

LIVING WITH UNCERTAINTY

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AS A CLINICIAN,
ARCHITECTURE SEEMS LIKE A PROFESSION
WITH A GREAT DEAL OF UNCERTAINTY

- Trying to deliver someone's dream, a very big job!
- Using a building to bolster their ego, or show the world who they really are.
- Financial concerns.
- Working with legislation, regulations and builders.
- Quiet times and busy times.
- To mention just a few


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SO YOU ALL HAVE A LOT OF SKILLS ALREADY
WHICH YOU MAY TAKE FOR GRANTED

- However with such an uncertain profession there is probably an increased vulnerability to external uncertainties
- We have not seen a situation like the present one, in any of our life times.
- It is not just a global financial crisis, lives are at risk and people are dying.
- Businesses will be in lock down for sometime, this is a marathon not a sprint
- The situation is changing hourly and there is media overload.


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IT'S NOT WHAT HAPPENS TO YOU, BUT HOW YOU REACT TO IT THAT MATTERS.
- EPICTETUS

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- Learning to understand that thoughts are just that. It is the extent to which we get caught up in them which is the problem. (Fusion)
- We can practice this.
- We can manage our thinking just like we can manage our physical discomfort.
- The Happiness Trap Russ Harris (ACT)



WATCHING YOUR THINKING

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- There is much discussion about meditation and mindfulness
- There are also many developments in our understanding of the brain and neuroplasticity, we can change how we feel.
- Recent research demonstrates that 10 minutes a day of mindfulness meditation provides an opportunity for the brain to change.




LATEST RESEARCH IN SELF CARE
-DR. DAN STEGEL
INTERPERSONAL NEUROBIOLOGY

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TRY HEADSPACE.COM

- A huge library of meditations which are easy to do, fun, effective and cost less than two cups of coffee a month.
- Many others, whatever suits you



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- Exercise
- Healthy Eating, a growing area of research, a healthy gut a healthy mind
- Low levels of mind altering substances. (alcohol is a CNS depressant, marijuana can cause poor motivation and depression which can have paranoid thought processes).
- Goal directed tasks you do have control over, small or large




THINGS THAT WE KNOW WORK WELL FOR US

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- A Role Transition is a very useful way of working in situations of uncertainty.
- Giving up the old role
- Mourning the old role
- Acquiring new skills
- Developing new attachments and support groups
- Recognising the positive aspects of the new role.

-Interpersonal Psychotherapy Scott Stuart and Michael Robertson




ROLE TRANSITION

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COURAGE

- Courage is strength in the face of knowledge of what is to be feared or hoped.
- In sickness (or any situation where we in a period of uncertainty), the first courage is to confront the reality of mortality, (the situation), the second the courage to act on the truth we find.



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ONE HAS TO DECIDE WHETHER ONE'S FEARS OR ONE'S HOPES ARE WHAT SHOULD MATTER MOST

- ATUL GAWANDE

IT'S ALL ABOUT BALANCE AND NOT A STABLE STATE

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SUMMARY

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SUMMARY

- Do more of what makes you feel good
- Include some physical exercise and healthy food
- Avoid overuse of alcohol and other drugs
- Watch your thinking, don't let the media or your own thoughts hijack your good sense
- Understand this is a big adjustment, it will take time
- Live through this very difficult period from a position of hope and not fear, whenever you can!

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