

Fostering Emotional Health in Equine Practice

AAEP “Meet-Up”

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Feelings and Emotions

- * A feeling is a physical representation of a thought.
- * Emotions are event-driven, while feelings are learned behaviors that are usually in hibernation until triggered by an external event

| Some Feelings Associated with Each Emotion | | | | | |
|--|----------------|--------------|-----------|------------|------------|
| Sadness | Joy | Anger | Love | Fear | Peace |
| unlovable | lovable | jealous | open | worried | relaxed |
| lonely | confident | dissatisfied | satisfied | nervous | calm |
| needy | secure | intolerant | tolerant | stressed | productive |
| guilty | self-accepting | resentful | kind | indecisive | stable |
| small | strong | disgusted | grateful | confused | committed |
| incapable | powerful | conceited | humble | impatient | patient |
| glum | delighted | stingy | generous | rigid | flexible |

Burnout

- * The Maslach Burnout Inventory defines the three aspects of burnout to be emotional exhaustion, depersonalization, and reduced feelings of personal accomplishment.
- * Occupational burnout is a syndrome resulting from chronic work-related stress, with symptoms characterized by feelings of energy depletion or emotional exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy and effectiveness.

Compassion Satisfaction & Stress

- * **Compassion Satisfaction:** A degree of fulfillment, sense of purpose and satisfaction derived from working as a care provider. This can involve positive feelings toward colleagues, contributions to the work environment and/or gratification from caregiving.
- * **Compassion Stress:** The unavoidable stress experienced when helping others in distress or harm's way. This stress is expected, natural and unavoidable in the healthcare field and is derived from a sense of responsibility and desire to alleviate suffering. Unless addressed, compassion stress can escalate to compassion fatigue.

Compassion Fatigue

- * Compassion Fatigue: A state of exhaustion and biologic, physiologic and emotional dysfunction resulting from prolonged exposure to compassion stress. Individuals that experience compassion fatigue feel overwhelmed from bearing the suffering of others, but typically continue to engage in self-sacrifice in the interest of their patients and clients.
- * Factors that place individuals more at risk for experiencing compassion fatigue are high empathy, a history of traumatic experiences, and the existence of unresolved trauma. Factors that affect the severity of compassion fatigue are the duration of the experience, the potential for recurrence, exposure to death and dying, and the presence of a moral conflict.

Compassion Fatigue

- * Compassion fatigue is a condition characterized by a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring.
- * It is sometimes referred to as secondary traumatic stress (STS). According to the Professional Quality of Life Scale, burnout and STS are two interwoven elements of compassion fatigue.
- * Compassion fatigue is considered the result of working directly with victims of disasters, trauma, or illness, especially in the health care industry. Individuals working in other helping professions are also at risk for experiencing compassion fatigue.

Resilience

- * Master Resiliency Training (MRT) was developed as a joint undertaking between the University of Pennsylvania, the Walter Reed Army Institute of Research, and the United States Military Academy at West Point.
- * Specifically, the Army was interested in a proactive approach to PTSD, rather than simply waiting for soldiers to come home with PTSD and then begin treatment. The Army is also interested in teaching MRT skills to families of soldiers as well as non-combat members of the Army.

What is Resilience?

- * Resilience is not just about “bouncing back” from major life challenges.
- * Resilience means you can manage the daily stressors of life like a difficult day at work, a tough conversation with a friend or loved one, or a failure or setback with your career.
- * Resilience is about the ability to capitalize on opportunity – to take calculated risks because we are not afraid of failure.

What is Resilience?

- * Resilience is a process that requires adoption of productive behaviors, thoughts, and actions that can be learned.
- * Resilience prepares you to deal with life's challenges by giving you the ability to cope with adversity, adapt to change, and thrive under new conditions.

Resilience in Focus

- * Self-compassion –Many of us have expectations of ourselves and others that drive our emotional experience.
- * Stress Mindset - Many of us have been told to try to manage our stress level or decrease the stress we experience altogether. Your beliefs about stress, or stress mindset, can have a big impact on the type of stress response your body experiences. Stress can actually be good for you if you can retrain your mind and body.

Resilience in Focus

- * Mindfulness
- * Goal Setting – WOOP (Wish Outcome Obstacle Plan)
- * Gratitude – Hunt the good stuff
- * Counterproductive thinking - Our thinking patterns can either help us or hurt us. It is what and how we think about what happens to us that determine our moods and actions. We have to learn to retrain our brain to have better thinking habits.

Resilience in Focus

- * Realistic Optimism - Realistic optimism is essential to daily life, but especially critical when facing challenges. Optimism, like pessimism, is a thinking style. You can learn, grow and cultivate an optimistic mindset.
- * Catastrophizing - When things we care about are on the line and everything is unclear, we are more likely to think about worst-case scenarios and what-ifs. This is where learning to see perspective comes in to help avoid this thinking trap.

Resilience in Focus

- * Deliberate breathing
- * Strengthening Relationships - Relationships are important to our health, well-being, and resilience. Every relationship has its own emotional bank account. Our actions and the way we communicate with those we care about, work with and live with can either deposit or withdraw from the account. We have to learn to invest in our relationships in a healthy way. This will increase cohesion, trust and satisfaction.

Resilience in Focus

- * Conflict Resolution - When conflict comes up, we humans are wired to fight, flee or freeze. Our bodies take over and we end up facing challenging conversations with others full of adrenaline that blocks our thinking. This is the reason we either shut down and withdraw or lash out and say and do things we then regret. Thankfully, we can learn to avoid the common communication traps that keep our relationships from thriving.

How would you define emotional health?

Not everything that
weighs you down is
yours to carry.

author unknown



@thewholeveterinarian

When poll is active, respond at **PollEv.com/amygrice024**

Text **AMYGRICE024** to **22333** once to join

Generally, how is your emotional health?

Fantastic

Pretty Good

Hanging in there

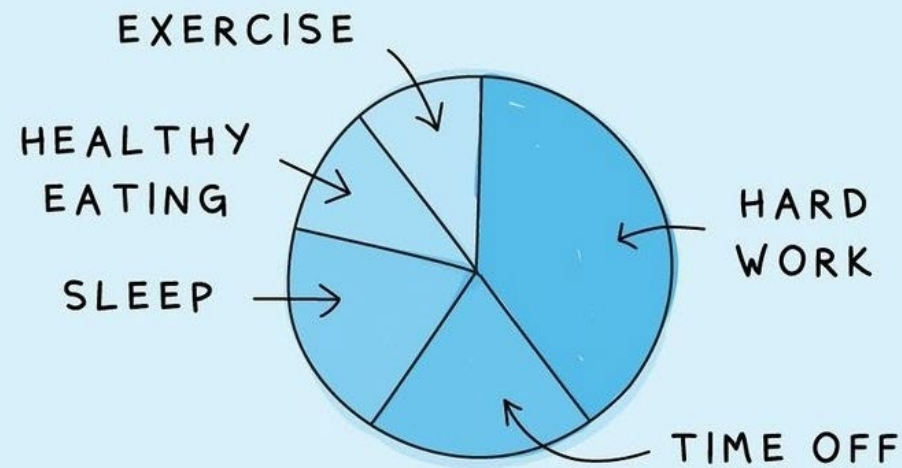
Hanging by a thread



Dangerously dark

WHAT I THOUGHT WOULD MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES





What words capture how you feel when your emotional health falters?

"What else?" asked
the boy



"You will have plenty
of critics," said the horse,
"don't be one of them."

What self-care strategies give you the most comfort?

A dark silhouette of a woman with long hair holding the head of a horse. A dreamcatcher is visible between them. The background is a light, hazy landscape. The image is framed by blue decorative shapes on the left and right sides.

**"Self care is a sacred
responsibility.**

**IF I WANT TO GIVE MY BEST TO OTHERS,
I MUST FIRST GIVE TO MYSELF."**

Kate Snowise

@thewholeveterinarian

ways To

1/9

CHECK IN

WITHOUT asking

How are
you DOING?

ask something
specific:

WHAT HAVE YOU BEEN
THINKING ABOUT?

HOW HAS YOUR
DAY BEEN?

HOW DOES IT FEEL TO
BE YOU RIGHT NOW?

OFFER Support (WITHOUT QUESTIONS)

I miss you!
I'm JUST checking
IN. I HOPE you're
okay, BUT I'm
Here For you IF
you're STRUGGLING.

Be Curious:

I'm WONDERING WHAT'S
HELPING you COPE
RIGHT NOW?

Have you Read ANY
good BOOKS or
WATCHED ANY good
SHOWS LaTeLy?

or - simply
HOLD space.

I care about you
and you're on my
mind. No need to
respond - just
want you to know.

@ReveLaTori 🌱

Panelists Stories



General Resources

- * <https://aaep.org/wellness> AAEP Wellness
- * <https://www.happinesslab.fm/season-1> The Happiness Lab podcasts
- * <https://www.mindful.org/why-you-need-a-self-care-plan/> Self Care Plan
- * <https://www.nomv.org/> Not One More Vet
- * <https://suicidepreventionlifeline.org/> Lifeline 800-273-8255
- * <https://www.crisistextline.org/> Text HOME to [741741](https://www.crisistextline.org/) to connect with a Crisis Counselor - Free 24/7 support at your fingertips- US and Canada: text [741741](https://www.crisistextline.org/)

Resilience Resources

- * www.Positivepsychology.com
- * PENN RESILIENCE PROGRAM AND PERMA™ WORKSHOPS -
<https://ppc.sas.upenn.edu/services/penn-resilience-training>
- * Mt Sinai's Road to Resilience Podcast

Burnout Resources

- * <https://www.avma.org/javma-news/2004-08-15/managing-stress-and-avoiding-burnout>
- * <https://www.dvm360.com/view/the-difference-between-compassion-fatigue-and-burnout-in-veterinary-medicine>
- * <https://www.avma.org/sites/default/files/resources/VetWellbeingSummit-100HealthyTips.pdf>

Well-being Resources

- * <https://proqol.org/> *Professional Quality of Life survey*
- * <https://greatergood.berkeley.edu/resources/studies> - *Well-being resources and articles*
- * https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain - *I love this article*
- * <https://simplywellblog.org/2019/06/24/what-stress-does-to-the-body-and-how-mindfulness-can-help/>
- * <https://www.peacewithinmindfulness.com/resources> - *Meditation Made Especially for Veterinarians*
- * <https://www.happify.com/hd/loving-kindness-infographic/> *"How Compassion Meditation Can Improve Your Life"*
- * <https://www.mindful.org/this-loving-kindness-meditation-is-a-radical-act-of-love/> *A guided loving kindness meditation*
- * <https://www.happify.com/public/happify-daily/> - *The Happify site in general is a great resource*

Other Resources

- * <https://vetgirlontherun.com/the-trajectory-of-compassion-fatigue-julie-squires-vetgirl-veterinary-ce-blog/> - *Compassion Fatigue Trajectory*
- * https://s3-us-west-2.amazonaws.com/rekindlejuls/Rekindle_Impact_Indv.pdf - *How Compassion Fatigue Affects the Individual*
- * <https://www.vetlife.org.uk/mental-health/compassion-fatigue/> - *Compassion Fatigue in the Veterinary Industry from VetLife*
- * <https://www.hoffmaninstitute.org/wp-content/uploads/Practices-FeelingsSensations.pdf> - *The Feelings and Sensation List from Hoffman*
- * <https://self-compassion.org/> - *Dr. Kristin Neff's research on self-compassion*
- * <https://www.canadianveterinarians.net/recognizing-the-signs-of-burnout-and-compassion-fatigue> - *Canadian VMA*
- * <https://counseling.online.wfu.edu/blog/difference-feelings-emotions/> - *The Difference Between Feelings and Emotions*

Podcasts for Well-being

- * Rekindling with Julie Squires
- * Unlocking Us with Brene Brown
- * The Happiness Lab
- * Ten Percent Happier
- * Terrible, Thanks for Asking
- * HBR Women at Work
- * The Mental Health and Wealth Show
- * Imperfectly Phenomenal Woman
- * A Bit of Optimism with Simon Sinek
- * Meditation Minis with Chel Hamilton
- * The Knowledge Project
- * The Good Life Project
- * Here to Thrive
- * The Veterinary Project
- * The Whole Veterinarian
- * Thrive DVM Podcast
- * The Joyful DVM Podcast