

FRIDAY **30 JUNE** 2023  
QEII CENTRE **LONDON** UK

# Dr Lara Salyer

Physician / Author - 'Right Brain Rescue:  
One physician's journey from burnout to  
bliss reveals the creative muse in all of us''

**PRESENTING:**

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Prescribing creativity  
for practitioner burnout

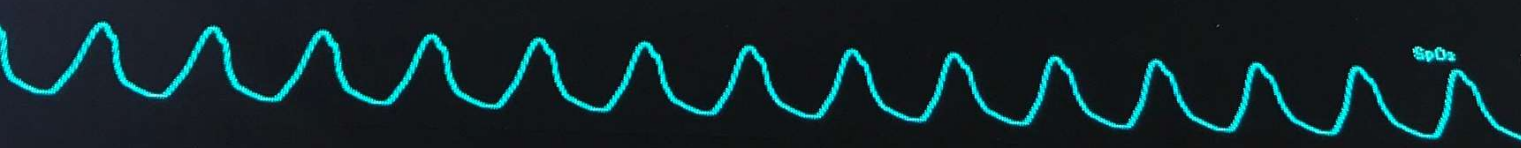
 [ipmcongress.com](https://ipmcongress.com)



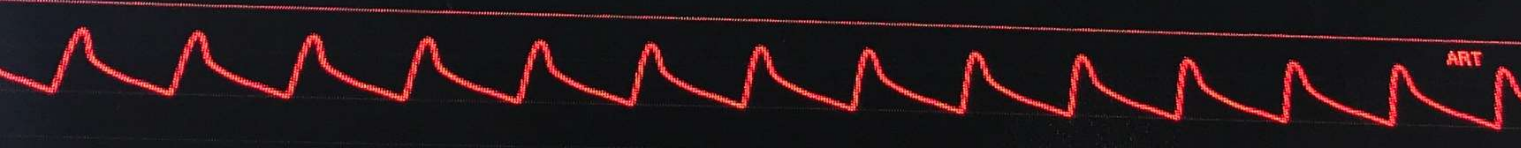
2017-01-18 Sun 13:49



HR 80  
ST-II 0.05  
mV VPC  
OH OH



SpO2 97  
OH OH



ART 192/102  
(112)  
OH OH



CVP (19)  
OH OH



ICP (35)  
CPP 35



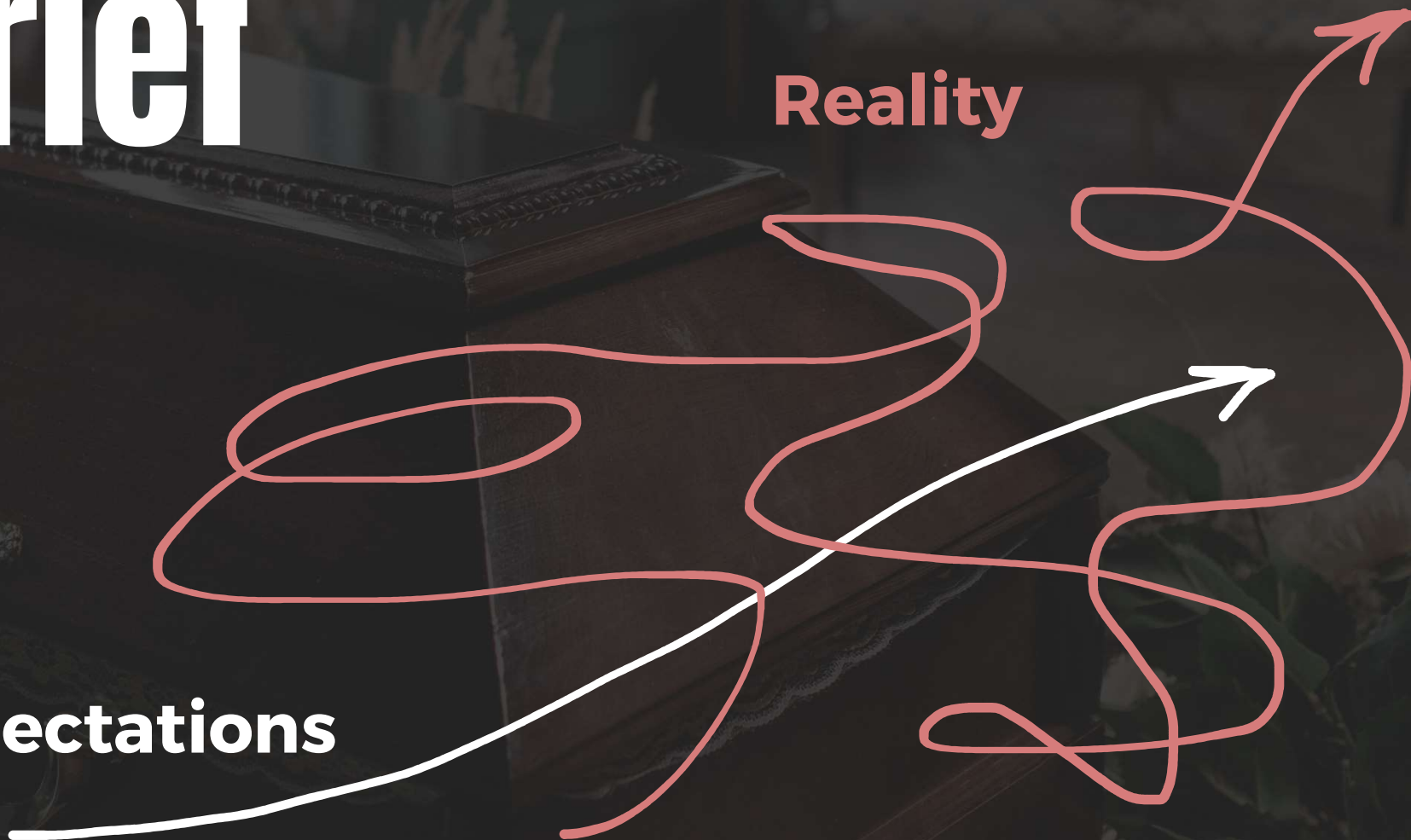
RR 12  
CO2-E  
OH OH

NIBP Adult  
OH OH

# Grief

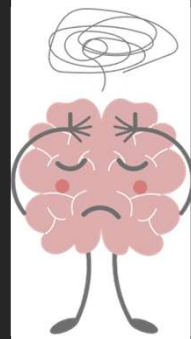
Reality

Expectations



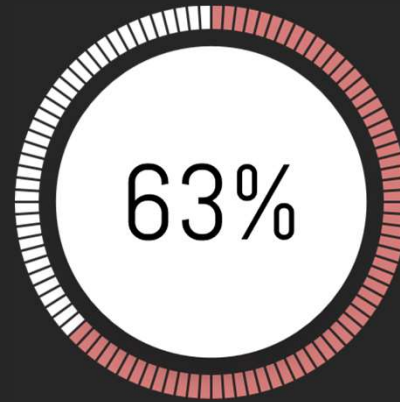
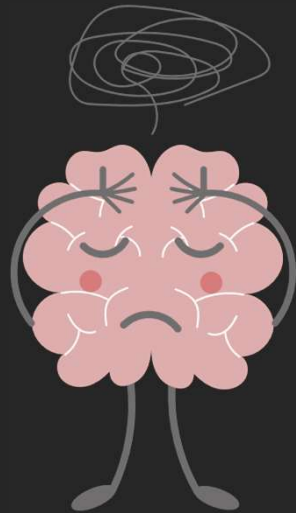


# Grift

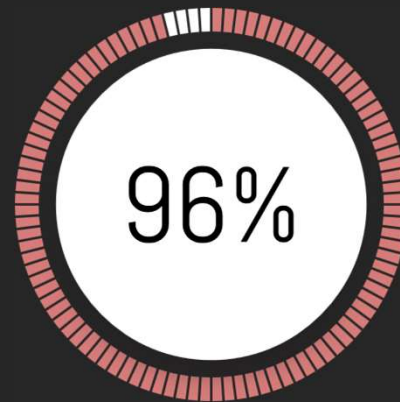




# Burnout

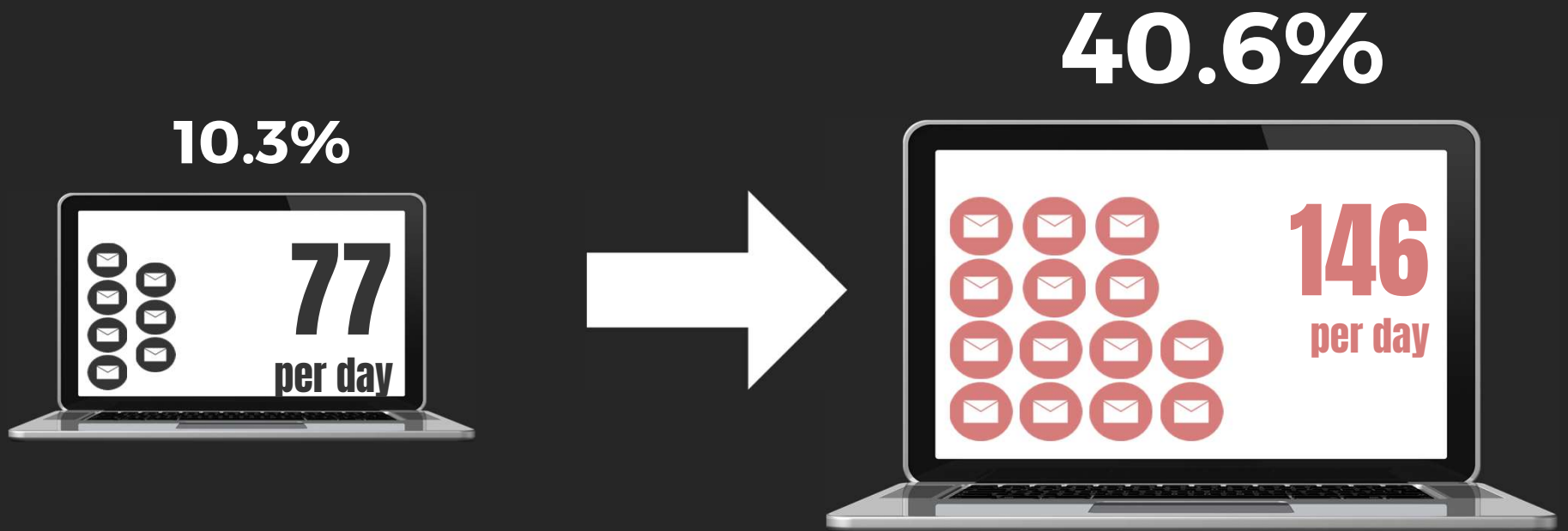


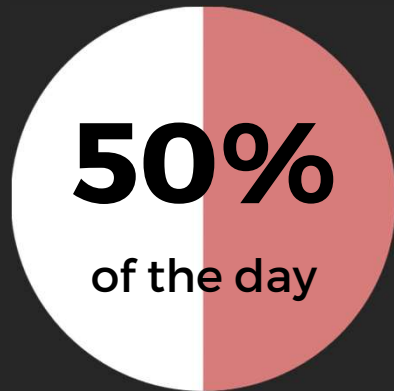
**Burned out**



**Agree it's  
a problem**

Sinsky et al, Annals Internal Medicine 165:753; Arndt et al Ann Fam Med 15:415;  
Shanafelt et al Mayo Clinic Proceed 91:836;  
Tai-Seale et al Health Aff 38:1072; Adler-Milstein et al JAMIA 27:531; Hilliard et al  
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Downing et al Annals Int Med 169:50; Melnick et al Mayo Clinic Proceed 95:476

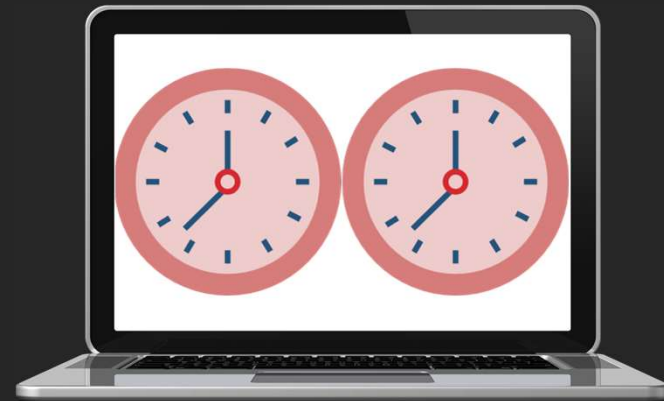
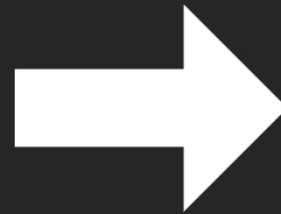




## Spent on Electronic Medical Records



**1 clinical hour**



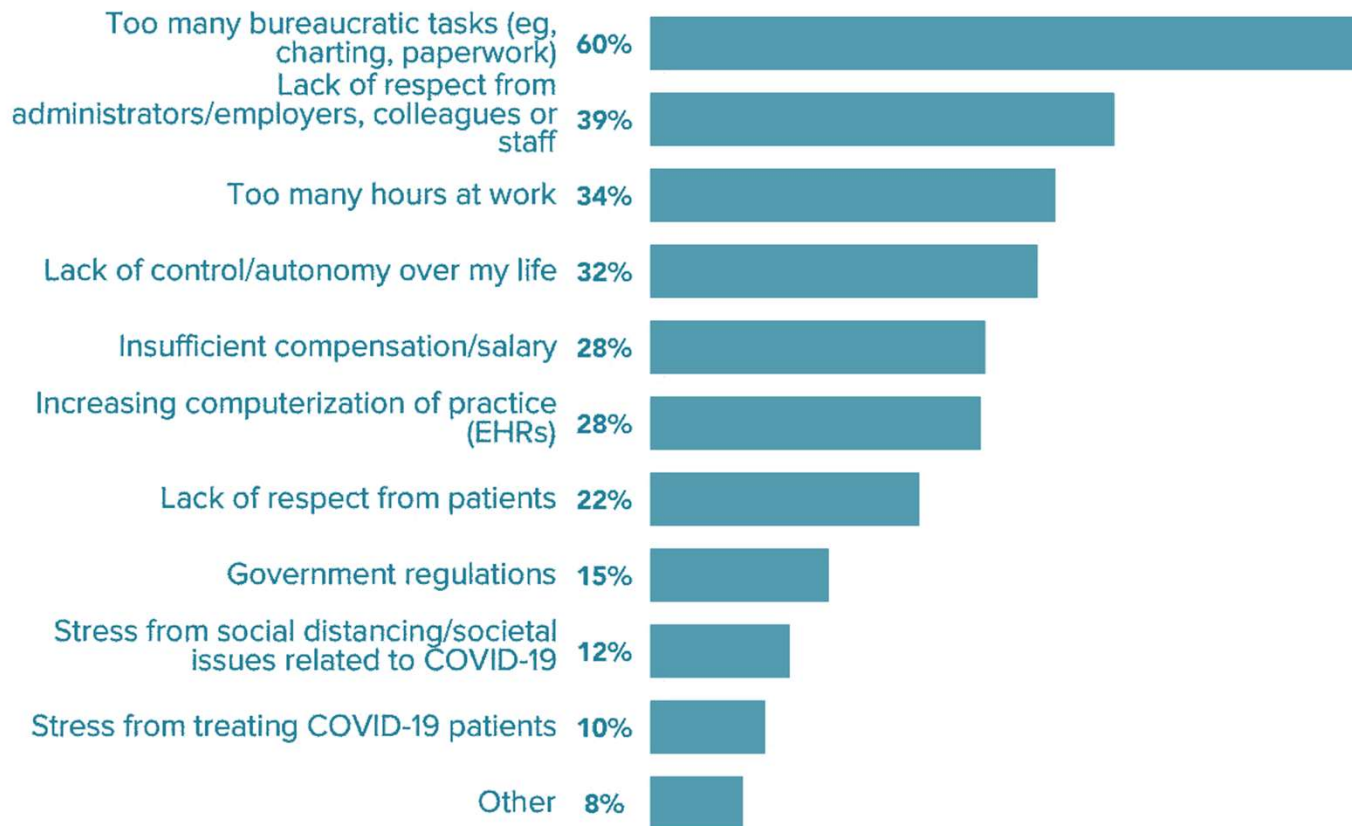
**2 hours in EMR**



Despite the issues,  
**EMR factors only explain**  
**20% of the variance**  
on burnout

Tai-Seale et al Health Aff 38:1072; Adler-Milstein et al JAMIA 27:531; Hilliard et al JAMIA 27:1401; Holmgren et al JAMA Intern Med 181:251;  
Downing et al Annals Int Med 169:50; Melnick et al Mayo Clinic Proceed 95:476  
Sinsky et al, Annals Internal Medicine 165:753; Arndt et al Ann Fam Med 15:415; Shanafelt et al Mayo Clinic Proceed 91:836;

## What Contributes Most to Your Burnout?



# Medical Student Distress: Causes, Consequences, and Proposed Solutions

Liselotte N. Dyrbye, MD, MPH, Matthew B. Thomas, MD, Tait D. Shanafelt, MD



DOI: <https://doi.org/10.4>

## THE AMERICAN JOURNAL of MEDICINE

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[February 2019](#) Volume 132, Issue 2, Pages 252–261

### Internal Medicine Residency Program Director Burnout and Program Director Turnover: Results of a National Survey

## Systematic Review of Depression, Anxiety, and Other Indicators of Psychological Distress Among U.S. and Canadian Medical Students

Dyrbye, Liselotte N. MD; Thomas, Matthew R. MD; Shanafelt, Tait D. MD

Academic Medicine: April 2006 - Volume 81 - Issue 4 - p 354-373  
Well-Being of Students

FREE

Abstract

Author Information

Article Outline

**Purpose** To systematically review articles reporting on depression, anxiety, and burnout among U.S. and Canadian medical students.

**Method** Medline and PubMed were searched to identify peer-reviewed English-language studies published between January 1980 and May 2005 reporting on depression, anxiety, and burnout among U.S. and Canadian

## Original Investigation

FREE

Oct 8, 2012

# Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population

Tait D. Shanafelt, MD; Sonja Boone, MD; Litjen Tan, PhD; et al

Article Information

Arch Intern Med. 2012;172(18):1377-1385. doi:10.1001/archinternmed.2012.3199

RESEARCH ARTICLE

## The Influence of Work-Related Chronic Stress on the Regulation of Emotion and on Functional Connectivity in the Brain

Armita Golkar, Emilia Johansson, Maki Kasahara, Walter Osika, Aleksander Perski, Ivanka Savic

Published: September 3, 2014 • <https://doi.org/10.1371/journal.pone.0104550>

Article

Authors

Metrics

Comments

Media Coverage

⌵

Abstract

Introduction

Methods

Results

Discussion

Conclusion

Acknowledgments

Author Contributions

References

Reader Comments

Abstract

Despite mounting reports about the negative effects of chronic occupational stress on cognitive and emotional functions, the underlying mechanisms are unknown. Recent findings from structural MRI raise the question whether this condition could be associated with a functional uncoupling of the limbic networks and an impaired modulation of emotional stress. To address this, 40 subjects suffering from burnout symptoms attributed to chronic occupational stress and 70 controls were investigated using resting state functional MRI. The participants' ability to up-regulate, down-regulate, and maintain emotion was evaluated by recording their acoustic startle responses while viewing neutral and negatively loaded images. Functional connectivity was calculated from amygdala seed regions, using explorative linear correlation analysis. Stressed subjects were less capable of down-regulating negative emotion, but had normal acoustic startle responses when asked to up-regulate or maintain emotion and when no regulation was required. The functional connectivity between the amygdala and the anterior cingulate cortex correlated with the ability to down-regulate negative emotion. This connectivity was significantly weaker in the burnout group, as was the amygdala connectivity with the dorsolateral prefrontal



doi:

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Ag

Kathryn K Ridout <sup>1</sup>, Samuel J Ridout <sup>2</sup>, Constance Guille <sup>3</sup>, Douglas A Mata <sup>4</sup>, Huda Akil <sup>5</sup>,

Srija

Affil

PMI

Fre

Abstract

January 2016							February 2016							March 2016							April 2016						
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# What's missing





# Creative FLOW





**Selflessness**  
**Timelessness**  
**Effortlessness**  
**Richness**













## Article Contents

CONCLUSION

REFERENCES

Supplementary data

# Commentary: Flow State (Trading the Sweat Spot for the Sweet Spot): A Roadmap to Measure and Enhance Workplace Growth and Well-Being <sup>FREE</sup>

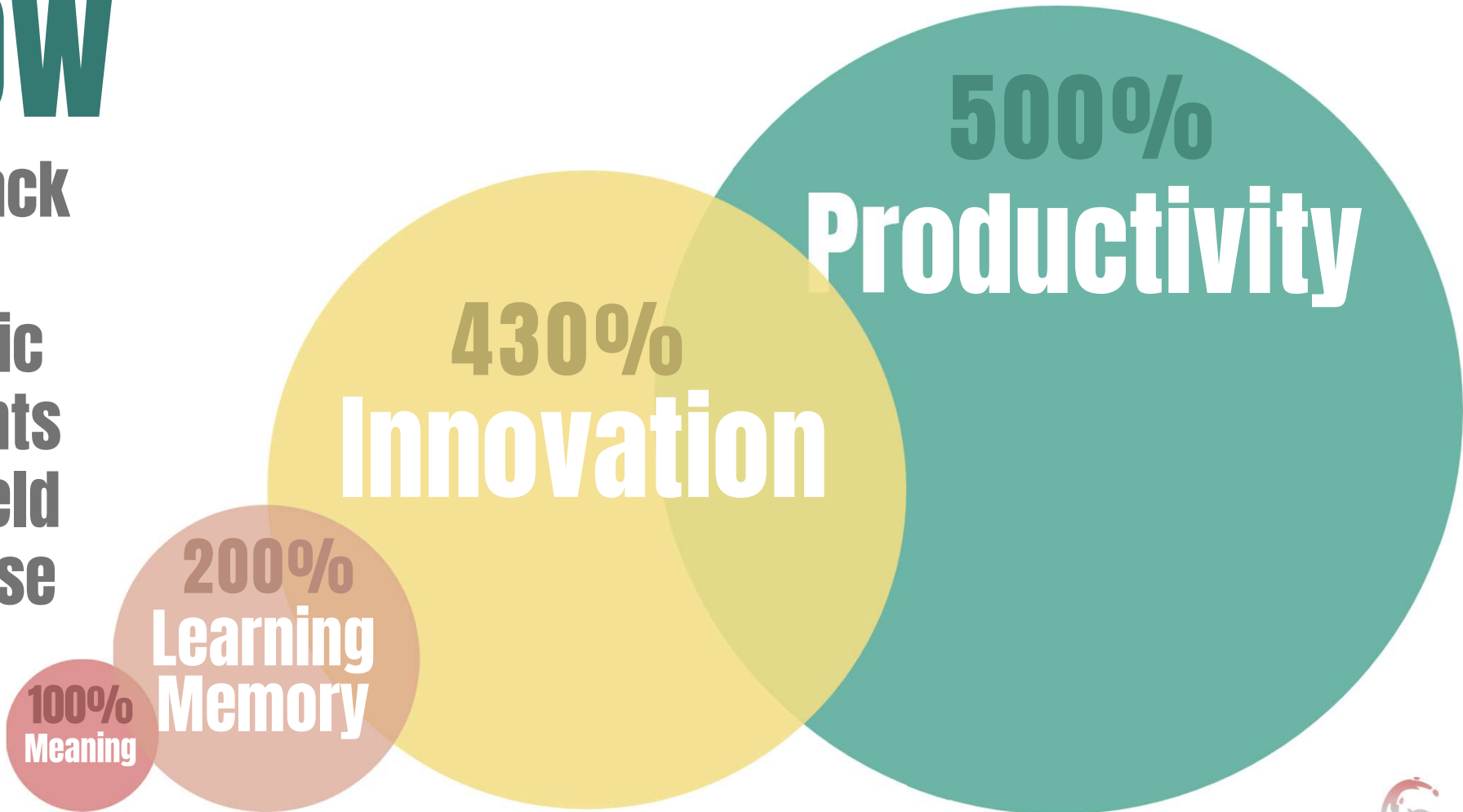
Scott E Friedman, JD, LL.M., Elad I Levy, MD, MBA ✉, Mary Owen, MBA, Andrea H Vossler, JD, Eliza P Friedman, JD, Hussain Shallwani, MD

*Neurosurgery*, nyy447, <https://doi.org/10.1093/neuros/nyy447>

**Published:** 17 September 2018 **Article history** ▼

# FLOW

is a stack  
of tiny  
catalytic  
moments  
that yield  
immense  
impact



SOURCE: Steven Kotler et al, **Flow Genome Research**

[DrLaraSalyer.com](http://DrLaraSalyer.com)





METHODS

# When Intuition Invites the Analytical Mind to Dance— The Essential Role of Creativity in Science

Wilcox, Allen J.<sup>a</sup>; Cortese, Marianna<sup>b,c</sup>; Baravelli, Carl M.<sup>c,d</sup>; Skjaerven, Rolv<sup>c</sup>

Author Information

Epidemiology 29(6):p 753-755, November 2018. | DOI: 10.1097/EDE.0000000000000913

FREE SDC

Good epidemiologic research design is essential to scientific progress, but is often a key role. Unfortunately, an emphasis on structured processes. Intuition may be further from the intuition and creativity at the ver

Restricted access | Research article | First published online March 29, 2017

## The Creative Benefits Scale: Connecting Generativity to Life Satisfaction

Carolyn E. Adams-Price, Danielle K. Nadorff, L., and Melanie A. Stearns. View all authors and affiliations

Volume 86, Issue 3 | https://doi.org/10.1177/0091415017699939

Contents | Get access | Cite article | Share options | Information, rights and permissions

### Abstract

Long-term participation in creative activities has benefits for middle-aged and older people that may improve their adaptation to later life. We first investigated the factor structure of the Creative Benefits Scale and then used it to construct a model to help explain the connection between generativity and life satisfaction in adults who participated in creative hobbies. Participants included 546 adults between 58.30 years) who completed measures of life satisfaction, generativity, and its factors of Identity, Calming, Spirituality, and Recognition. Structural equation models examined the connection of age with life satisfaction in older adults and to the proposed model of life satisfaction, incorporating age, creativity, and generativity, indicating that creativity may help explain the link between the gen

International Journal of Humanities and Social Science Invention  
ISSN (Online): 2319 – 7722, ISSN (Print): 2319 – 7714  
www.ijhssi.org || Volume 6 Issue 6 || June. 2017 || PP.44-48

## The Study of the Relationship between Flow and Cortisol Release under Stressful Situations

Hassan Sabzaligol<sup>1</sup>, Hadi Nojavan<sup>2</sup>

1. Education and Sports Sciences, Tehran University, Iran (has\_sabz@yahoo.com)  
2. Physical Education and Sports Sciences, Tehran University, Iran

Flow is a pleasurable experience and occurs when individual fully immersed in an activity. Based on research, individuals evaluate situational challenges as threats and beyond their skill levels, when a task is assessed as challenge, flow can also be experienced in stressful situations. Flow is a state of mind and anxiety spectrum. Therefore, when people are experiencing flow, they can also experience a positive relationship between flow and physiological responses. A study has been conducted to examine the relationship between flow and high arousal in stressful situations of team sports yet. Therefore, the aim of the present study is to answer this question: What is the physiological response of cortisol release in stressful situations of team sports? The study participants of physical education were divided into 4 teams, based on their performance level and purpose, and each team competed with the other three teams. Before and after each



Journal of Experimental Social Psychology

Volume 53, July 2014, Pages 62-69



## The relation of flow-experience and physiological arousal under stress – Can we shape it? ☆

Corinna Peifer<sup>a,b</sup>, André Schulz<sup>b,c</sup>, Hartmut Schächinger<sup>b</sup>, Nicola Baumann<sup>d</sup>, Conny H. Antoni<sup>a</sup>

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https://doi.org/10.1016/j.jesp.2014.01.009

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## USING MINDFUL CREATIVITY TO COME ALIVE AND THRIVE

By Samara Serotkin

*Ask not what the world needs of you. Ask what makes you come alive, and go do that. Because what the world needs now is more people to come alive.*

Robert Thurman

The concept of 'aliveness' is at the core of the therapeutic work I do as a psychologist. In feeling alive – really tapping into our sense of vitality – we are more able to engage meaningfully with others, feel confident in our ability to take healthy risks, manage life's inevitable challenges and experience a deeper sense of personal peace. And, while there are many paths to healing, personal growth and living a life of fulfilment, engaging in life creatively – thinking outside of the box and discovering what makes each of us come alive – and doing so mindfully – in the present moment, with curiosity and non-judgment – creates an opportunity to identify and remove blocks so that we, as individuals and a collective society, can thrive

[Journal of Medical Humanities](#)

December 2016, Volume 37, [Issue 4](#), pp 475–483 | [Cite as](#)

## Creativity in Medical Education: The Value of Having Medical Students Make Stuff

Authors [Authors and affiliations](#)

Michael J Green , Kimberly Myers, Katie Watson, MK Czerwicz, Dan Shapiro, Stephanie Draus

## At any skill level, making art reduces stress hormones Cortisol lowers significantly after just 45 minutes of art creation

**Date:** June 15, 2016

**Source:** Drexel University

**Summary:** No matter a person's skill level, taking time to make art lowers cortisol hormone levels, a new study found.

**Share:**     

 Restricted access | Research article | First published online March 29, 2017

## The Creative Benefits Scale: Connecting Generativity to Life Satisfaction

[Carolyn E. Adams-Price](#) , [Danielle K. Nadorff](#), [et al.](#), and [Melanie A. Stearns](#)  [View all authors and affiliations](#)

[Volume 86, Issue 3](#) | <https://doi.org/10.1177/0091415017699939>

[Contents](#) |  Get access |  Cite article |  Share options |  Information, rights and permissions

### Abstract

Long-term participation in creative activities has benefits for middle-aged and older people that may improve their adaptation to later life. We first investigated the factor structure of the Creative Benefits Scale and then used it to construct a model to help explain the connection between generativity and life satisfaction in adults who participated in creative hobbies. Participants included 546 adults between the ages of 40 and 88 (Mean = 58.30 years) who completed measures of life satisfaction, generativity, and the Creative Benefits Scale with its factors of Identity, Calming, Spirituality, and Recognition. Structural equation modeling tested the model of age with life satisfaction in older adults and to explore the proposed model of life satisfaction, incorporating age, creativity, and generativity may help explain the link between the generativity

Original Article | [Published: 11 April 2019](#)

## Healing Health Care: From Sick Care Towards Salutogenic Healing Systems

[Christopher J. Fries](#) 

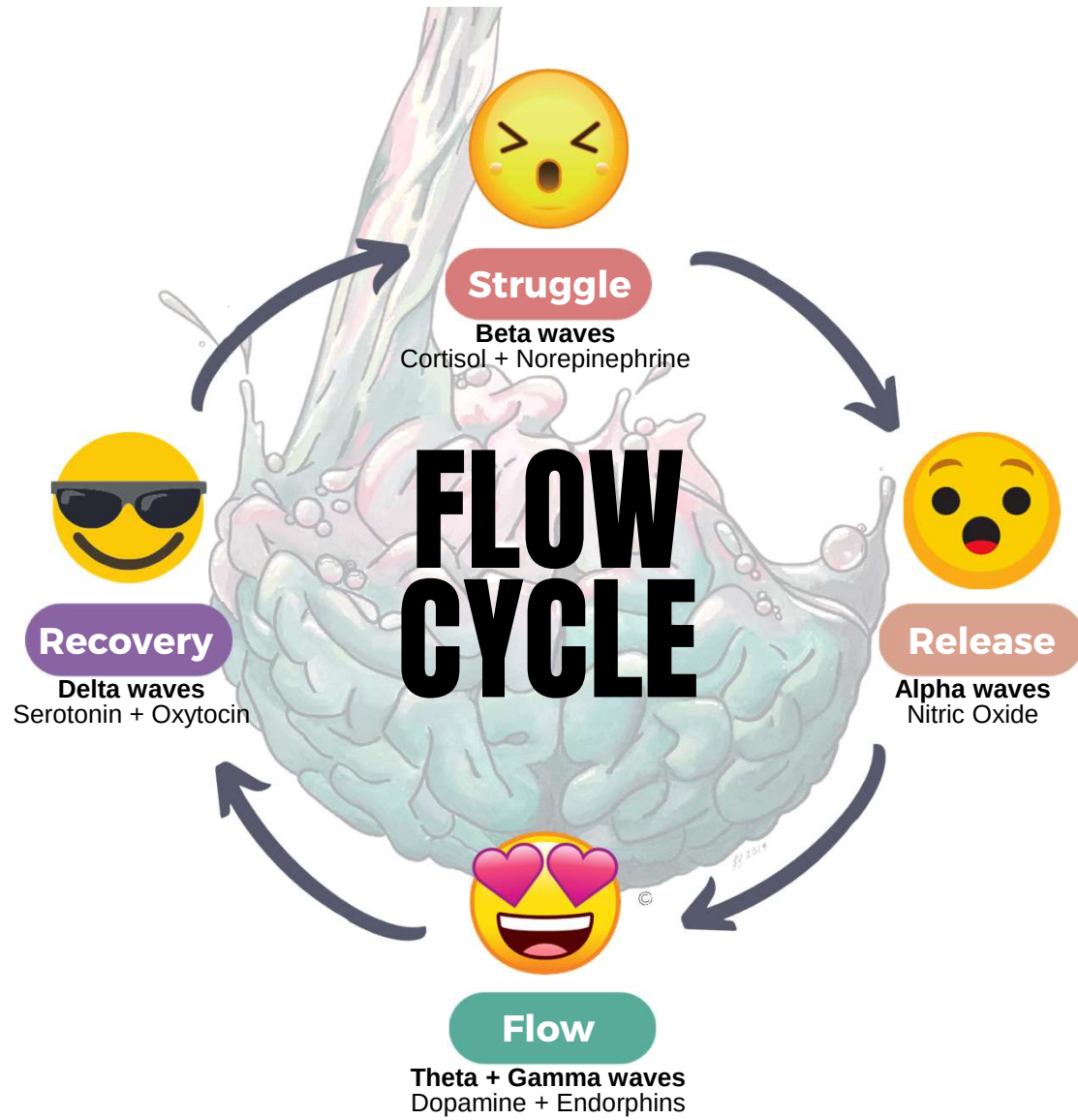
[Social Theory & Health](#) **18**, 16–32 (2020) | [Cite this article](#)

4719 Accesses | 11 Citations | 51 Altmetric | [Metrics](#)

### Abstract

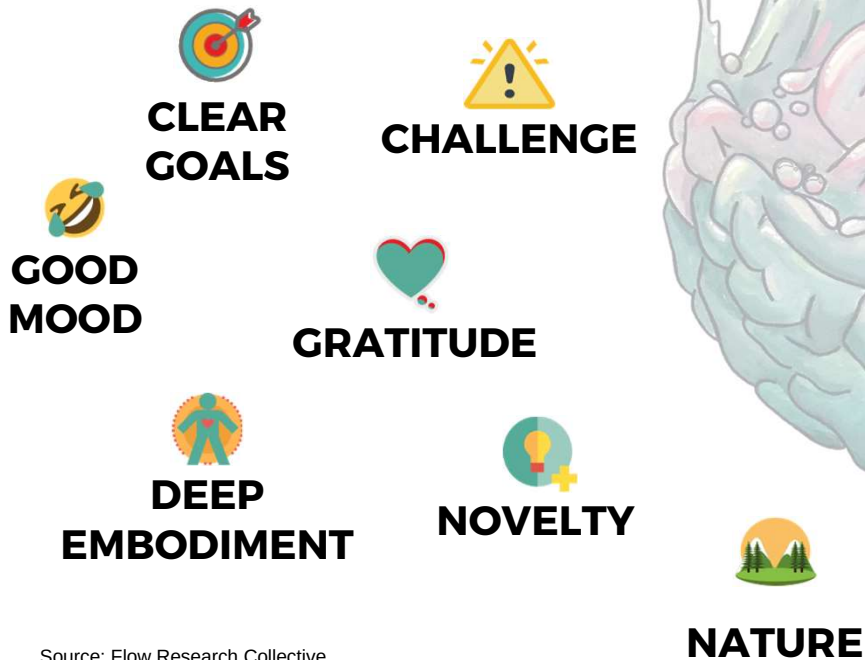
Aaron Antonovsky's salutogenic model is starting to impact health promotion at the level of





# Enhancers

- produce dopamine
- reduce cognitive load

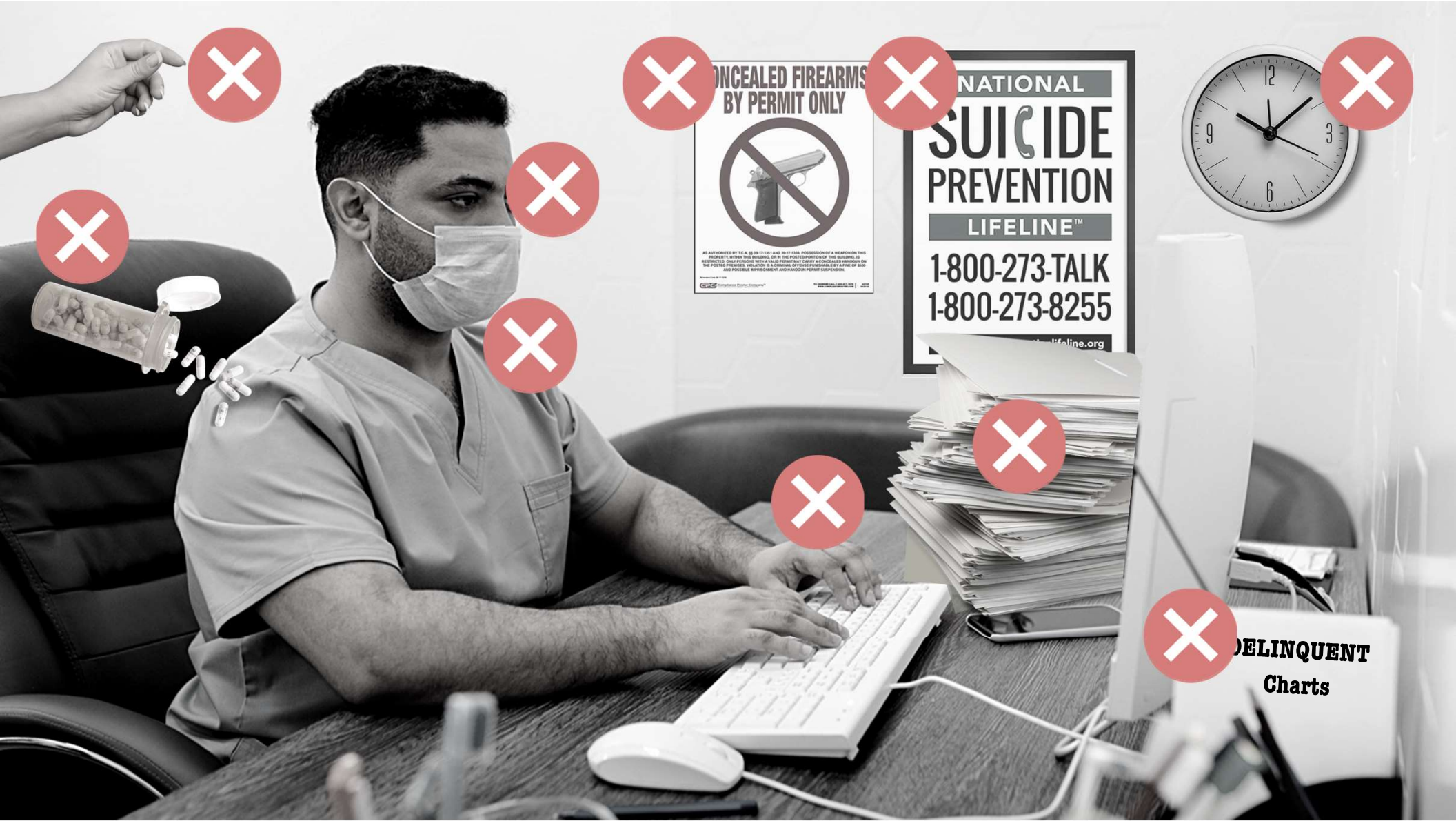


Source: Flow Research Collective

# Disruptors

- fragment attention
- drain cognitive energy





CONCEALED FIREARMS  
BY PERMIT ONLY



AS AUTHORIZED BY T.C.A. §§ 19-11-101 AND 19-11-102, POSSESSION OF A WEAPON ON THIS  
PROPERTY WITHIN THE BUILDING IS BY THE EXCLUSIVE PRIVILEGE OF THE BUILDING. IS  
RESTRICTED. ONLY PERSONS WITH A VALID PERMIT MAY CARRY A CONCEALED WEAPON ON  
THE PROPERTY. VIOLATION IS A CRIMINAL OFFENSE PUNISHABLE BY A FINE OF \$500  
AND POSSIBLE IMPROBATION AND HANDGUN PERMIT SUSPENSION.

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**DELINQUENT  
Charts**

# Catalyst<sup>TM</sup> Vision

If we prioritized  
creativity and flow

**Burnout couldn't exist.**



# Burnout is:

Depersonalization  
and Cynicism



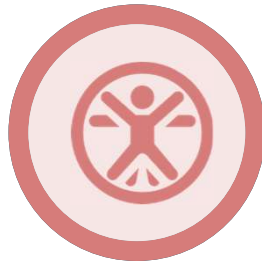
**Anchor** into personal  
mission and motivation

Low perceived  
Achievement



**Highlight** milestones &  
feedback

Emotional  
Exhaustion



**Activate** embodied  
energy and flow

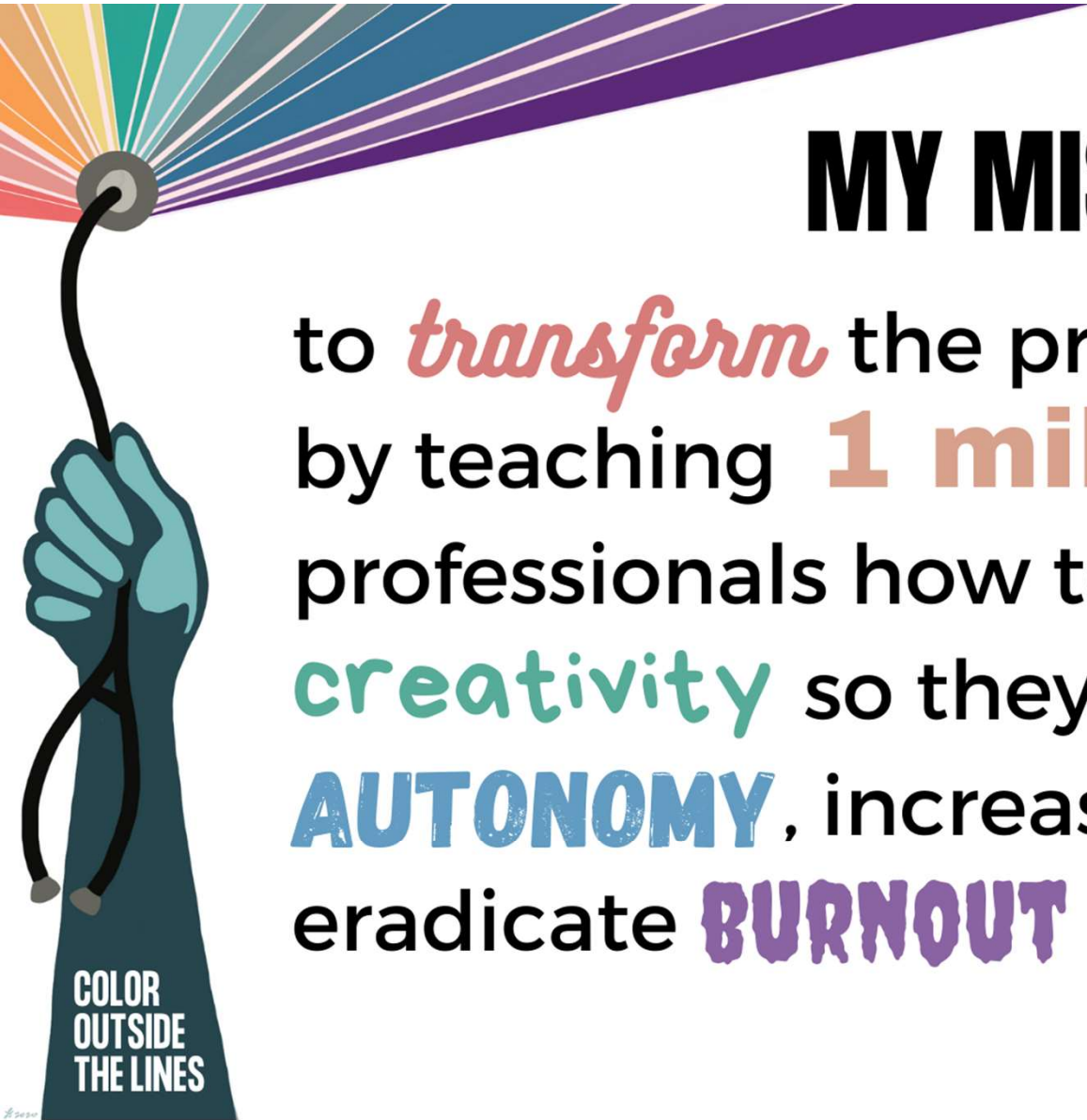




# Catalyst<sup>TM</sup> *Symposium*

**5 day virtual bootcamp**  
for healthcare practitioners  
to reignite their creative flow

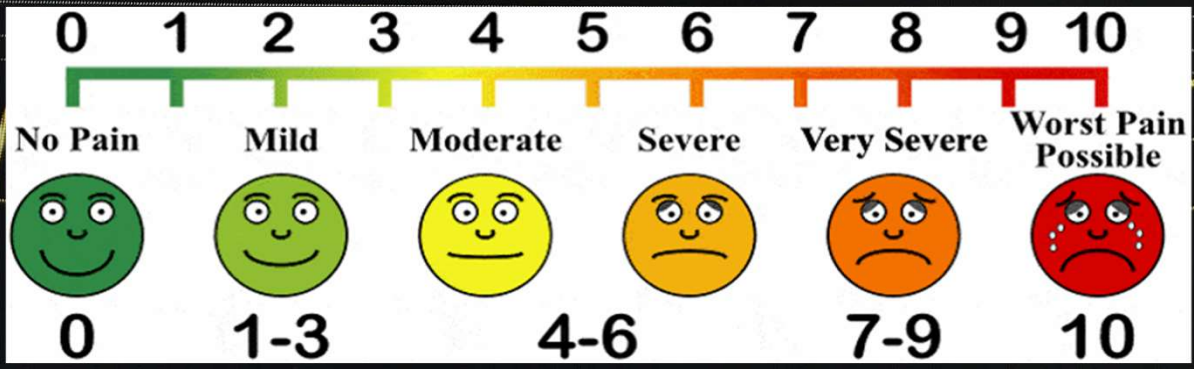
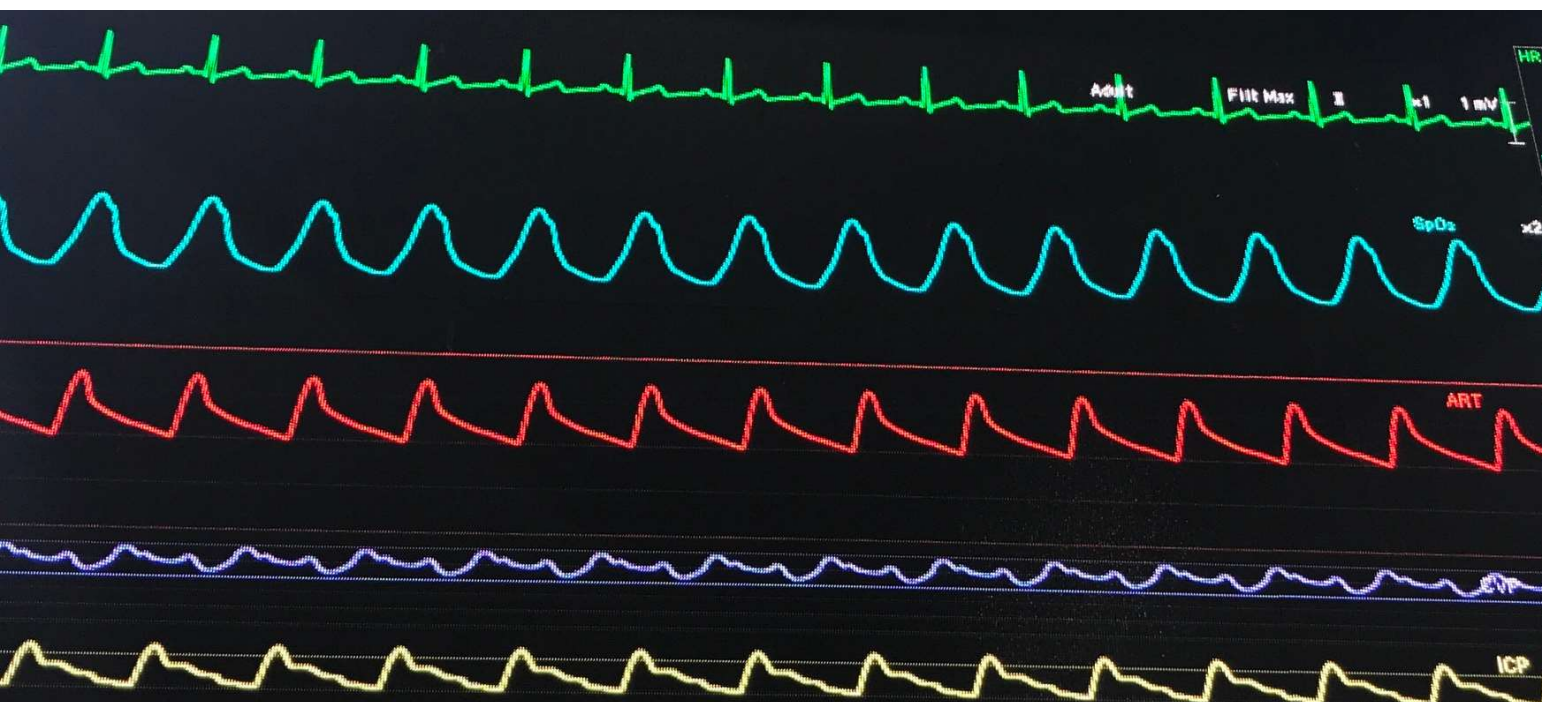




**MY MISSION:** **76,701**

to *transform* the practice of medicine  
by teaching **1 million** health  
professionals how to tap into their  
**creativity** so they can regain  
**AUTONOMY**, increase **joy**, and  
eradicate **BURNOUT**

@DrLaraSalyer





# 6th vital sign



# Typical Practitioner

Reactive  
Rushed and Frantic  
Perfectionistic  
Procrastinator  
Overworked, undervalued  
People-pleasing  
Struggle with stuckness  
Sleep deprived  
Pride on "busy"  
Lack self-awareness  
Burned out

# Catalyst™

*Innovative* Efficient  
Unique *Flow-centric*  
*Organized*  
**Anti-burnout** **Grounded**  
**Boundaried** *Curious*  
**Engaging**





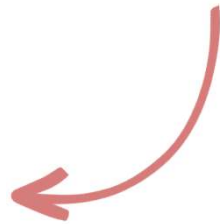
- **Creative flow** = vital, powerful and accessible
- **Burnout** = grief that shortens our lives
- **Catalysts** = create a better future of healthcare



# 6th vital sign



Let's play!



**Dr. Lara Salyer, DO, IFMCP**

Physician | Speaker | Author | Mentor



integrative  
**mental health**  
CONFERENCE 23

