

### A Return to Joy



While you are waiting for us to begin....please send a quick text/email to someone to tell them how much they mean to you.\*

\*People who do this daily get great e-mails/texts back and their social connection score is top notch  
\*Social connection is the greatest predictor of long-term happiness

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"If you change the way you look at things,  
the things you look at change."  
— Dr. Wayne Dyer

**BUNCE BACK**  
promoting health through happiness

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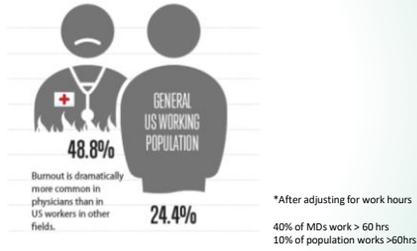
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### Burnout Compared to the General Population




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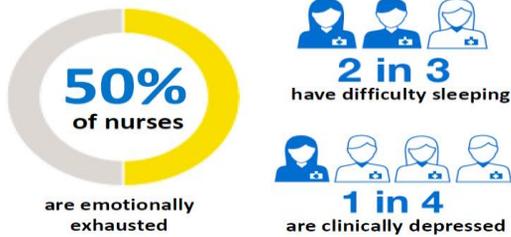
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### Burnout and Fatigue



Source: Sexton, et al. (2009). Palliative Care.

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### Burnout Costs Clinicians

Clinician Burnout is associated with....

- ↑ Disruptive Behavior
- ↑ Divorce
- ↑ Disease (CAD)
- ↑ Drug Abuse
- ↑ Death (Suicide increases 2-4x)




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## Burnout Costs Organizations

Physician Burnout is associated with....

- ↑ Malpractice Risk
- ↑ Part Time
- ↑ Physician and Staff Turnover



\*Replacing a PCP costs more than \$500,000  
 \*Replacing a nurse costs more than \$650,000  
 \*Physician stress reduction has the potential to reduce malpractice claims by two-thirds (\$400K per claim)

- Am J Man Care Nov 1999;5(11):1431-1438
- Am J Man Care July 2001;7(7):701-703
- Health Serv Res Oct 2004;39(5):1574-1588
- Med. Car Mar 2006;44(3):214-242
- AMA Stress Forward: <http://www.ama-assn.org/forwand.org/modules.php?in=medicine>
- Social Science & Medicine (1982) 2005;5:2021-215-222

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## Burnout Affects Patients

Clinician Burnout is associated with...

- ↑ Mistakes
- ↓ Adherence
- ↓ Empathy and Compassion
- ↓ Patient Satisfaction



- Dybbin: JGAMA 2011;305:2009-2010  
 Murray, Montgomery, Chang, et al. J Gen Intern Med 2001; 16:452-459  
 Landon, Reschovsky, Pham, Blumenthal. Med Care 2006;44:232-242

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## Am I burned out?

- You try to be everything to everyone.
- You get to the end of a hard day at work, and feel like you have not made a meaningful difference.
- You feel like the work you are doing is not recognized.
- You identify so strongly with work that you lack a reasonable balance between work and your personal life.
- Your job varies between monotony and chaos.
- You feel you have little or no control over your work.
- You work in healthcare.




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### Lollipop Leader

- What resonated with you about what Drew Dudley and Marianne Williamson said? How can you see yourself putting these concepts into practice?
  - How many opportunities do we have everyday in to make lollipop moments?
  - How can we get better at expressing gratitude to others?
  - How can we talk about times when we are proud, so that we can let our light shine? How can we gracefully accept a compliment?

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### Resilience (and Happiness) Can Be Learned!

- "Resilience is like weight training ... we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

Dr. Helen Weng  
UW-Madison

- "Ninety percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world."

Dr. Shawn Achor  
Founder GoodThinking

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### Chasing Happiness...



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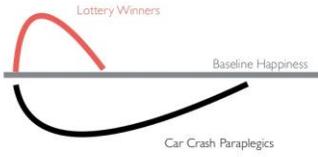
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### Happiness associated with Relationships and Gratitude



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### Harvard Study of Adult Development



Good Relationships Keep us Happier and Healthier

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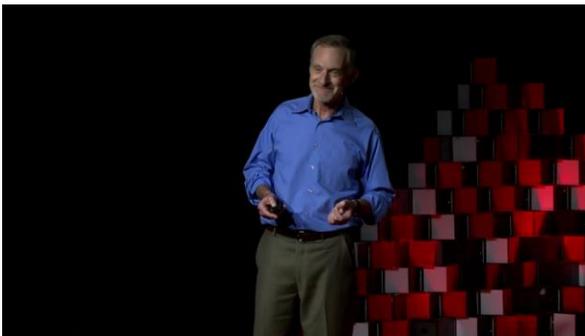
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### Relationships are important!

• Loneliness Kills

- Increases premature death by 14%
- 40% of Americans are lonely 4am friends
- Why is talking about loneliness taboo?
- Facebook makes it worse




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### Chasing Happiness

• We all want it right? How do we get it?

**Building and Maintaining Quality Relationships.**

**Gratitude is one of the bests tool to build relationships.**

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### Random Acts of Kindness




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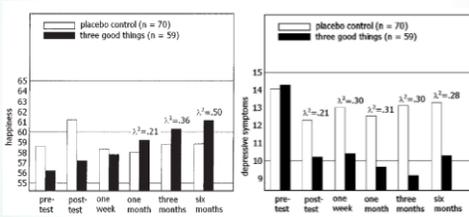
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### Three Good Things

Seligman, Steen, Park & Petersen, 2005




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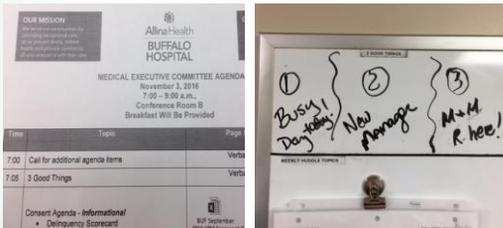
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### Three Good Things




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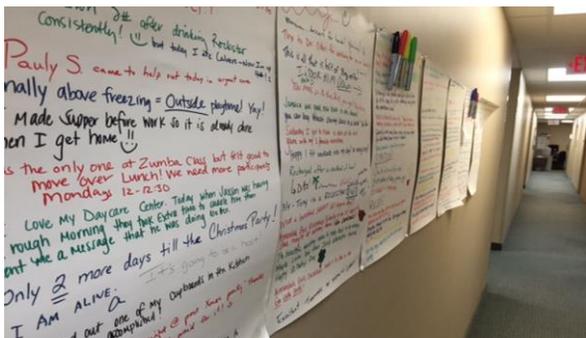
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### Gratitude Journaling

• Writing/photographing something 3-4 days a week that you are grateful for and reflecting on it for a few minutes.

- Apps on your phone
  - From Gratitude to Bliss
  - Gratitude journal 365




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### Gratitude Journaling Science




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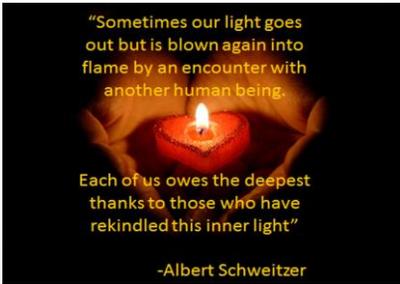
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### Gratitude Letters




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### Gratitude

- You now have the opportunity to write that person you thought about a thank you note....*right now!*
- Commit to a phone call or mailing your thank you note within the next 48 hours

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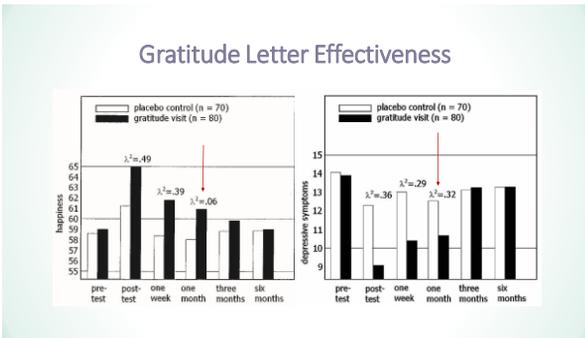
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### Gratitude Letters....Investing in your people



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### Investing in your people



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### Gratitude Is A Gift You Give To Yourself

- Decreased depressive symptoms and increased feelings of well being <sup>5,1</sup>
- Improved psychological well-being <sup>6</sup>
- Improved working memory <sup>2</sup>
- Improved sleep <sup>3</sup>
- Improved immune system function <sup>4</sup>
- Improved relationships <sup>5</sup>
- Improved coping with emotional upheavals <sup>6</sup>



1. Seligman, M.E.P., Steiner, G., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60, 410-15.  
2. Park, K., & Seligman, M. E. P. (2002). Improvements in working memory capacity. *Journal of Experimental Psychology: General*, 132, 100-10.  
3. Seligman, M. E. P., Steiner, G., Park, N., & Peterson, C. (2005). A brief course of interventions for psychological and emotional difficulties in a primary school of children: A randomized controlled trial. *Journal of Positive Psychology*, 1, 1-10.  
4. Park, K., Seligman, M. E. P., & Peterson, C. (2002). The psychological effects of thought experiments. *Journal of Personality and Social Psychology*, 83, 1288-1295.  
5. Seligman, M. E. P., & Peterson, C. (1998). How to become a more successful writer. *Psychological Science*, 9, 448-450.  
6. Seligman, M. E. P., & Peterson, C. (1999). Finding for records of a generation: A review of the benefits of positive psychology. *The Journal of Applied Psychology*, 84, 101-105.

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Inspire others by doing  
RAOKs, 3 Good Things, Gratitude Journals & Letters of Gratitude



People that love you will model you and  
you will change the fabric of our community!

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**The Two Wolves Cherokee Legend**

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves.

*"Which wolf will win?"*  
One wolf is good and the other is bad. One is greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good - he is Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love, and faith."

The same fight is going on inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather:

*The old Cherokee simply replied,*  
*"The one you feed."*

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- Rising Strong Weekend  
Buffalo, MN  
May 4-6, 2018
- Daring Camino CME  
Camino de Santiago, Spain  
July 6-13, 2018
- Resilience Retreat CME  
Rome Italy  
October 23-30, 2018
- American West  
Zion, Bryce, and Grand Canyon  
September 14-20, 2018
- Servant Leadership  
Guatemala  
January 6-13, 2019

Check us out at [www.bouncebackproject.org](http://www.bouncebackproject.org) AND [www.bouncetravels.com](http://www.bouncetravels.com)

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Want to Become Part of the Movement?

Text:

@bounce2017 to 81010

Like us on Facebook:  
**Bounce Travels and Bounce Back Project**

Check out our web pages:  
[www.bouncetravels.com](http://www.bouncetravels.com)  
[www.bouncebackproject.org](http://www.bouncebackproject.org)

Contact me:  
Corey@Boucetravels.com



"When you are on your path the world conspires to help you."

-Paulo Coelho

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**One day,  
you'll be just a  
memory for some  
people. Do your best  
to be a good one.**

-Unknown

Image from Sofia's Dream

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