



THE CURE FOR PANDEMIC BURNOUT: OPTIMIZING THE MIND, BODY & SPIRIT



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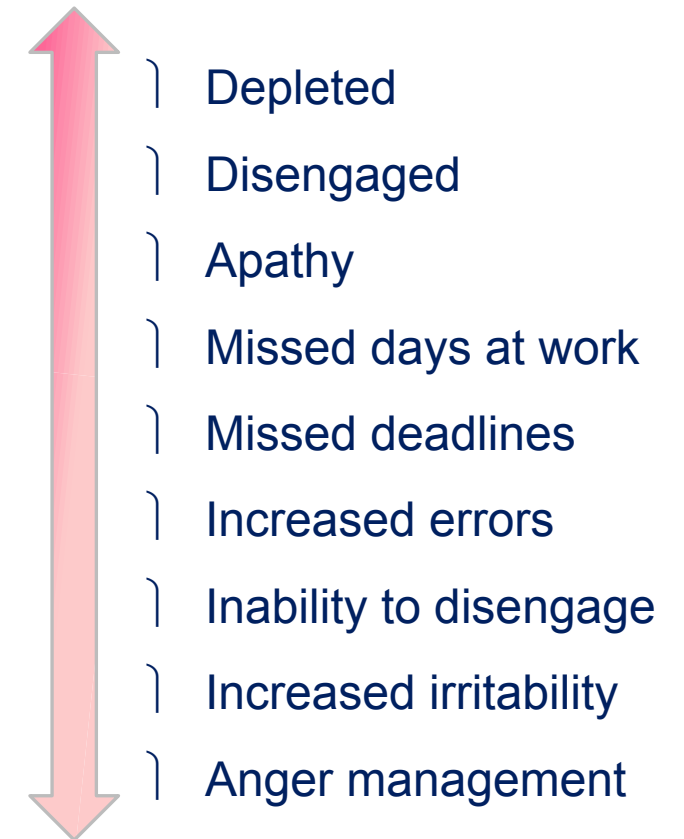
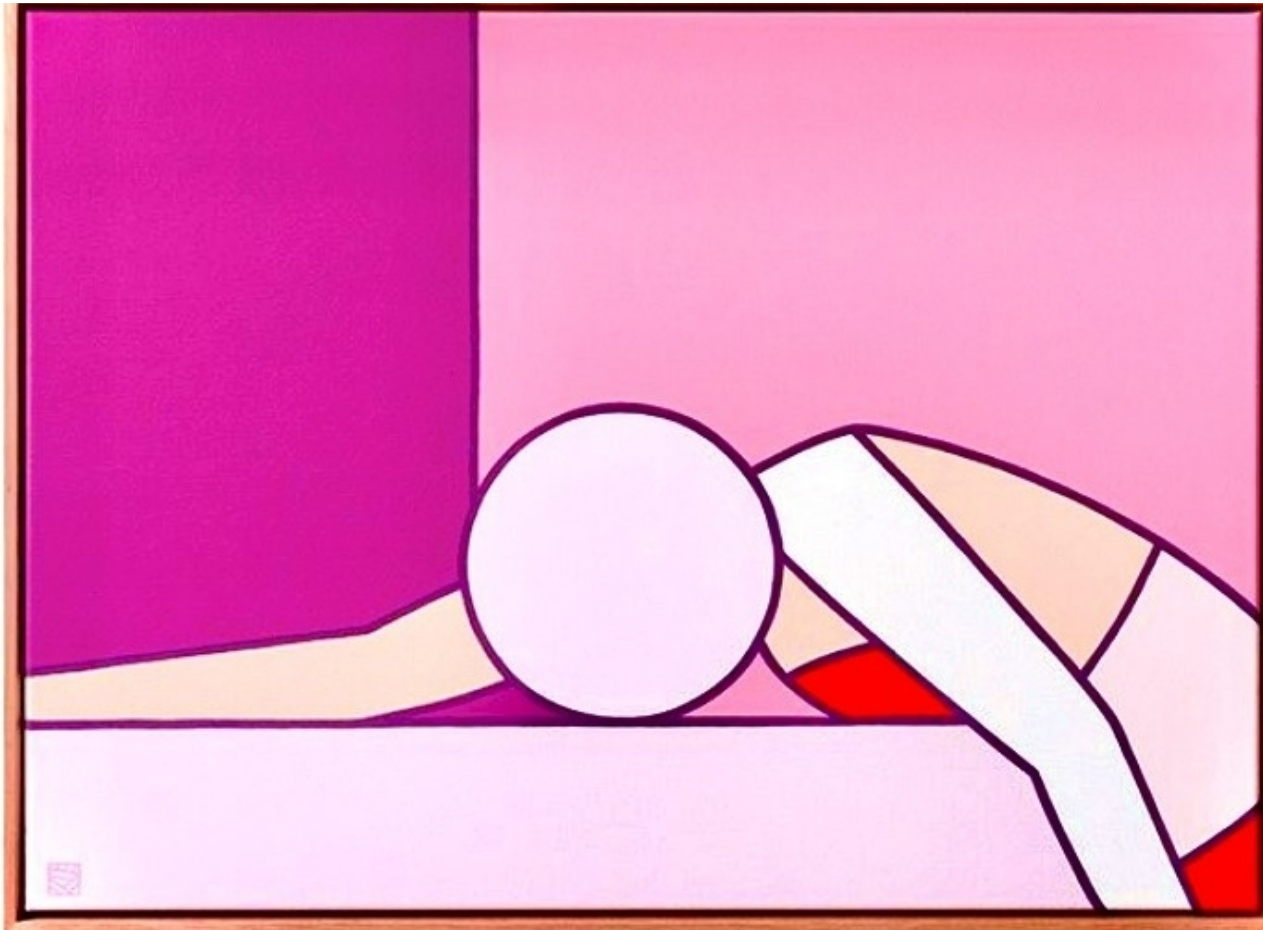


Overview

- ♣ Welcome & Introductions
- ♣ Pandemic Burnout & Why it Matters
- ♣ Optimizing the Mind, Body & Spirit
- ♣ Q & A



Diagnosis: Pandemic Burnout



Painting by Stephen Baker



Covid's Impact: Our Collective Health

7 out of 10 workers:
Most stressful time of
professional career

Up to 70% workers have
features of burnout

Nearly 70% workers:
"Covid has worsened
burnout"

Mental Health
Pre-Pandemic:
1 in 4



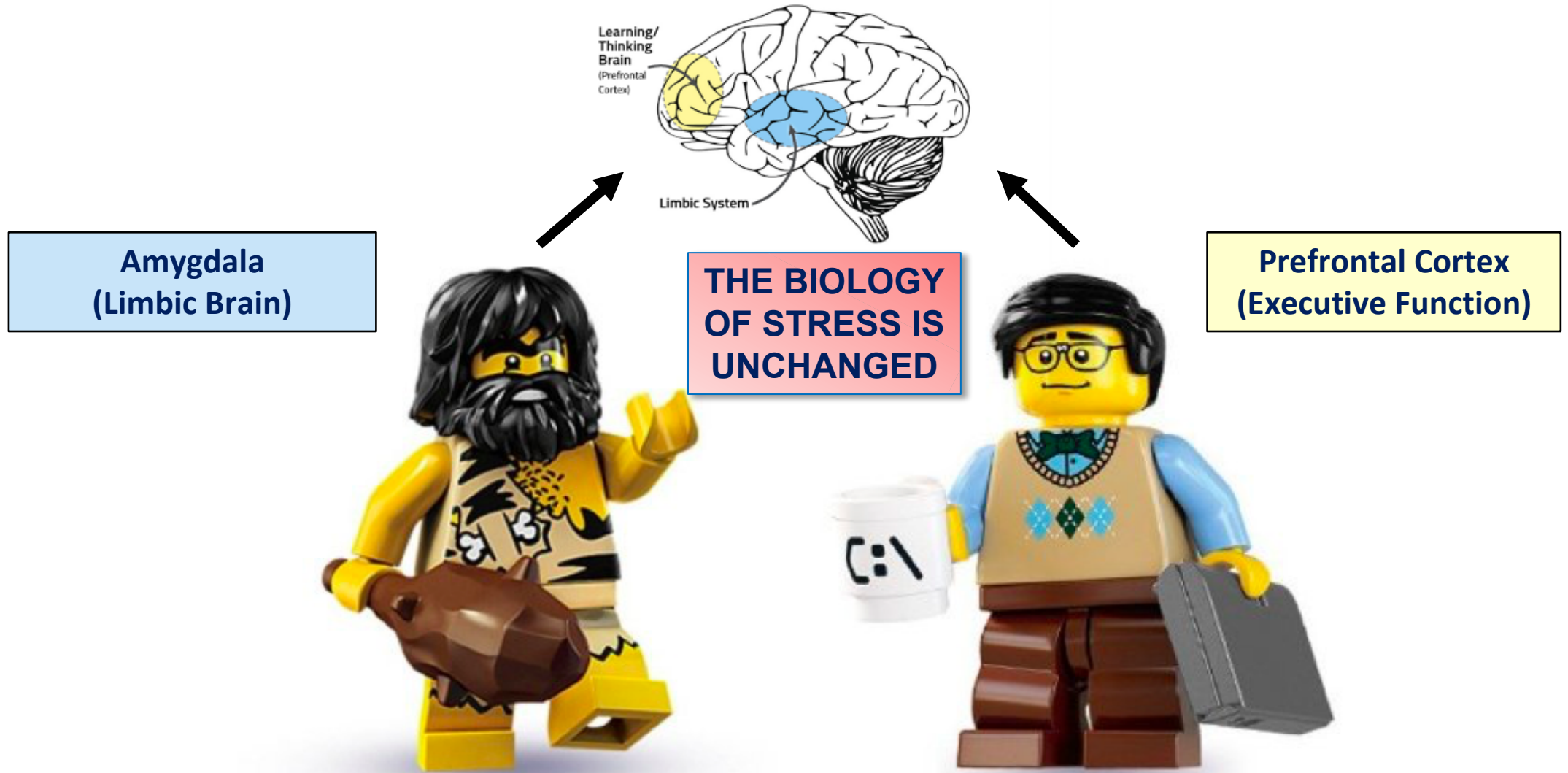
Mental Health Post-
Pandemic:
??

Pandemic = Public health crisis +
Occupational health crisis

Opportunity to normalize
experience, gain understanding,
build awareness



The Stress Response: Then & Now

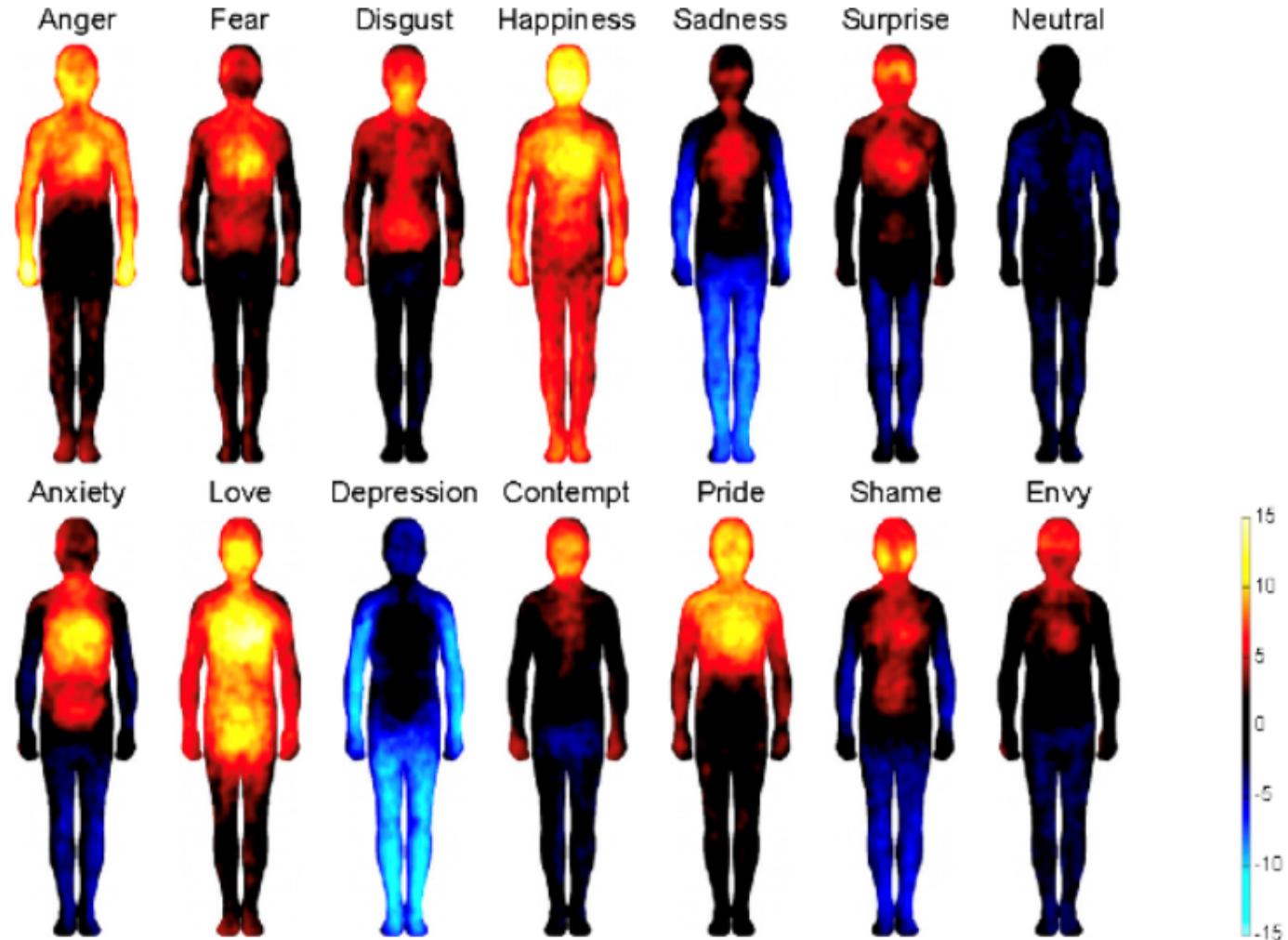


Source: theillinoisproject.com, communityresiliencecookbook.org

How Can We Cure Pandemic Burnout?

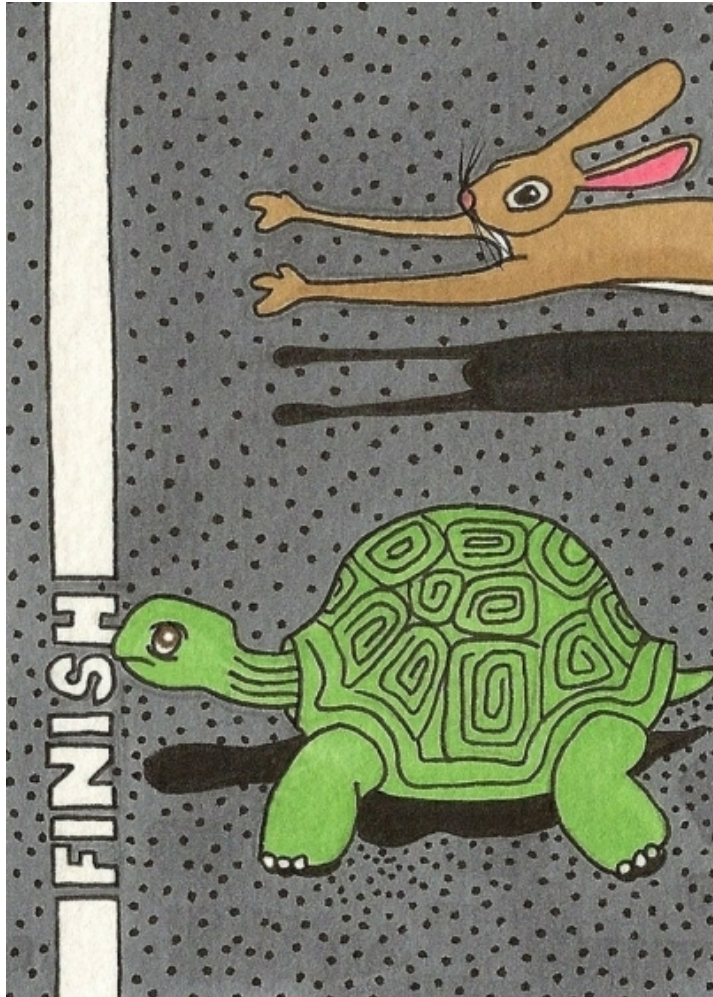


The Mind-Body Connection



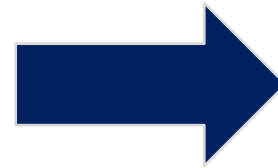
Source: Proceedings of the National Academy of Sciences

How Our Brains Respond to Change: The Rule of 2




Source: David Venne

Our brains have finite ability
to incorporate sustainable
change



Work with our biology not
against it.



Rx:
How to
Optimize
Your Mind



Rx

NAME _____ AGE _____
ADDRESS _____ DATE _____

DIRECTIONS:

Media Diet

Gratitude

SIGNATURE



Media Diet: Antidote to Doomscrolling



News consumption
has direct impact on
brain neurochemistry



**Clickbait works on
biology of stress**

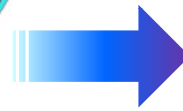
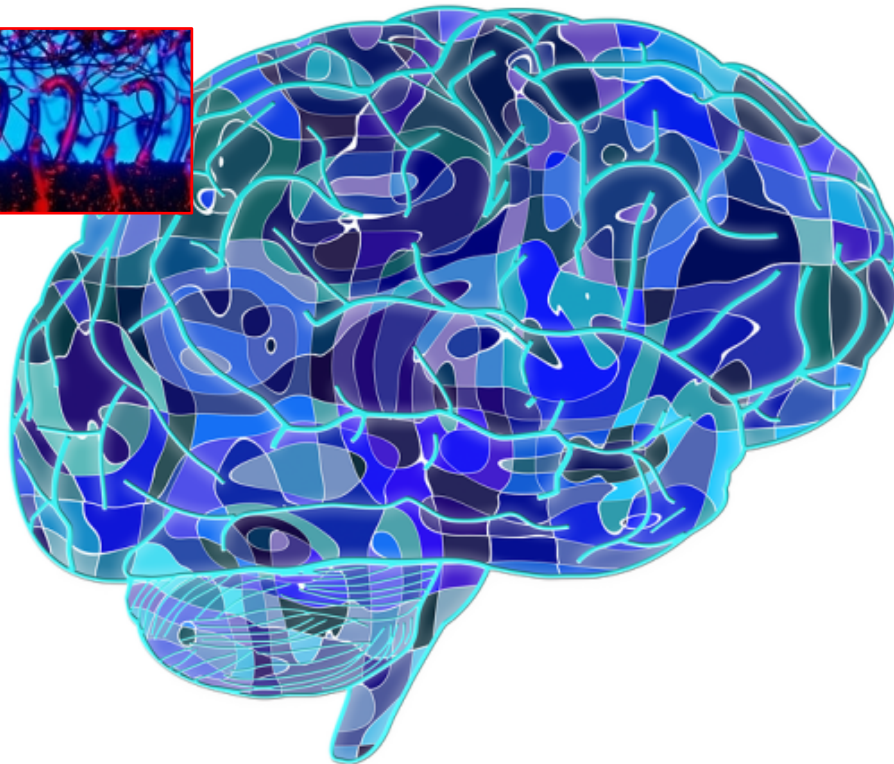
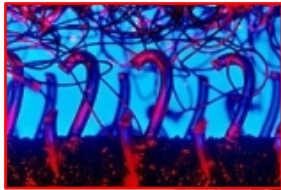


GOAL:
Minimize media
consumption while still
being an informed citizen

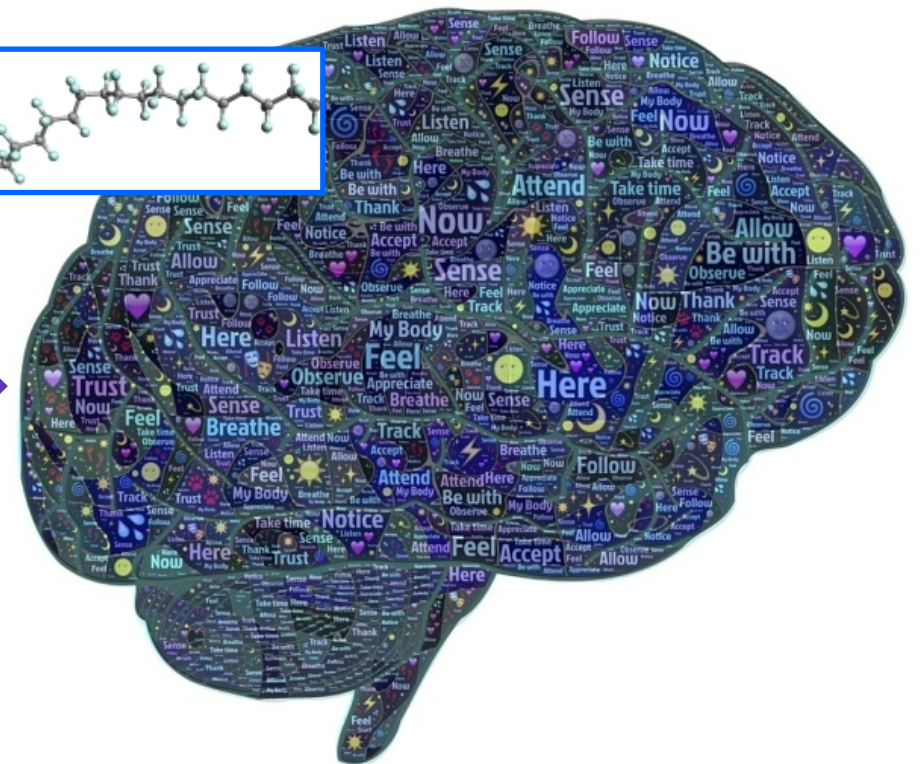
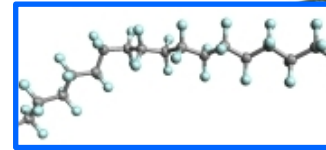


Benefits of Gratitude for Burnout

VELCRO™




TEFLON™

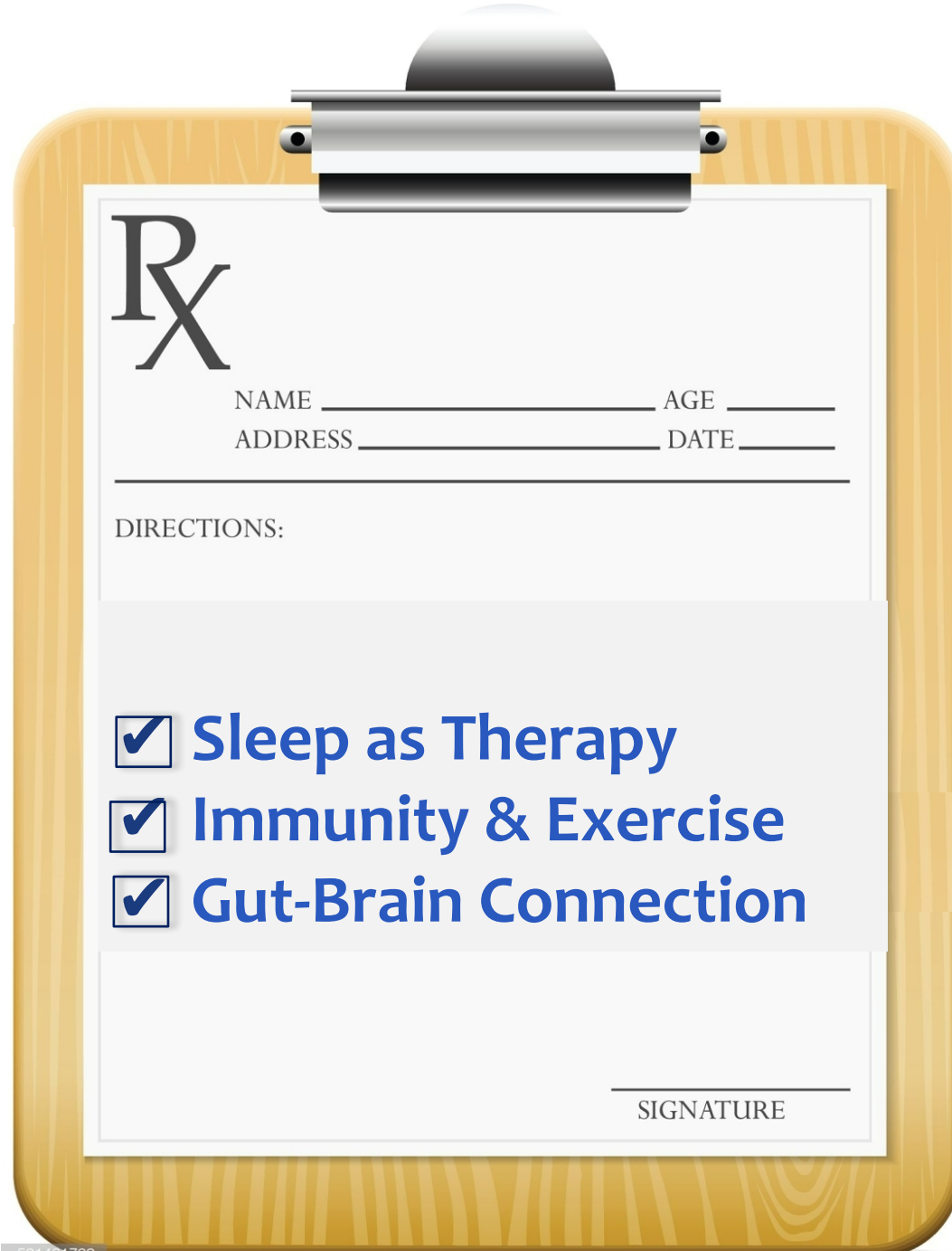


Gratitude: change in brain circuitry

Scientific term: Cognitive reframing



Rx: How to Optimize Your Body



Rx

NAME _____ AGE _____
ADDRESS _____ DATE _____

DIRECTIONS:

- Sleep as Therapy
- Immunity & Exercise
- Gut-Brain Connection

SIGNATURE



Therapeutic Benefits of Sleep for Burnout



Rx:
Sleep is a therapeutic intervention

- Optimize therapeutic sleep:
- ♣ Aim for 10pm bedtime
 - ♣ Minimize screen time
 - ♣ Create relaxing routine

Image: Hetal Rathod



Why Exercise Matters During Pandemic Burnout

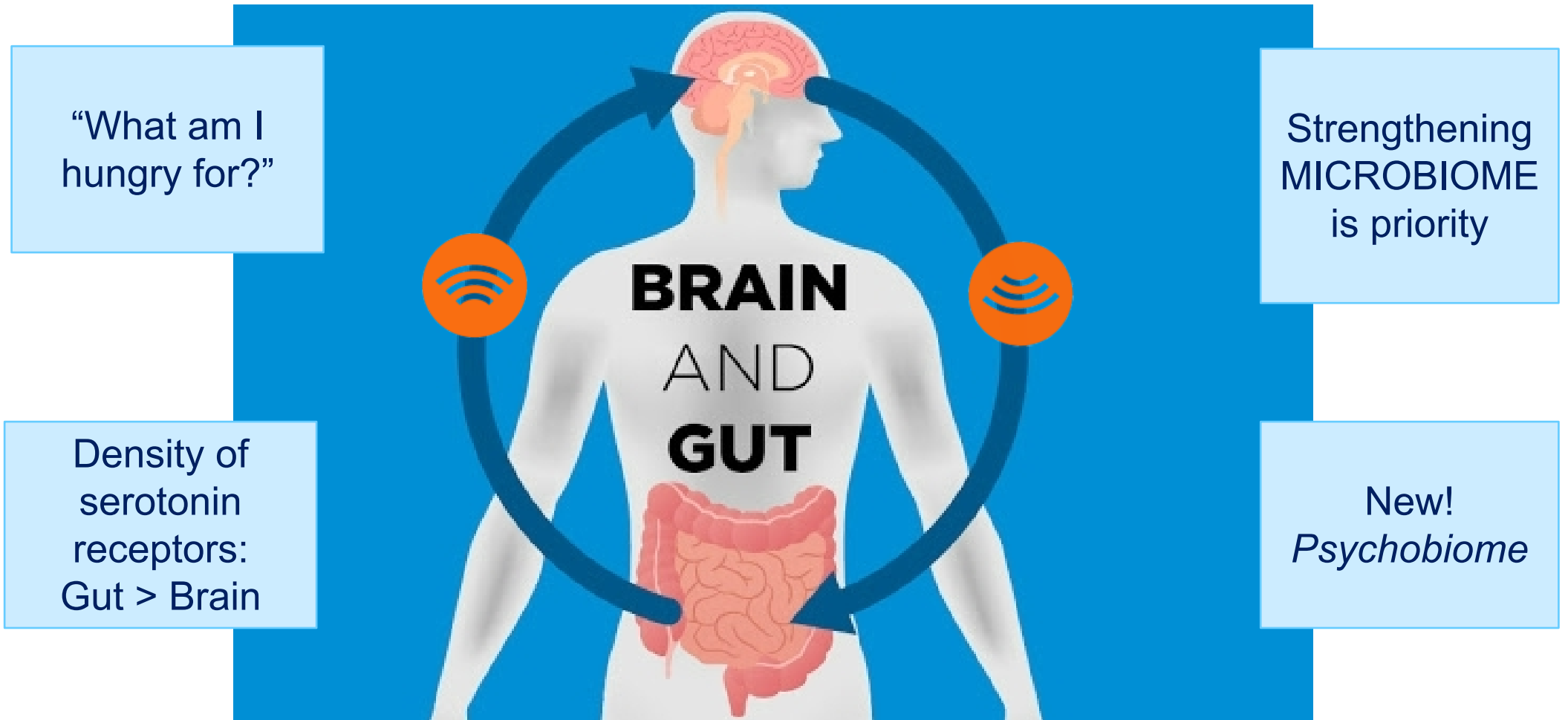
Aim for short
daily activity to
avoid decision
fatigue



20 min stretch
or walk =
Facebook
scroll



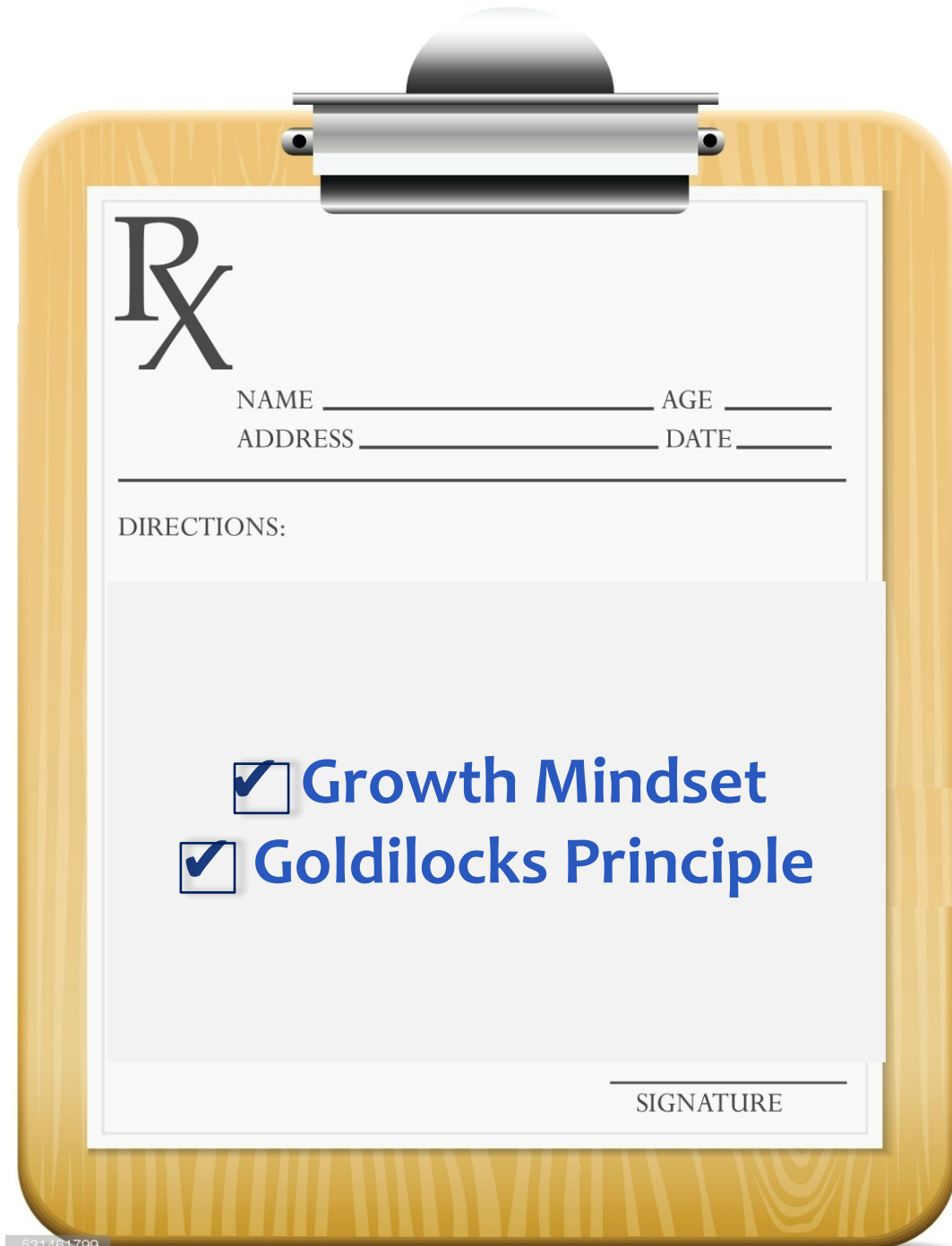
Gut-Brain Connection: Boosting Immunity, Mood & Mental Health



Meet the Psychobiome. Science, May 7, 2020. Image source: agaperspectives.gastro.org



Rx: How to Optimize Your Spirit



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Source: Getty Images



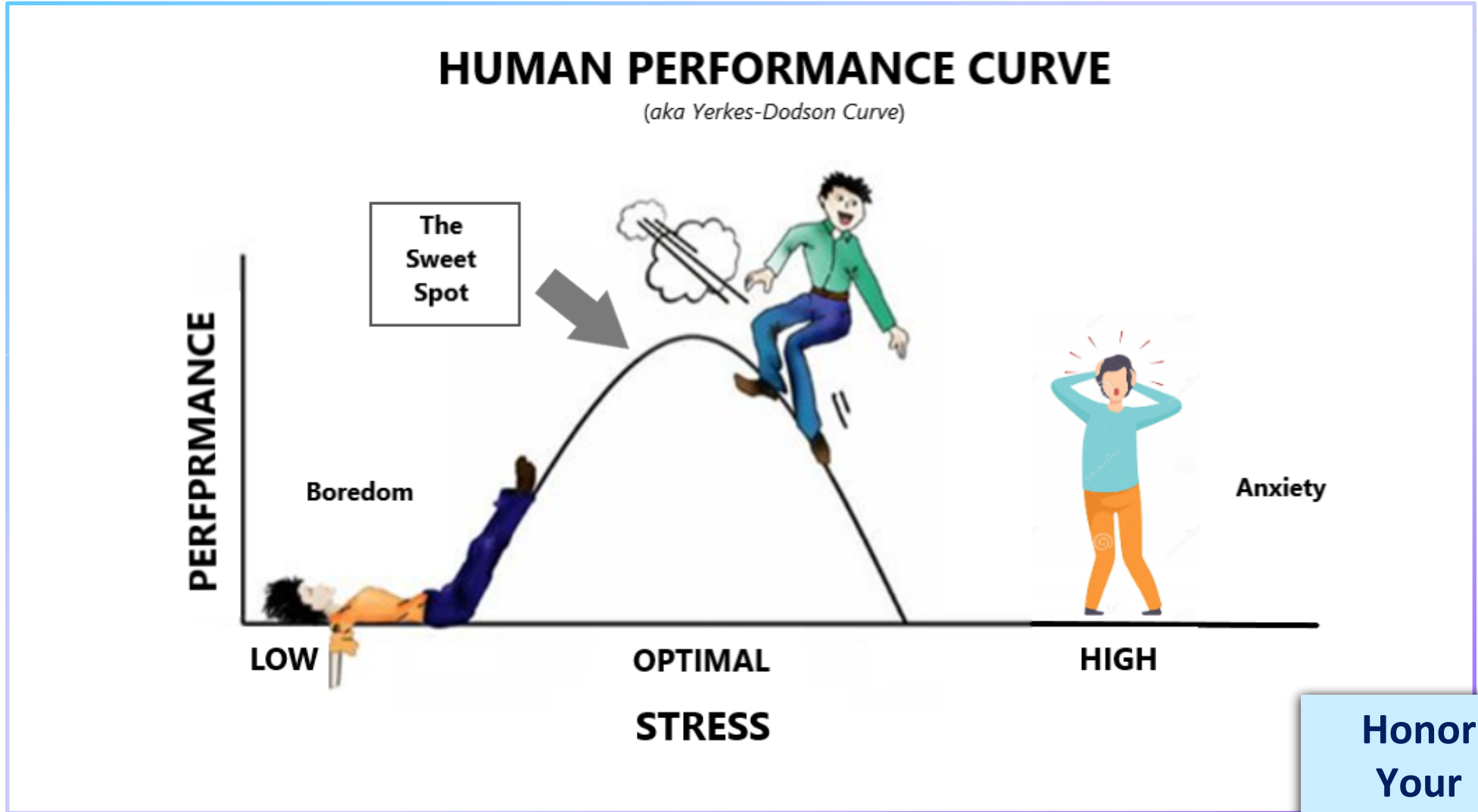
Growth Mindset

- Cognitive reframing tool
- Core belief: Challenges are opportunities for growth
- Creates meaning & purpose to difficult experiences



Source: Stephen Buehler

Goldilocks Principle of Productivity



**Honor
Your
Breaks**

Source: Modified from Dr. Alex Hunt, dreamstime.com

BE GENTLE WITH YOURSELF

Being gentle with yourself is the quickest path to optimizing the mind, body & spirit during pandemic burnout.



Source: painting by Jim Tweedy



Weathering the Perfect Storm



Image: istockphoto.com

“You are the sky, everything else is just the weather.”

- Pema Chodron



THANK YOU!

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