized Anxiety Disorder Questionnaire-7 (GAD-7)?
- Are you currently experiencing burnout according to the scales in the Assessment of Burnout?
- If you are currently experiencing elevated symptoms of stress, depressive symptoms, anxiety or burnout according to your scores on the scales previously mentioned, are they interfering with your ability to concentrate or function?

13

13

---

---

---

---

---

---

---

---

---

---

---

---

### EXHIBIT 28.3 Generalized Anxiety Disorder Screener (GAD-7)

Over the past 2 weeks, how often have you been bothered by the following problems?

	Not at All	Several Days	More Than 7 Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritated	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<b>Column totals</b>				
<b>Sum of columns (total score)</b>				

#### Interpretation of Score for the Generalized Anxiety Disorder Questionnaire (GAD-7)

Total Score	Provisional Diagnosis
0-7	None
8+	Probable anxiety disorder

Note: Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer, Inc. Source: Adapted from Spitzer, R. L., Kroenke, K., Williams, J. B., & Lowe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097. doi:10.1001/archinte.166.10.1092

14

14

---

---

---

---

---

---

---

---

---

---

---

---

### EXHIBIT 28.4 Assessment of Burnout

Overall, how would you rate your level of burnout?

Response	Score
I enjoy my work. I have no symptoms of burnout.	1
Occasionally, I am under stress, and I do not always have as much energy as I once did, but I do not feel burned out.	2
I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.	3
The symptoms of burnout that I am experiencing will not go away. I think about frustration at work a lot.	4
I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.	5

#### Interpretation of Score for the Assessment of Burnout

Total Score	Interpretation
≤2	No symptoms of burnout
≥3	Symptoms of burnout

Source: Adapted from Dolan, E. D., Mohr, D., Lempa, M., Joss, S., Pihl, S. D., Nelson, K. M., & Helfrich, C. D. (2014). Using a single item to measure burnout in primary care staff: A psychometric evaluation. *Journal of General Internal Medicine*, 30(5), 582-587. doi:10.1007/s11066-014-3112-6

15

---

---

---

---

---

---

---

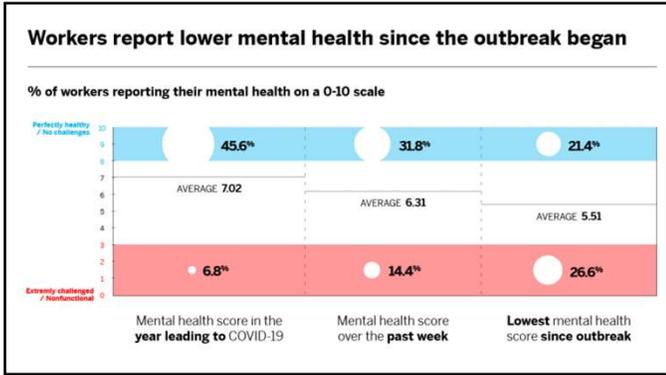
---

---

---

---

---



16

---

---

---

---

---

---

---

---

---

---



17

---

---

---

---

---

---

---

---

---

---

### Lifestyle Medicine

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing disease by replacing unhealthy behaviors with healthy ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, sleeping safely and having a strong support system.

18

---

---

---

---

---

---

---

---

---

---



### Healthful Eating

- Food is information for every cell and organ in your body
- Whole-Food Plant Based (WFPB) Lifestyle
- Low calorie density

19

---

---

---

---

---

---

---

---

**CALORIE DENSITY CHART**  
APPROXIMATE CALORIES PER POUND  
For weight loss and weight management:  
EAT TO THE LEFT OF THE VERTICAL LINE.

100-200	200-400	400-650	750	1200-2200	2,500	2,800	4000
Non-Starchy Vegetables Alfalfa sprouts Artichoke Asparagus Beans green Bell peppers Broccoli Brussels sprouts Cabbage Cauliflower Celery Fennel Garlic onions Greens (beet, collard, dandelion, kale) Jicama Kohlrabi Leek Lettuce Mushrooms Okra Parsley Peas Radishes Rhubarb Rutabaga Spaghetti squash Scallions Shishito Spinach Swiss chard Watercress	Fruit Unrefined Carbohydrates Carbohydrates Sweet Potatoes Quinoa Rice Barley Millet Cornmeal Beans Legumes	Avocado Refined Carbohydrates (and Oats) Breakfast Cereal Crackers Granola Bars Ice Cream Bread Cheese Sugar Fatima	Chocolate Nuts Seeds NME Butters Tahini	All Oils			

\*\*\*THE FOODS THAT ARE UNDERLINED ARE HEALTHFUL FOODS, BUT ARE CALORIE DENSE AND ARE BEST INCLUDED IN SMALL AMOUNTS AFTER WEIGHT LOSS IS ACHIEVED.

#lowcaloriedensity www.lowcaloriedensity.com

20

---

---

---

---

---

---

---

---



### Physical Activity

- 150 – 300 minutes per week of moderate-intensity (50% to 70% of max HR) aerobic physical activity
  - OR
  - 75 – 150 minutes per week of vigorous-intensity (70% to 85% of max HR) aerobic physical activity
- (Max HR: 220 – age)
- Muscle-strengthening activities 2 or more days per week

21

---

---

---

---

---

---

---

---



22

---

---

---

---

---

---

---

---



23

---

---

---

---

---

---

---

---



24

---

---

---

---

---

---

---

---



25

---

---

---

---

---

---

---

---

### Nonpharmacologic and CAM

- Psychotherapy
  - CBT
  - DBT
  - Exposure therapy
  - Interpersonal therapy
  - Psychodynamic psychotherapy
  - Therapy pets
- Mindfulness
- Meditation
- Energy therapies

A diagram consisting of a central yellow circle with a dashed black border containing the text "CBT". Surrounding this central circle are three smaller circles: a pink one at the top labeled "THOUGHTS", a blue one at the bottom left labeled "EMOTIONS", and a green one at the bottom right labeled "BEHAVIOUR".

26

---

---

---

---

---

---

---

---

A photograph of a person's open palm holding a variety of pills and capsules in different colors and shapes, including red, white, yellow, orange, and purple.

### Traditional treatments

- Antidepressants
- Anxiolytics
- Mood Stabilizers
- Stimulants
- Antipsychotics

27

---

---

---

---

---

---

---

---

**Antidepressants**

- SSRIs
- SNRIs
- TCAs
- MAOIs
- Atypical

28

---

---

---

---

---

---

---

---

**Reported Side Effects of Long-Term Antidepressant Use**

- Sexual problems
- Weight gain
- Reduced positive feelings
- Feeling dependent on the medication
- Feeling emotionally numb

29

---

---

---

---

---

---

---

---

**Anxiolytics**

- Benzodiazepines
- Serotonergic Anxiolytics
- Barbiturates
- Sedative-Hypnotics
- Benzodiazepine Hypnotics
- Nonbenzodiazepine Hypnotics

30

---

---

---

---

---

---

---

---



### Anxiolytic Side Effects

- Nausea
- Dizziness
- Slowness
- Tiredness
- Headache
- Confusion
- Depression
- Irritability
- Insomnia
- Dryness
- Rash or itches
- Blurred vision
- Increased saliva
- **Reduced thoughts**
- Frequent urination
- Difficulty speaking
- Difficulty breathing
- Muscle or joint pain
- Problems with coordination
- Yellowing of the skin or eyes
- Changes in sex drive or ability
- Difficulty swallowing
- Difficulty thinking or remembering
- Swelling of the face, feet, or throat

31

---

---

---

---

---

---

---

---

---

---

### So, what are we to do?



Knowing our happiness triggers can be just as important as knowing our anger triggers...



32

---

---

---

---

---

---

---

---

---

---

### Aftermath of Emotions

- Coping
  - Take a break from media
  - Take time to unwind
  - Connect with others
  - Be kind to yourself
  - Find joy
  - Create new routines and continue healthy habits
  - Eat well
  - Remember, our thoughts shape our physiological stress response

33

---

---

---

---

---

---

---

---

---

---



34

---

---

---

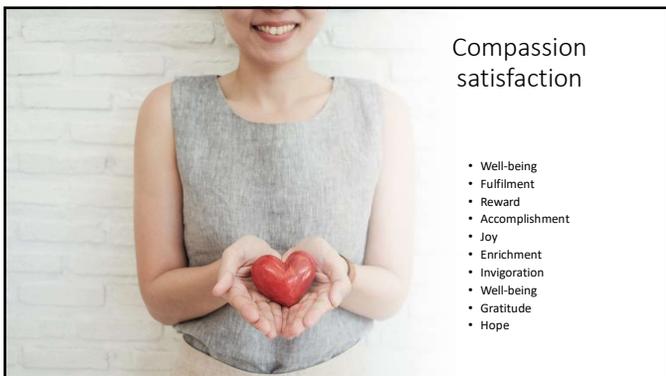
---

---

---

---

---



35

---

---

---

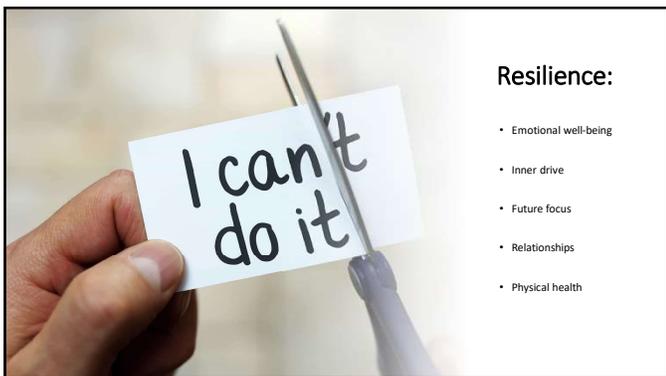
---

---

---

---

---



36

---

---

---

---

---

---

---

---

# SPICES of Wellness

- Spiritual
- Physical
- Intellectual
- Career
- Emotional
- Social

37

---

---

---

---

---

---

---

---

---

---

38

---

---

---

---

---

---

---

---

---

---

## Key Strategies for Optimizing Your Own Personal Health and Well-Being: Spiritual Wellness

- Spiritual wellness is largely about personal purpose
- Things that cause inspiration, hope, and strong emotions
- Strategies
  - Quiet time to think about purpose and fulfillment
  - Retain a positive outlook and seek ways to increase positivity
  - Adopt a meditation practice

39

---

---

---

---

---

---

---

---

---

---

### Key Strategies for Optimizing Your Own Personal Health and Well-Being: Physical Wellness

- **Healthy lifestyle behaviors to prevent chronic diseases**
  - 30 minutes of moderate-intensity physical activities 5 days per week
  - Five servings of fruits and vegetables per day
  - Do not smoke, and limit alcohol to 1 drink/day for women and 2 drinks/day for men
- **More preventive benefits**
  - Get 7 hours of sleep, use stress-reduction techniques regularly, reduce prolonged sitting, do strength training, reduce sodium intake, increase water intake
- **Set habits and know personal standard measures and vital signs**



40

40

---

---

---

---

---

---

---

---

### Key Strategies for Optimizing Your Own Personal Health and Well-Being: Intellectual Wellness

- Defined as appreciation for lifelong learning, fostered critical thinking, developed moral reasoning, expanded worldviews, and pursuit of knowledge
  - Prevention of cognitive decline from intellectual exercise
- New neuron formation
  - Physical and mental exercise
- Strategies: Reading, quiet time, disruption of routines, and lifelong learning



41

41

---

---

---

---

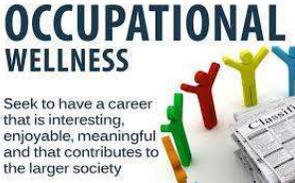
---

---

---

---

### Key Strategies for Optimizing Your Own Personal Health and Well-Being: Career Wellness



- Align work with passion and dreams to increase energy and enthusiasm
- Purpose, passion, and pride are needed for happy careers
- Strategies:
  - Practice mindfulness, have a positive mindset, no multitasking, evaluate work hours

42

42

---

---

---

---

---

---

---

---

### Key Strategies for Optimizing Your Own Personal Health and Well-Being: Emotional Wellness

- Ability to identify, express, and manage the full range of your feelings
- **Other tactics:** Physical activity, journaling, get 7 hours of sleep, use mindfulness, engage in activities that reduce stress
- Includes practicing techniques to deal with stress, depression, and anxiety, and seeking help when feelings become overwhelming or interfere with functioning
  - CBT or skills building
  - Monitoring thoughts for negative patterns




43

43

---

---

---

---

---

---

---

---

---

---

### Key Strategies for Optimizing Your Own Personal Health and Well-Being: Social Wellness

Defined as the ability to effectively interact and connect with people around you and society.

- Help people deal with stress and keep people healthy

Create strong personal relationships and a support system that includes family and friends.

To what extent does social media affect our social wellness?



Be aware of your social background and cultural differences.

Impact of loneliness on physical and mental health

- Inflammation, stress hormone levels, and suppressed immune systems

44

44

---

---

---

---

---

---

---

---

---

---

### Personal Optimal Wellness Plan




**A PERSONAL DEVELOPMENT PLAN**

A Personal Development Plan is a structured plan used to identify and address goals to be achieved overtime.

A PDP is used to plan your goals, further build on your strengths and managing your weaknesses.

A PDP is usually created for an individual.

45

45

---

---

---

---

---

---

---

---

---

---

**Healthy Behaviour-Change Techniques: SMART Goal Setting**

- Specific**
  - ex. I want to do 25 pushups in 60 seconds
- Measurable**
  - ex. at first I could do 5 pushups, but now I can currently do 20 in 60 seconds
- Adjustable**
  - ex. 25 pushups is now too easy, my new goal is 25
- Realistic**
  - Don't set yourself up for failure (ex. 200 pushups in 60 seconds is extremely difficult, stick to a reasonable number)
- Time-based**
  - Set your personal goal-date (I will do this by January 17)

**Healthy Behaviour-Change Techniques**

- D**ecide in advance what the problem is
- E**xplore the alternatives
- C**onsider the consequences
- I**dentify your values
- D**ecide to take action
- E**valuate the effectiveness

## How to Develop an Optimal Wellness Plan

46

---

---

---

---

---

---

---

---

---

---

---

---

## Optimal Wellness Plan

**Characteristics of a Well Individual**

- ✓ Balance in all areas of life
- ✓ Respect for themselves and others
- ✓ Maintains and supports friendships
- ✓ Ability to laugh, cry, and feel
- ✓ Realistic sense of self, accepts limitations

*Can you think of other characteristics of wellness?*

47

---

---

---

---

---

---

---

---

---

---

---

---

**Self Care**  
IN THE TIME OF COVID-19

- SHAKE THAT ASS**  
Life on lock-down doesn't mean you can't keep doing the things you love. Eat well, exercise, meditate, go for a walk, dance, create, laugh!
- EASE YOUR MIND**  
In these uncertain times, try to take a break every so often. Minimize information overload, make art, keep a journal, listen to your favorite music.
- STAY CONNECTED**  
Even though we are separated, we are all in this together. Reach out to your community and offer your support or send a friend some virtual love!

48

---

---

---

---

---

---

---

---

---

---

---

---

# Create your Passion RoadMap

Passion Planner handouts

49

---

---

---

---

---

---

---

---

# Career goals revived

50

---

---

---

---

---

---

---

---

# Concept Mapping of Career Goals

51

---

---

---

---

---

---

---

---

RENEW YOURSELF  
A Six Step Plan for More Meaningful Work

SMART Goals For Nurse Practitioners

Nurse Practitioner GOALS

REST REFOCUS RECHARGE  
A GUIDE FOR OPTIMIZING YOUR LIFE  
NP Recharge

Refresh Refocus Renew

52

---

---

---

---

---

---

---

---

53

**Wheel of Life**

How smooth do the wheels of your life roll?  
How balanced is your life?

53

---

---

---

---

---

---

---

---

Questions?

*May you strive continually to meet your optimal level of wellness  
It will help you to be a better person and clinician*

54

---

---

---

---

---

---

---

---