

# Mastering Self Care for the Practice Team




HOSTED BY  
**Kim Poyner**  
MediCoach



**WED**  
**6 July**  
**12:30pm AEST**





**In the spirit of reconciliation, HotDoc  
acknowledges the Traditional Custodians of  
country throughout Australia and their  
connections to land, sea and community.**

**We pay our respect to their elders past and  
present and extend that respect to all Aboriginal  
and Torres Strait Islander peoples today.**



A misty mountain landscape with a large pine tree in the foreground and a rocky cliff on the left. The text "Self care" is overlaid in white, serif font, with a white horizontal line underneath it.

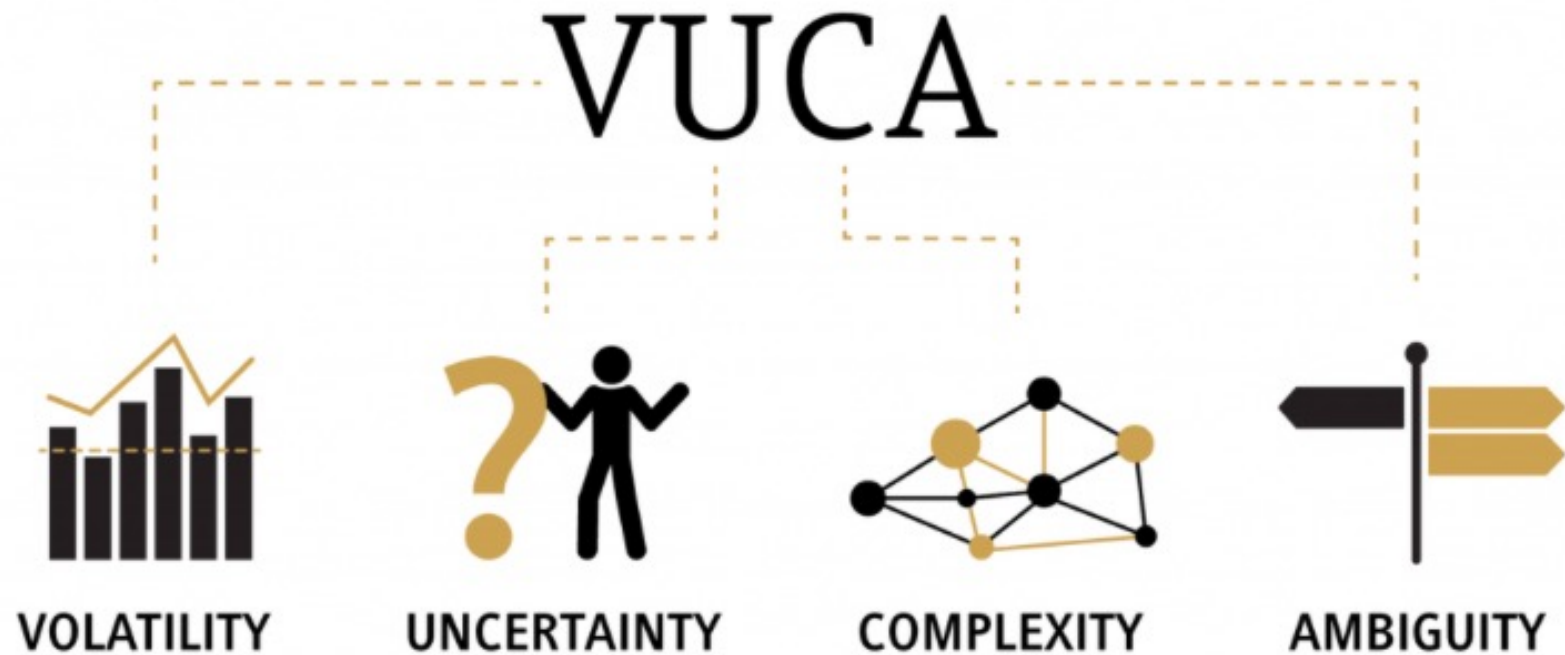
# Self care

MediCoach 2022

# Agenda

- VUCA stands for volatility, uncertainty, complexity, and ambiguity. It describes the situation of constant, unpredictable change that is now the norm in certain
- Understanding your emotions as messengers and feedback.
- Mapping a self care plan – filling up your cup
- Understanding your energy drainers and your energy nourishers.

# VUCA World

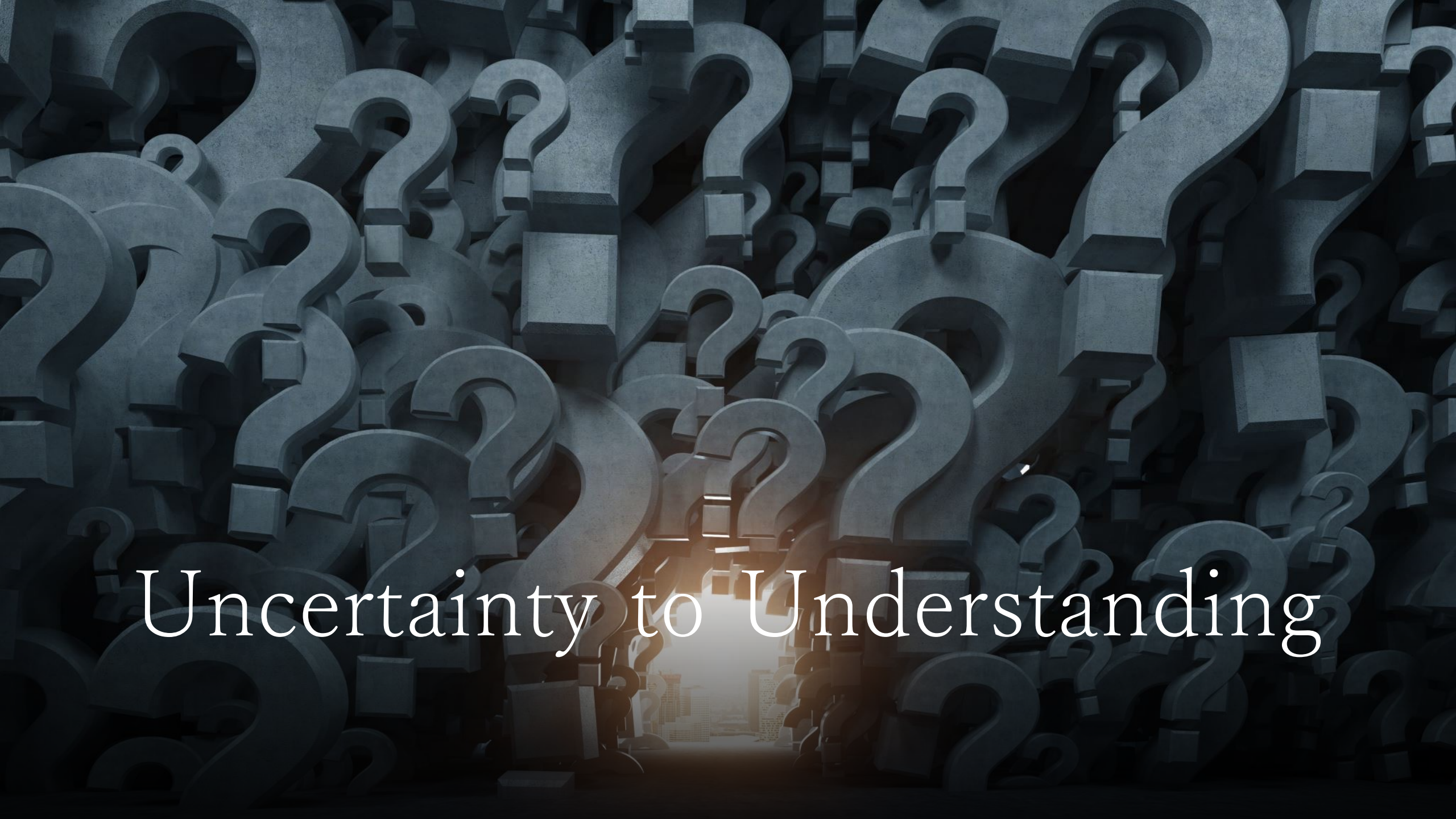






Volatility to Vision





Uncertainty to Understanding





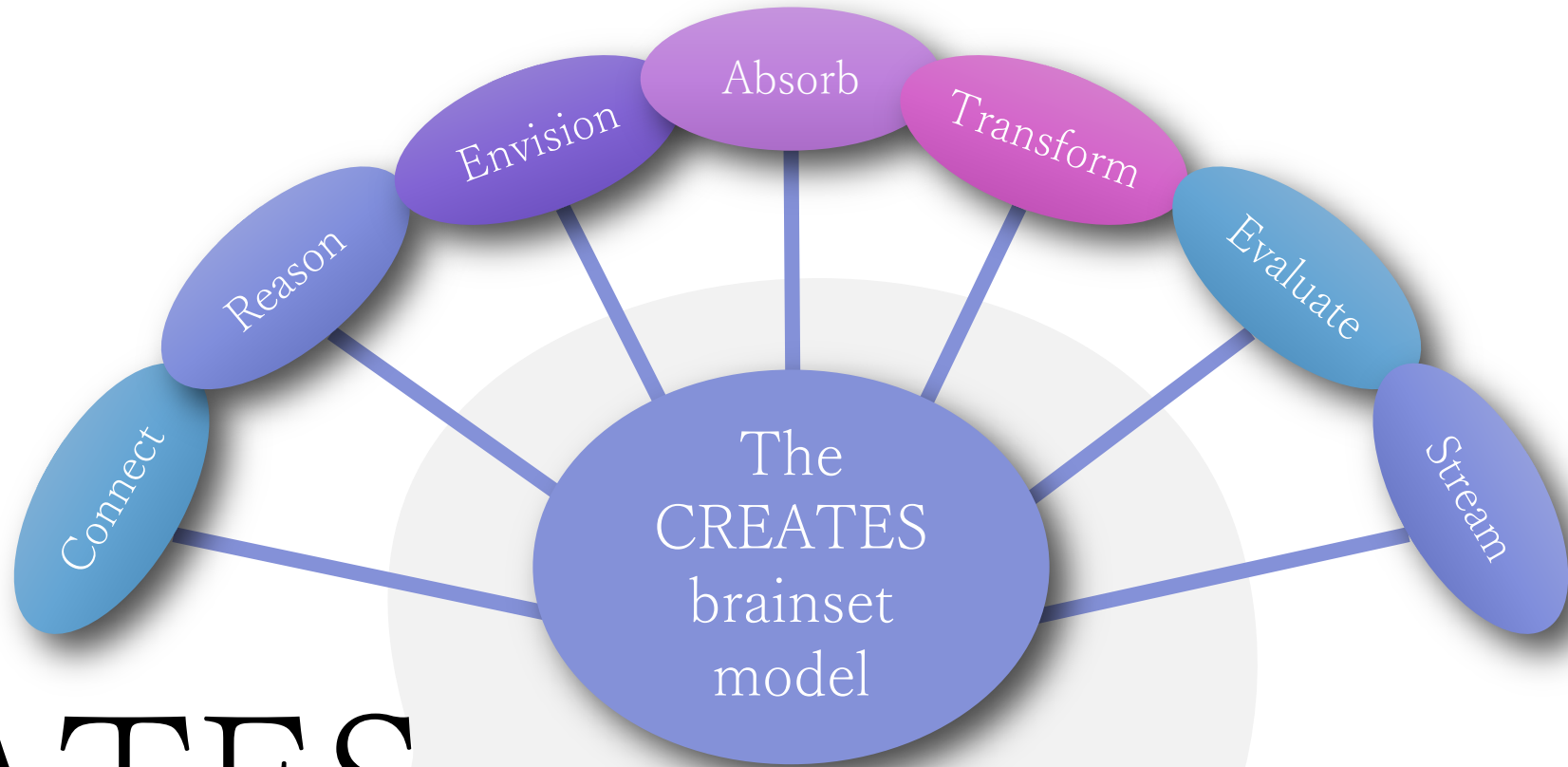
Complexity to Clarity





Ambiguity to  
Agility

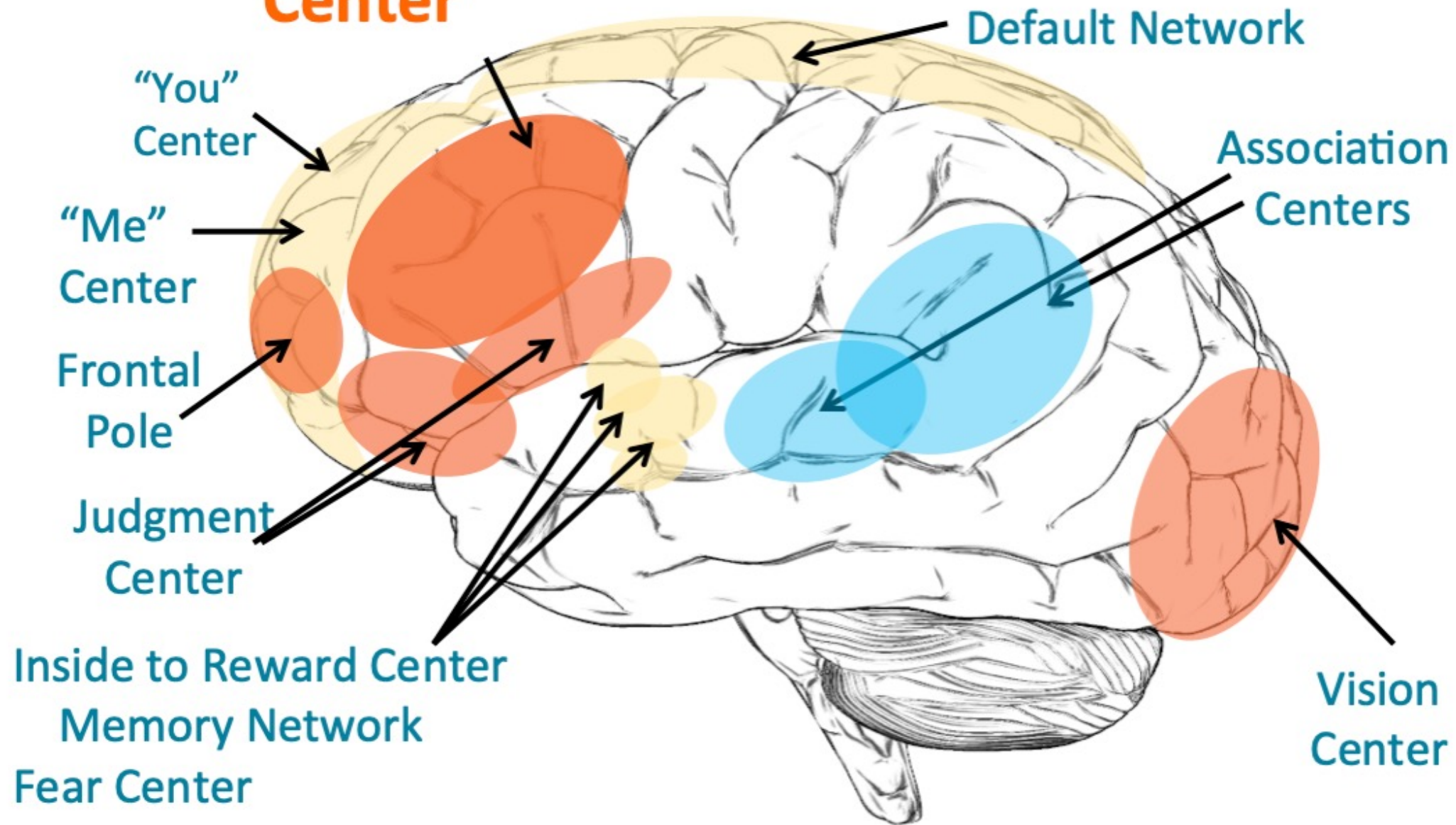
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CREATES  
activity



# Executive Center



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## Your **unmet** needs could be...

1. Not confident
2. Not in control
3. Can't solve a problem
4. Unbalanced
5. Not rested
6. Performing under standard
7. Feel unsupported
8. Not having fun
9. etc.





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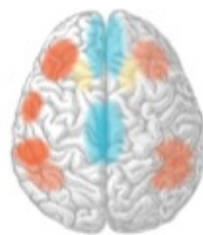
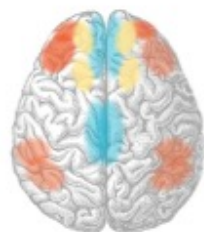
# What is a disorganized mind?



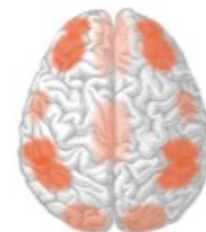
- **Mindless:** not INTENTIONAL
- **Distracted:** not DEEP
- **Scattered:** not AGILE
- **Left, Right or Frontal Brain dominated:** not DIVERSE
- **Frenzied:** not emotionally ENERGIZED
- **Depleted:** not physically ENERGIZED

High Control FOCUS

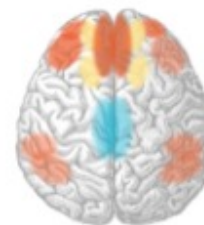
Evaluate



Think



Strategic

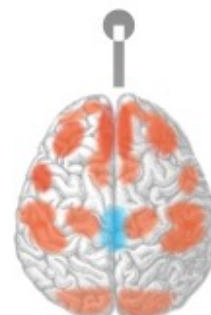


Self  
Evaluate

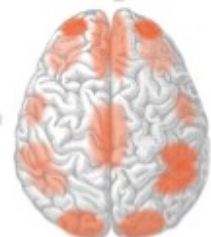


Narrow Awareness

Thinking



Collaborate



Meta Awareness



Flow



Embodied  
Learning

Experiencing

Rapport



Imagine



Nonlinear



Mind Wandering



Open Awareness

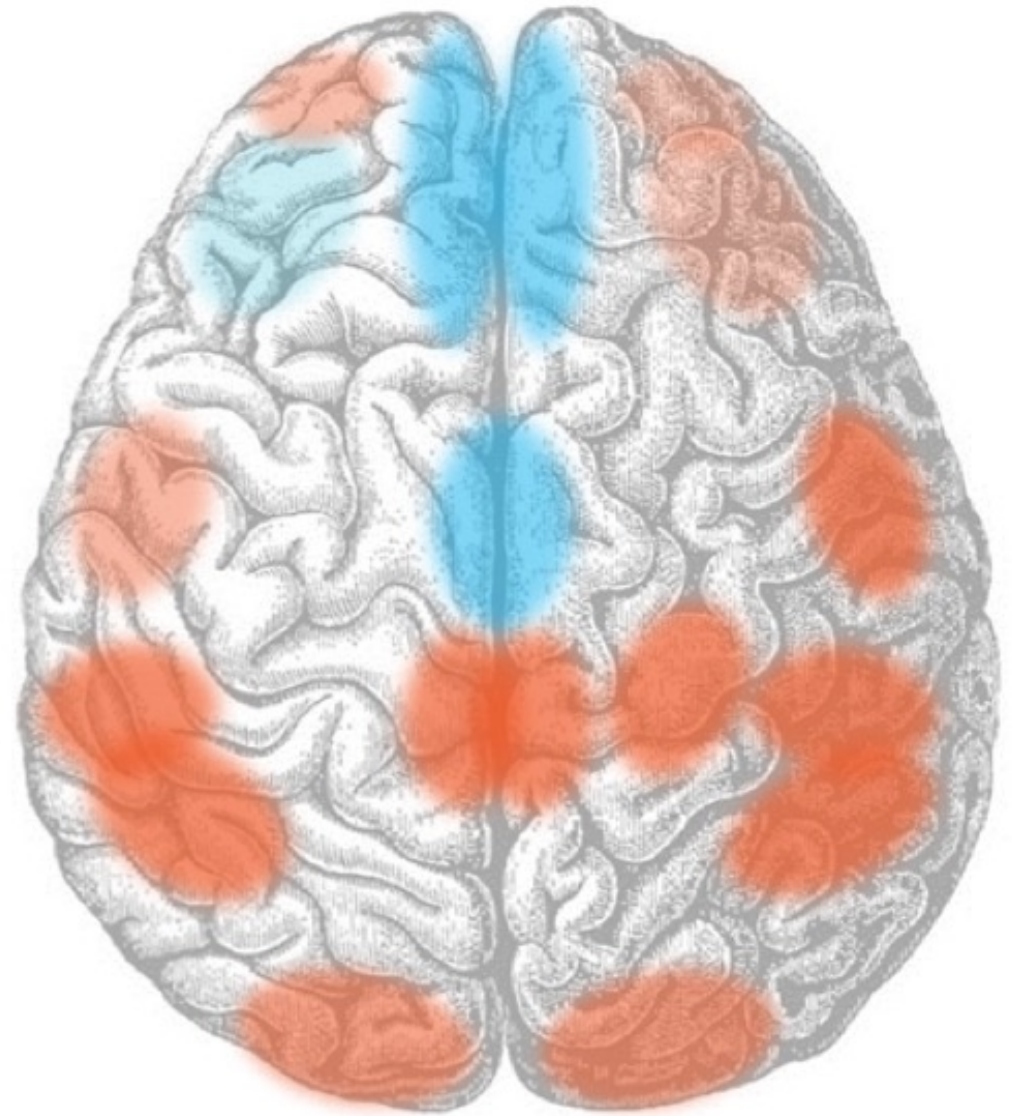
Low Control FOCUS



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# Open Awareness

- All senses are awake
- Inside – emotions, physical sensations
- Outside - sights, sounds, smells, touch, others





Mind Full, or Mindful?



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# Meta Awareness

- Pause
- Notice your mind/brain activity
- Observe or witness
- Accept - no judgment
- No reaction



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## Life Satisfaction

How do I feel at the end of the day?

- On top of things
- Handled chaos well
- Moved things forward
- Used my abilities well
- Good tired



- I can't keep up
- Got sidetracked by unexpected
- Little progress, spinning wheels
- Didn't use my abilities well
- Exhausted and depleted



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# Connection

- I am not alone
- Others have the same emotions
- Suffering is a shared human experience
- Feel a comforting connection with humanity



Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85 – 102.

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# Thriving

- I am satisfied with my life
- My life is a work of art
- I am resilient
- I have a sense of purpose
- I am leaving a legacy
- I am fully engaged
- I feel whole and connected

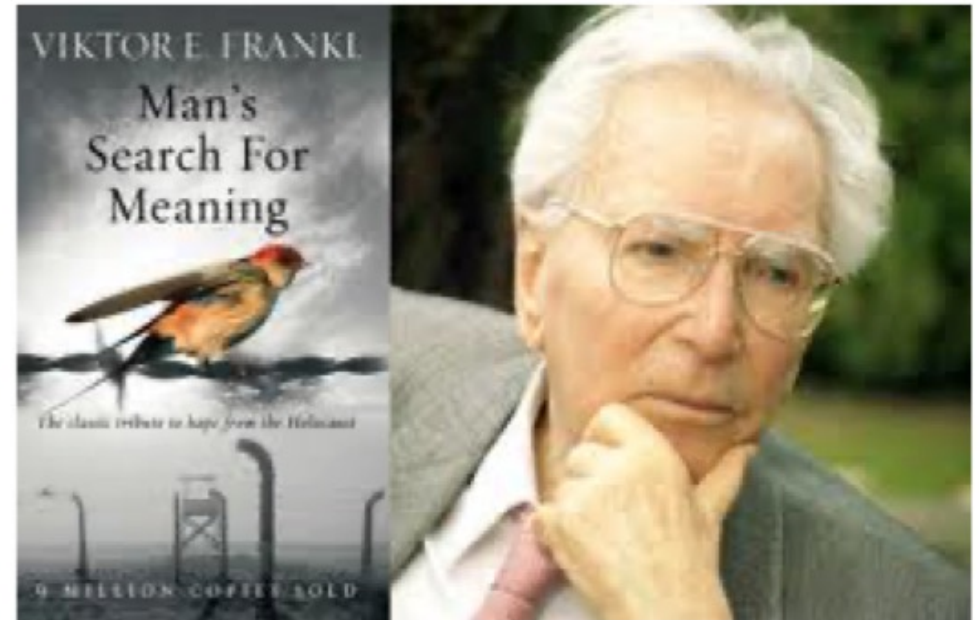




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# Man's search for meaning

- A quest, not a destination
- The quest drives personal growth
- The search for meaning is key to mental well-being



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# Self-transcendence

- What is my purpose, larger than myself?
- In this moment, today, this project, my work, my life?



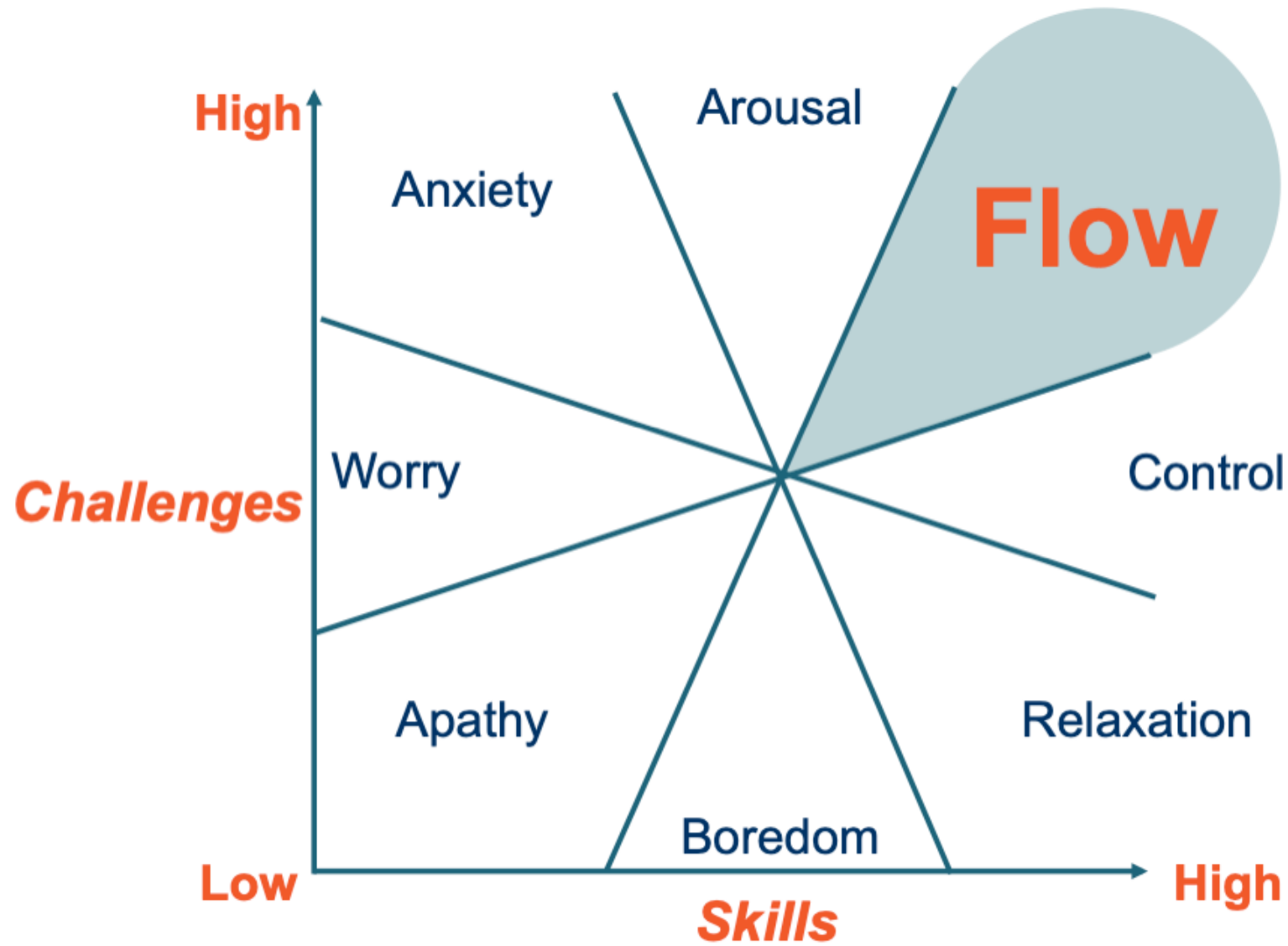


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# Welcome less control

- I don't know the answer
- I am not in my comfort zone
- I am not in full control
- I can't predict for certain

**SOMETIMES  
NOT BEING IN  
CONTROL IS  
THE MOST  
BEAUTIFUL  
THING IN THE  
WORLD.**

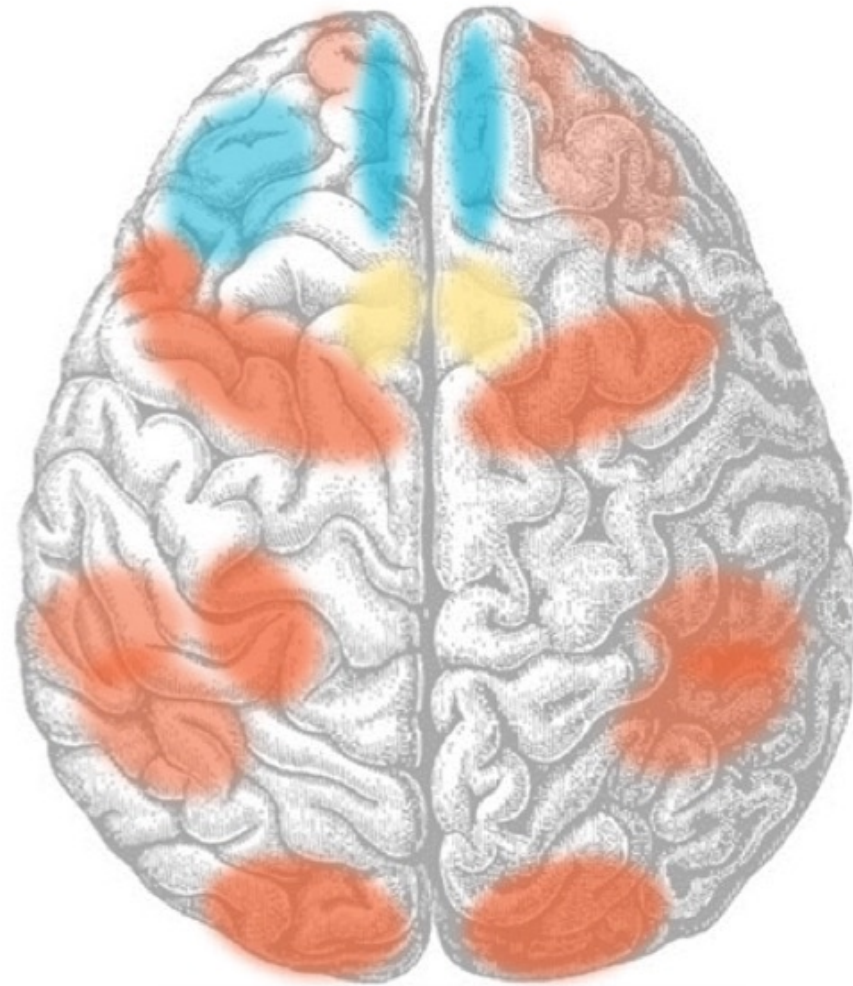




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# Flow is a defocused state

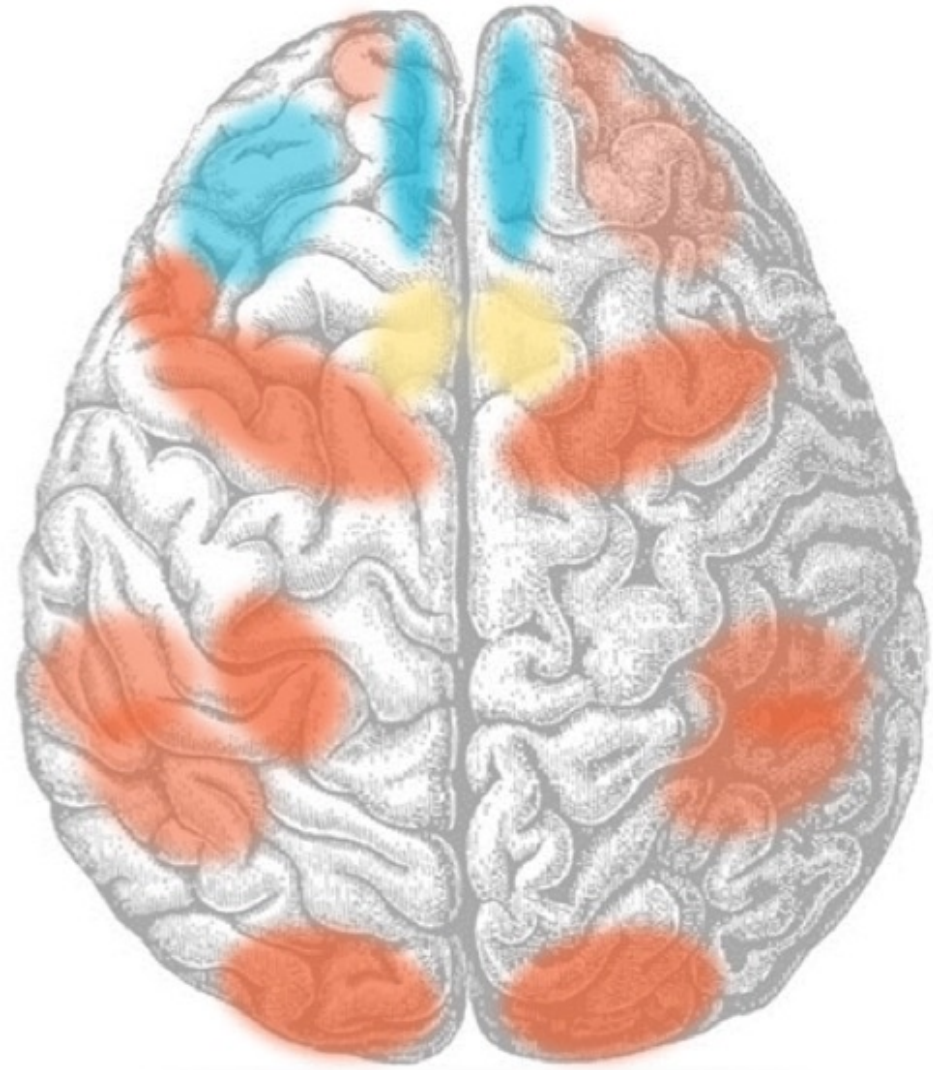
- Let go of control
- Get into the zone
- Lose sense of time
- Totally absorbing
- You feel alive



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# Flow brings more and better...

- Life engagement
- Life satisfaction
- Positive emotions
- Resources
- Self-esteem



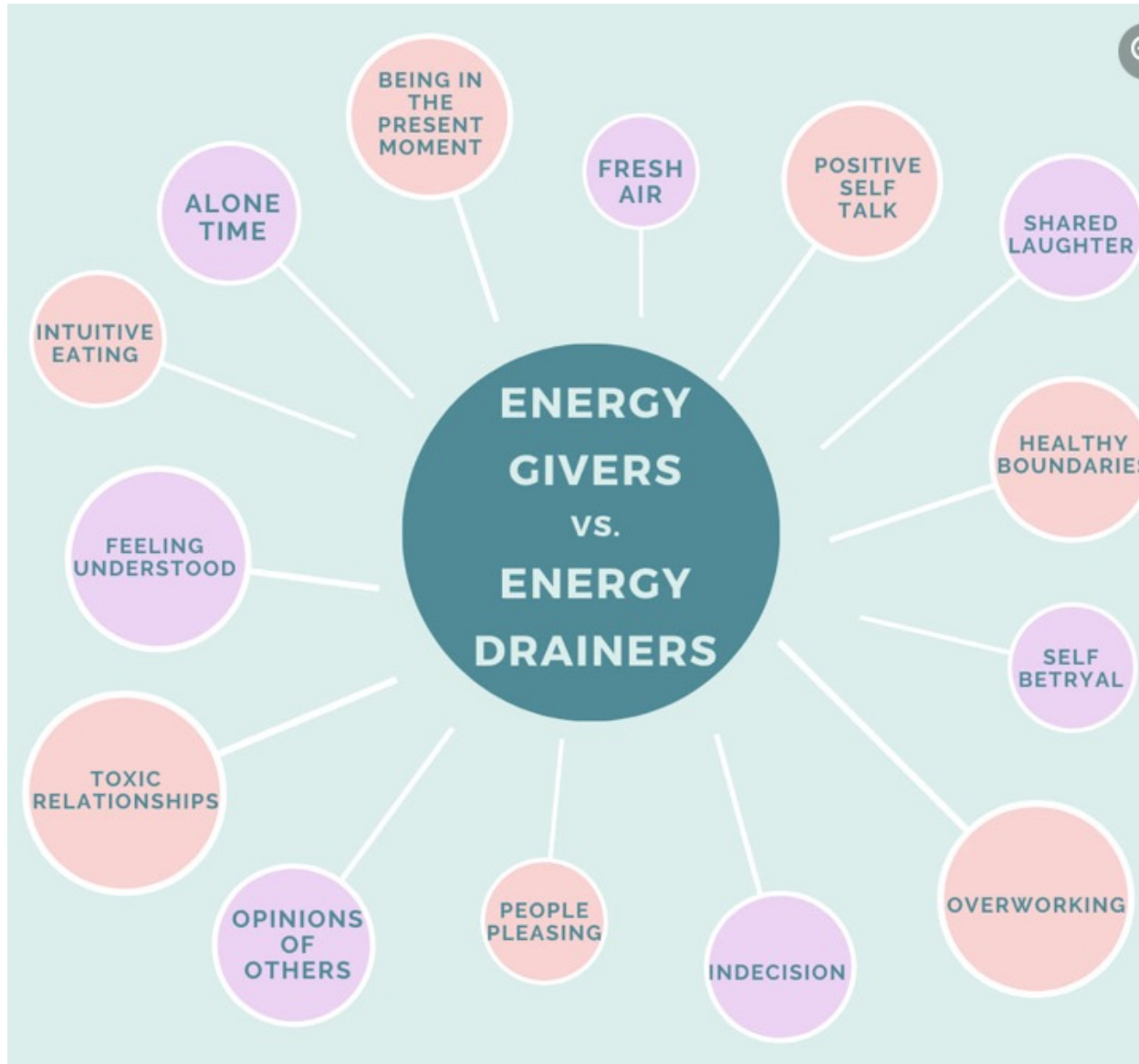
# Training for life - SMILE

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- Speak Positively
- Move Dynamically
- Immerse in Nature
- Live in the now
- Envision a positive future



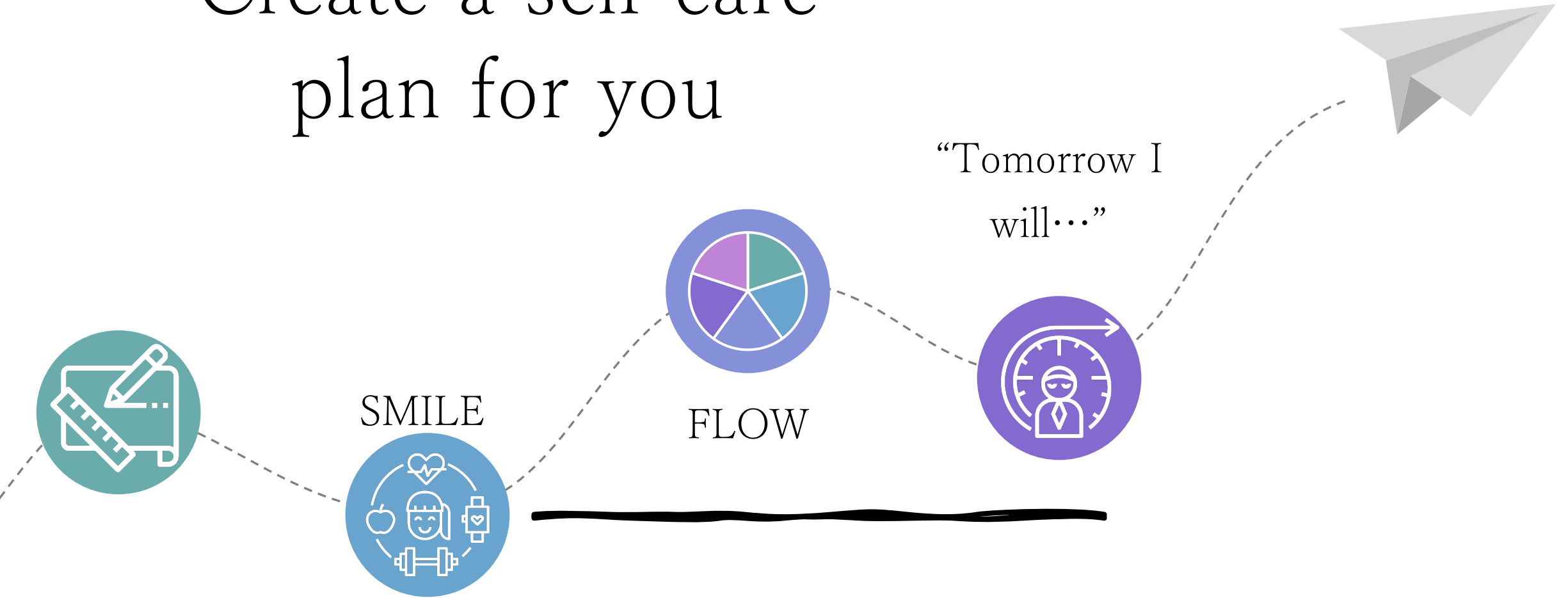




# Awareness to Action

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# Create a self-care plan for you



 **HotDoc** | CPD WEBINAR

# PART 1 | Cybersecurity: Password Management in your Practice



HOSTED BY  
**Henry McLaughlin**



**WED 20 JULY**  
**12:30pm AEST**



# JOIN THE CONVERSATION



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# Q&A

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