

# **Evidence based tips for managing stress for patients and providers**

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Name: **Dayna Lee-Baggley**- “Canadian Obesity Weekend – May 2022”

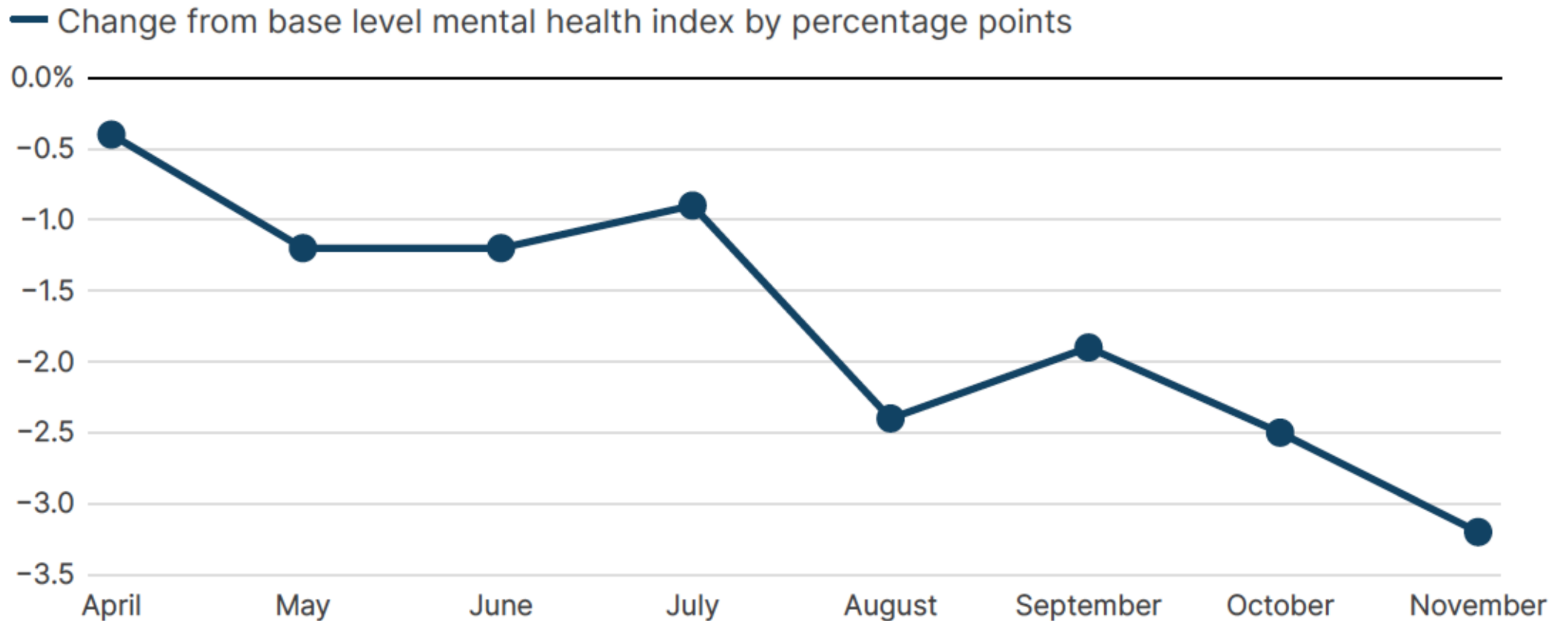
## Financial Disclosures (over past 24 months)

	Speaker	Advisory	Research	Consultant
<b>Tobacco Free Nova Scotia – clinical advisory committee</b>		√		
<b>Bausch Health – scientific advisory committee</b>		√		
<b>Canadian Spondylitis Association</b>	√	√		
<b>New Harbinger Publications (royalties)</b>	√			
<b>CPD Network Association Bausch Health</b>	√			
<b>Novo Nordisk</b>	√			
<b>Kidney Foundation of Canada</b>			√	
<b>QEII Foundation</b>			√	
<b>CIHR</b>			√	
<b>SSHRC</b>			√	

## CanMEDS Roles Covered: Lee-Baggley- “Canadian Obesity Weekend 2022”

X	<b>Medical Expert</b> (as <i>Medical Experts</i> , physicians integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills, and professional values in their provision of high-quality and safe patient-centered care. <i>Medical Expert</i> is the central physician Role in the CanMEDS Framework and defines the physician’s clinical scope of practice.)
X	<b>Communicator</b> (as <i>Communicators</i> , physicians form relationships with patients and their families that facilitate the gathering and sharing of essential information for effective health care.)
	<b>Collaborator</b> (as <i>Collaborators</i> , physicians work effectively with other health care professionals to provide safe, high-quality, patient-centred care.)
	<b>Leader</b> (as <i>Leaders</i> , physicians engage with others to contribute to a vision of a high-quality health care system and take responsibility for the delivery of excellent patient care through their activities as clinicians, administrators, scholars, or teachers.)
	<b>Health Advocate</b> (as <i>Health Advocates</i> , physicians contribute their expertise and influence as they work with communities or patient populations to improve health. They work with those they serve to determine and understand needs, speak on behalf of others when required, and support the mobilization of resources to effect change.)
	<b>Scholar</b> (as <i>Scholars</i> , physicians demonstrate a lifelong commitment to excellence in practice through continuous learning and by teaching others, evaluating evidence, and contributing to scholarship.)
X	<b>Professional</b> (as <i>Professionals</i> , physicians are committed to the health and well-being of individual patients and society through ethical practice, high personal standards of behaviour, accountability to the profession and society, physician-led regulation, and maintenance of personal health.)

# Data on mental health during the pandemic

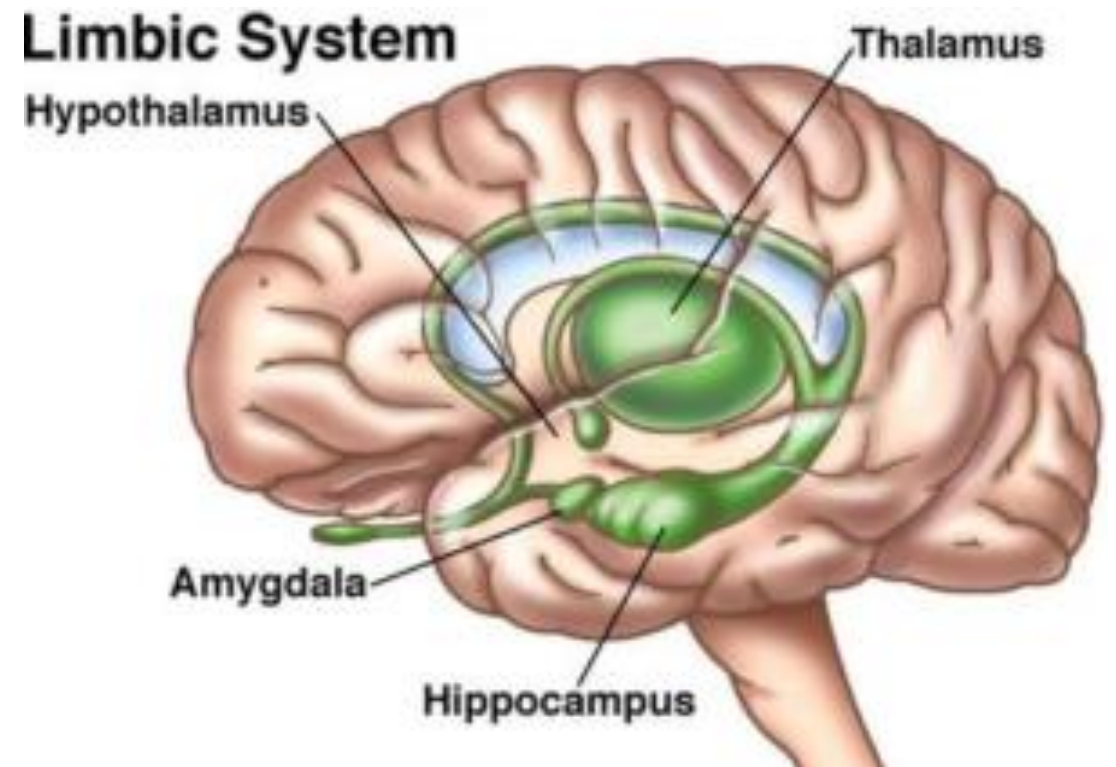


SOURCE: MORNEAU SHEPELL

STAR GRAPHICS / TORONTO STAR

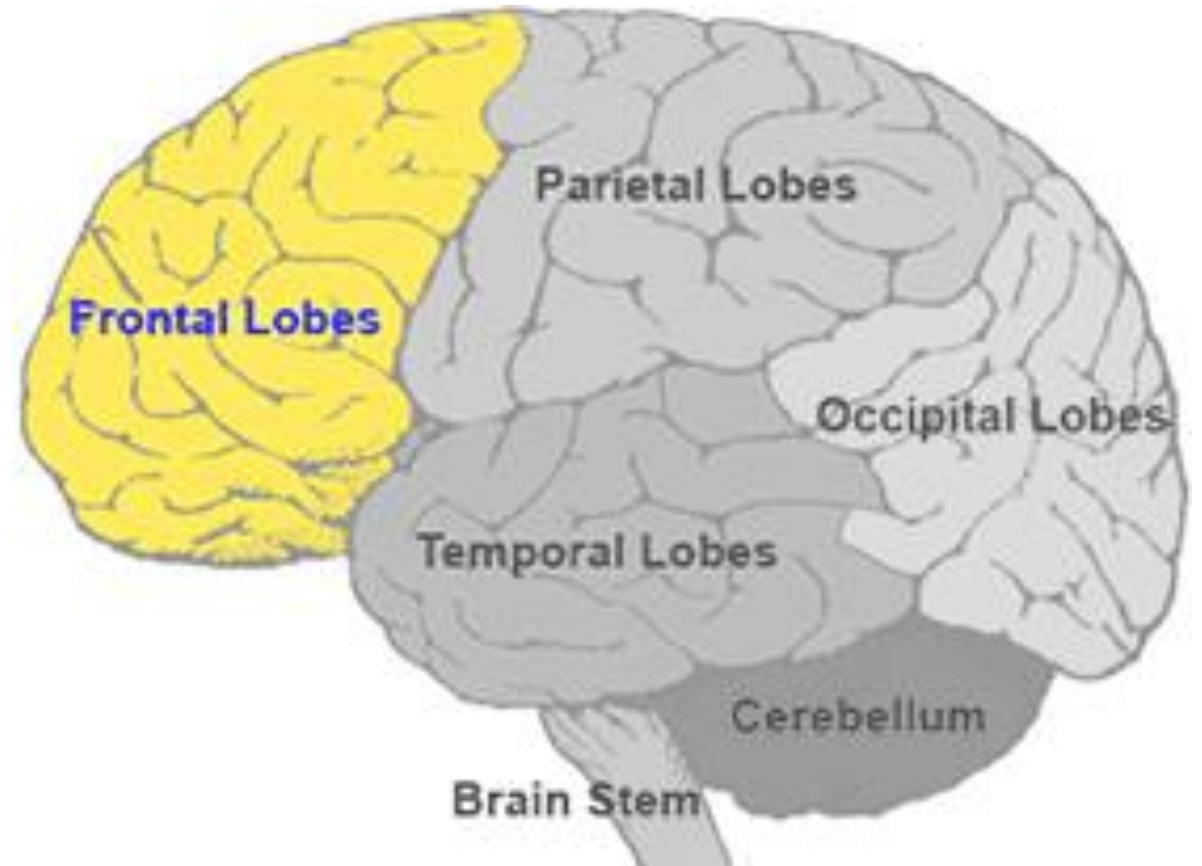
# Survival mind

- Paleomammalian brain
- Built for survival
- Functions automatically and unconsciously



# Executive mind

- Pre frontal lobe
- Controls behavior
- Like a battery



# COVID-19

Survival  
minds are on  
fire

Frontal lobe  
batteries are  
spent



# Stress impairs:

**Concentration**

**Memory**

**Attention**

**Problem Solving**

**Decision Making**

**Pandemic brain  
is real!**

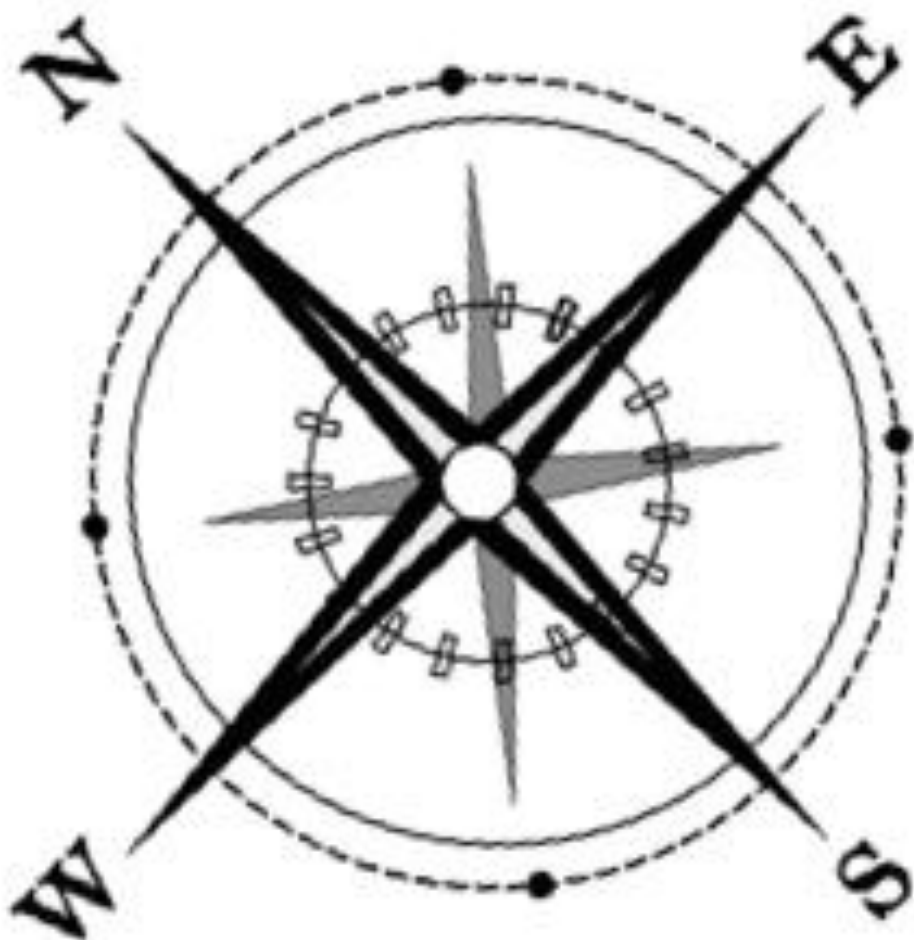
# Tip#1: Charge your frontal lobe



- Feel more energetic at the end than when you started.
- Sleep
- Eating healthy food
- Hydrating
- Physical activity
- Nature
- Social connection
- Individual differences
- **Something that makes you smile**

# Organizational causes of burnout

- **Unsustainable workloads**
- **Perceived lack of control (employees feel like they are stuck in their roles; or that they have no input into the company's deadlines, strategic goals, or project timelines)**
- **Insufficient rewards for effort**
- **Lack of a supporting community**
- **Lack of fairness (for example, systemic inequities affecting women and racial minorities)**
- **Mismatched values and skills (i.e. overqualified workers who feel lucky to have a job at all during the economic recession linked to the pandemic)**

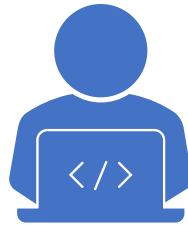


Tip #2: Find your compass

# Values: Meaning and purpose



**What is your heart's  
deepest desire for how  
you want to behave as a  
human being?**



**What kind of person  
do you want to be?**



**What or who really  
matters?**

# The antidote to burnout isn't rest

**Re-igniting a  
sense of meaning  
and purpose**

**Reconnecting  
with others**

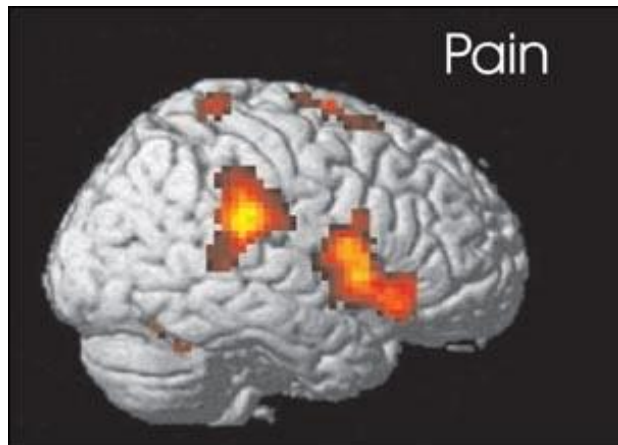
**Integrating  
experiences**



# Who do you want to be in the apocalypse?

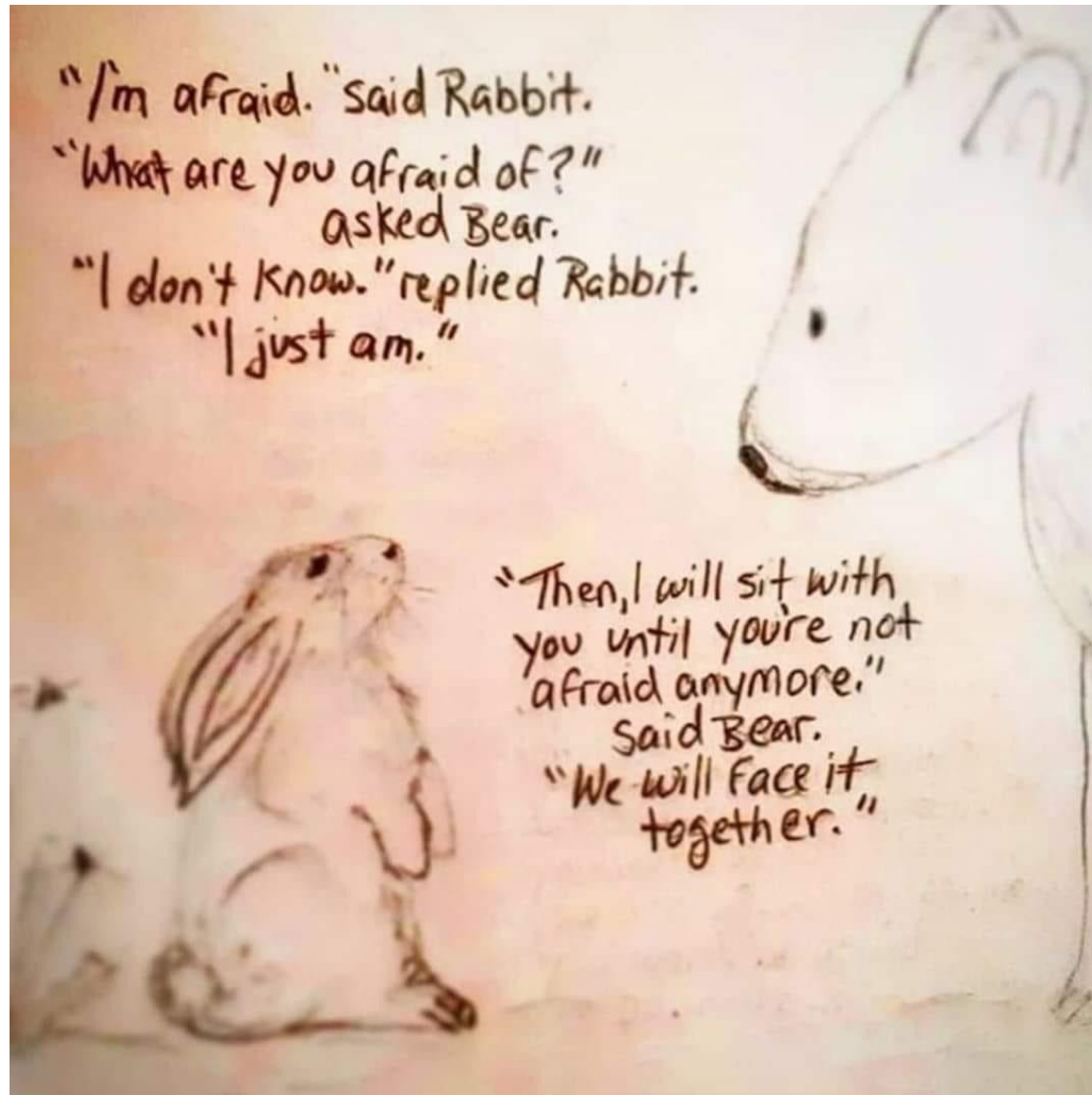
- Living through this will impact us, what do you want to take from it
- Plan for a future (values not goals)
- What has the pandemic taught you is really important?

# Tip #3: The only way through this is together



Source: Johnson et al. 2013; Schnall et al. 2008;





- Not about being more “resilient” it’s about falling apart more effectively.
- No one should be trying to do this alone
- It takes a village to be well

## Tip #4: Be kind

- Be kind to yourself and be kind to others
- No one is at their best or most productive or healthiest
- “my frontal lobe is spent”
- Act of compassion not a pass

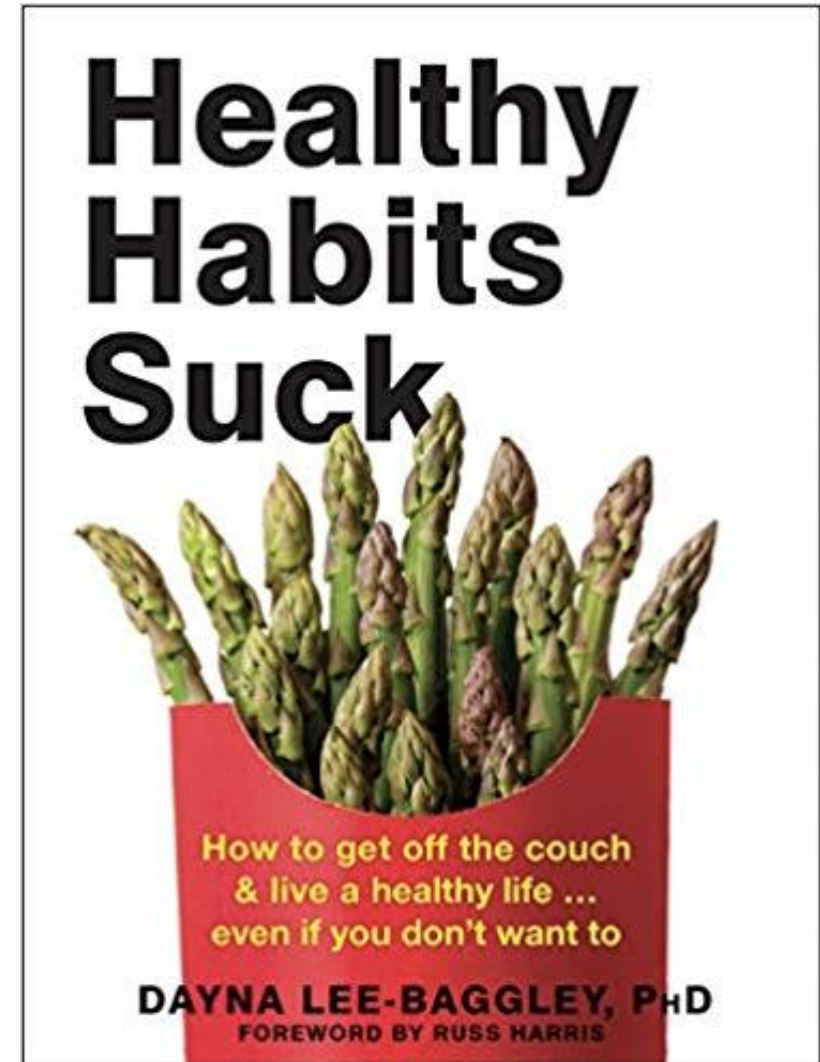


# Additional Resources

- **Virtual Health Psychology Clinic: [www.drleebaggley.com](http://www.drleebaggley.com)**
- **Email: [drleebaggleyinfo@gmail.com](mailto:drleebaggleyinfo@gmail.com)**
- **Reduce human suffering; bring people together; increase access to scientifically based information**
- **Group based interventions**
- **Health topics: sleep, chronic pain, lifestyle changes, binge eating, body image**
- **Healthcare provider: COVID-burnout, moral injury, trauma informed leadership**

# Additional Resources

- **Healthy habits suck (On demand virtual course available)**
- **Pandemic Burnout (On demand virtual course available)**
- **Burnout leadership Training**
- **Trauma Informed Leadership Training**
- **Trauma Informed Conflict Resolution**



*Thank  
you*



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