

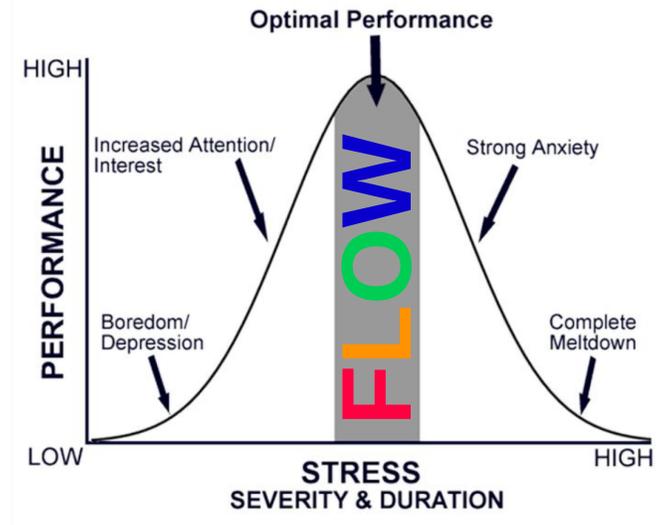


July 28-31, 2019  
Washington DC

# burnout

[ depersonalization + grief ]

- Disengaged ("I don't care about this any more.")
- Emotionally blunted ("I feel robotic.")
- Hopeless ("Is this even important? Nothing matters.")
- Detached ("Who cares about the outcome. I don't.")
- Physical and emotional exhaustion (".....")



## Creative Flow State

(OPTIMAL ENGAGEMENT)

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

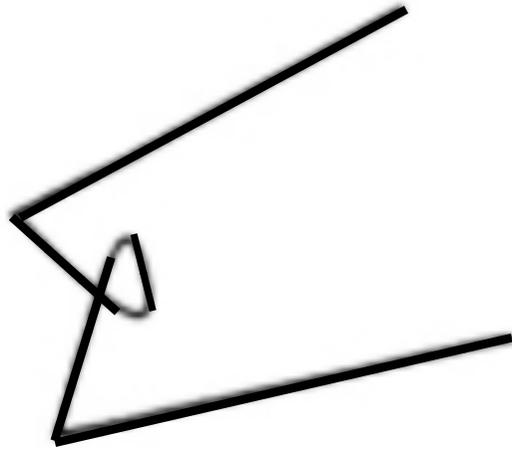


I could REMOVE myself from the daily, toxic grind by:

- Taking a ten minute walk
- Shutting my door for 5 minutes with a "do not disturb" sign
- Getting up early for peace and quiet
- Staying up later for peace and quiet
- Journaling for 5 minutes every day
- Do a 2 minute handstand to clear my head
- Schedule a weekend getaway
- Have lunch with a friend
- Grab an afternoon cup of coffee alone
- Walking the dog
- \_\_\_\_\_
- \_\_\_\_\_



**TIME TO PLAY!** What can you turn this squiggle into?



# What's your <sup>health</sup> grade?

**MSQ score \***

**Sample Symptoms \*\***

*How frequently do you experience...*

**A** **Less than 20**

- Headaches
- Constipation/Diarrhea
- Insomnia
- Heartburn/GERD
- Chest Pain
- Restlessness
- Aching Joints
- Watery or itchy eyes
- Fatigue
- Poor memory
- Depression
- Arthritis
- Mood swings
- Constipation/Diarrhea
- Bloating
- Water Retention
- Hair Loss
- Autoimmune Disease
- Stuffy Nose
- Chaotic Sleep Patterns

**B** **20-49**

**C** **50-79**

**D** **80-119**

**F** **Over 119**

*and more...*

\* **Medical Symptom Questionnaire** is a validated tool used in Functional Medicine ([www.IFM.org](http://www.IFM.org)) to help you identify symptoms in your body and recognize your health status. This questionnaire consists of 72 questions and can be a first step towards achieving a life filled with health and vitality.

Calculate your score:



\*\*Your grade will fluctuate throughout your life, it's just a moment in time.

# RX PRESCRIPTION

M

**Mitochondria** make their energy from oxygen and quality fats, carbs, and proteins.

- Practice deep breathing to increase oxygen supply
- Eat foods that nourish your cells with phytonutrients
- Supplement with nutritious fats (walnuts, fish, avocado)

I

**Integrate** your brain hemispheres to increase cross-talk and synthesize material efficiently.

- Participate in bilateral activity daily
- Try using your non-dominant hand for usual activities
- Find repetitive activity to do with both hands

N

**Notice** your external environment and internal state of emotions, as this will hone your intuitive sense.

- Pay attention to your body's sensations in response to environmental triggers or food
- Utilize all 5 senses to describe your day

D

**Divergent** thought patterns with expansive ideas will help form new connections in your neuroplastic brain.

- Practice coming up with 3 possible stories to explain someone's behavior towards you today.
- Try changing up your routine patterns today



## Diagnosis:

## Right Brain Rx:

Anxiety and Stress

Insight Timer  
Meditation app

Free guided meditation app for those new and seasoned practitioners. Educational & inspirational



Trouble focusing

Pomodoro Technique

Helpful method to break time into chunks of maximum focus with intentional breaks.



Low Press Ganey

Loom Video for  
Patient Education

Free screenshare video app to help improve communication. Can be password protected.



Low energy

Mitochondrial Food  
Recommendations

Top recommendations from Functional Physician, Dr. Mark Hyman, MD.



Sleep imbalance

Circadian Code

Current research in balancing innate biorhythms to restore sleep and feeding patterns.



Poor patient outcomes

Group Visit Toolkit

Polished templates, Best Practices, and Done-For-You workflows to implement group visits in office



Creative Apathy

Right Brain Rescue

Online creativity incubator that combines functional nutrition, neuroplasticity and creativity research



# #CreativityMatters

Adults who are more playful and creative reported feeling less stressed, exhibited better coping mechanisms and achieved greater life satisfaction.

By honing our creative skills, we will inherently:

- ✓ make **accurate decisions** that align better with our values
- ✓ find alternative choices that help us **live with ease**
- ✓ perform at a higher, **more efficient** standard
- ✓ sharpen our **intuition**, which benefits our personal health
- ✓ connect on a **deeper level** with others

When you are focusing and making decisions, you use the executive (pre-frontal) cortex of your brain, and the creative (default) networks of your brain are dampened.

**This means less spontaneous and effortless thinking** happens when you are in a career that uses large amounts of executive functioning. It's worse when this same career *automates* many of your duties, leaving little room for innovation and expansion.

Fortunately, our brains are **neuroplastic and flexible**---able to make new connections daily. We can learn and adopt the keystone characteristics of creative individuals!

## Keystones of Creativity:

- ✓ Perceptive to surrounding environment
- ✓ Open to self-discovery
- ✓ Able to extract order from complexity
- ✓ Innate drive for exploration
- ✓ Critical sense of conscientiousness
- ✓ Willing to take risks for independent thinking



You might need a RIGHT  
BRAIN REBOOT if  
**YOU'VE EVER SAID:**

- "I'm just going to stay up all night to study; I might forget stuff if I take a nap."
- "I feel alone. No one understands the pressure I'm under."
- "I'll pick up that hobby again once things slow down at work."
- "My opinions don't matter, no one is listening to me anyways."
- "This job isn't what I thought it was going to be. Will it ever get better?"
- "If I work harder, I'll get ahead. No rest for the wicked!"
- "I'm not a creative person at all."
- "I don't have time to use my imagination. Why would I?"
- "I'm not a quitter. I will stick this through, even if it's killing me."
- "I have no choice. These rules and regulations are insurmountable."
- "Maybe I can find a different career....."

***Color Outside the Lines with me!***

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