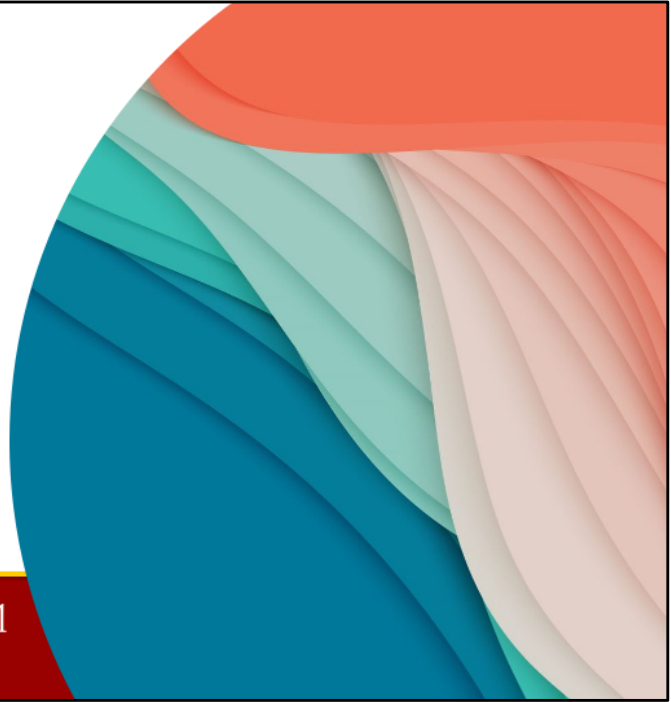


Smarter, Not Harder

Optimizing Your Personal Resources

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Occupational Therapy

Helping people to do what they want
and/or need to do

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What is your favorite occupation? What do you like to do?



Lifestyle Redesign®

The process of acquiring
health-promoting habits and
routines
in daily life

(Clark et. al, 1997)



Objectives



Busting Myths



Managing Energy



Managing Time

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Some Myths I've Heard

Your energy is simply a matter of will

There is time for everything you want to do

You are superhuman

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Energy is impacted by many inputs: discipline is just one; there are also other things like interest in the activity, rest, overall health

There is time for your priorities – not everything you want gets to be a priority

We are all human, no one expects you to be superhuman



Energy,
Focus,
Time,
and
Will Power
are
Finite

(for the most part)

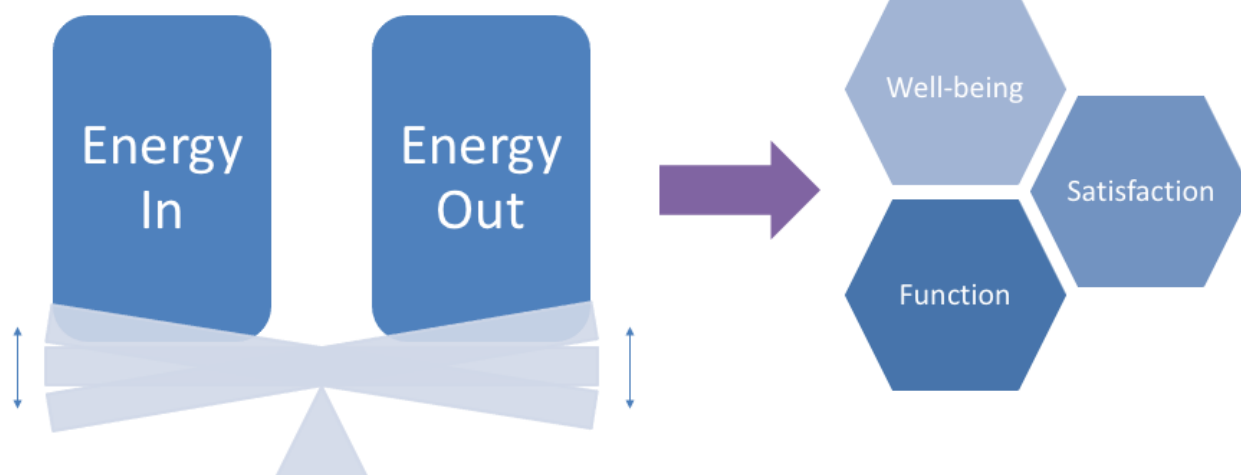
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Which is why we need to do resource management – balancing inputs and outputs



Managing Energy



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Adjusting activity participation in order to balancing energy output and energy input to optimize function, well-being and satisfaction

A dynamic process that occurs over time and is rarely actually at this even stable point

Requires monitoring and attention – produces efficiency d/t increased focus and less need to re-do/re-learn things



The Myth of Balance



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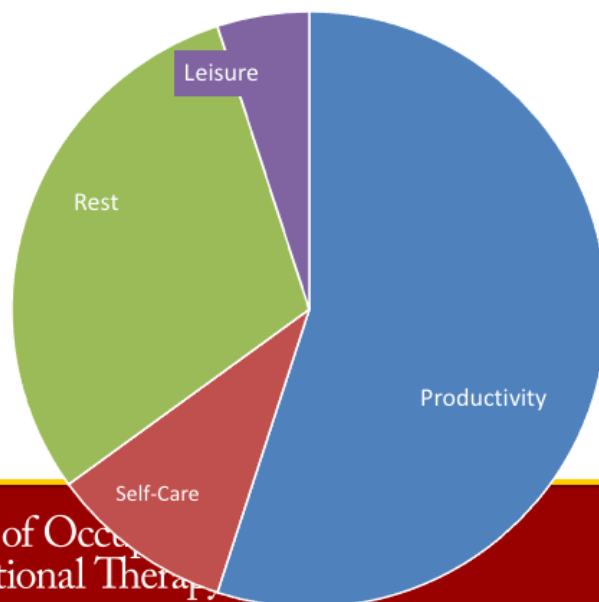
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Myths

- Balance is daily
- Balance feels even and still
- Balance means easy
- Balance means always well-rested, happy, productive, and growing



The Reality of a School Day



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More true:

- Balance is in flux, seasonal, over time
- Balance is uneven, dynamic, patchy, requires attention not to trip
- Balance is intentional and effortful, the world is big and full of challenges and opportunities, we are only one human being,
- Balance is not perfection, not an end state, but a process

-



And Maybe the Weekend



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So in order to keep balance, use what you have – weekends, holidays, winddown time before bed

And engage in self-care...



Demystifying Self-Care

“those activities performed
with the intention of
improving or restoring health and well-being,
as well as treating or preventing disease”

(Strömberg, Jaarsma, & Riegel, 2012)

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Self care for me is not the same as self care for you.

I kinda enjoy shopping; it is something that I did with my mom growing up and puts me in a kind of flow state – like a giant game of I Spy

For my boyfriend it is super draining – too much info to process, too many options to consider and decisions to make.

IF IN PERSON, TURN TO PARTNER TO DISCUSS YOUR SELF CARE ACTIVITIES

IF ONLINE, TAKE A MOMENT TO WRITE DOWN A FEW



Self-Care Menu Examples

Probably Restorative & Not “Sticky”

- Stretching
- Weight training
- Walking
- Getting a snack
- Having a meal
- Drinking some water or tea
- Laying on the floor
- Meditating
- Listening to music
- Tidying the workspace
- Making a meal
- Doing a creative hobby
- Calling friends or family
- Checking in with your higher purpose
- Journaling
- Cuddling with a pet

Maybe Not Restorative or Sticky

- Scrolling through social media
- Browsing the internet
- Playing video games
- Watching a show
- Shopping online
- Checking email
- Paying bills
- Attending a meeting
- Worrying about not finishing
- Catching up on small tasks
- Calling/texting certain people
- Responding to email



How do you bring
a sense of balance
into your life?



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balancing on a bike – if you go limp, you fall over; if you lean to far to one side or the other you fall over; if you try to stay still, you fall over
The key is to first put in the effort to learn how to balance and move forward – then gradually you can reduce effort as it starts to feel more natural



Your Self-Care Activities

Which are
regularly part
of your week?

Which are
regularly
pushed out?

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Skills for Managing Energy

- Personalize your plan
- Pace yourself
- Switch activities
- Get enough sleep





Personalize Your Plan



When is your cognitive energy best?



Your physical energy?



Your emotional energy?



If you're not sure, keep track of your energy level hourly for 3-7 days

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Plan your day with your energy flow in mind.

Energy level 1-10 – 1 = zombie; 10 = your best, whatever that looks like



Personalize Your Plan



How long can you focus effectively?



When do you get tired?



Do you prefer to work uphill or downhill?

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Plan to work only as long as you can focus and then take a break rather than pushing through - more efficient

If you really feel like you don't have time to rest, plan to do easy, engaging or simply different things when you usually get tired

Uphill = get little things done first to build a sense of accomplishment, momentum, clear head

Downhill = get the biggest, most anxiety producing thing done first, so you're sure it does get done – then coast

You might vary your expectations on this depending on how you feel that day – the most important part is developing an intention for the day



Pace Yourself

For breaks, consider:

- Timing: Throughout the day, week, semester
- Dose: Minutes, hours, days
- Type: Social, solitary, fun, relaxing



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When do you need them in the day, in the week, in the semester? Do some days need more and others less? Do some provide opportunity for more and others less?

Dose: don't underestimate the power of 2 minutes but also recognize when that's not enough

Type: what do you need? A mood booster or a chill evening?

20 min bike, 5 min to watch the sunset, 1.5 hours to watch a movie



Switch Activities

Alternate Between

- Easy, Tedious, and Challenging
- Physical, Cognitive, and Social
- Draining and Restorative



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Do you prefer long work periods



Get Enough Sleep

The National Sleep Foundation recommends
7-9 hours per night

Keep a regular sleep schedule while you can

Think marathon, not sprint

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You can function on less sleep; over time our brain is able to compensate – however, function is never as good as when rested and there are long term health consequences

While you can – may be not possible with certain rotations, but you'd like your body to be used to sleeping when you get into those rotations, so that you're able to take advantage of the opportunities to sleep when you get there

Marathon – don't want to burn out and then be stuck catching up



If you get tired or lose focus...

Take an intentional break

Take a few breaths

Take a walk

Take a short nap

Take note of your accomplishments

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You give so much, sometimes you got to take



If you get tired or lose focus...

Give yourself a break

Give yourself a moment

Give yourself some movement

Give yourself a pat on the back

Give yourself a compliment

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You give so much, sometimes you got to take. But that doesn't always sound great, so you can always reframe.



Skills for Managing Time



Identify your
goals



Identify what is
working



Identify what is
not working



Identify next
steps



Identify Your Goals

My goals are well-defined when it comes to:

My school work

My health

My relationships

My day-to-day well-being

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School?
Career?
Health?
Relationships?
Finances?



Identify Your Goals

My goals are not well-defined when it comes to:

My school work

My health

My relationships

My day-to-day well-being

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School?
Career?
Health?
Relationships?
Finances?



Identify Your Goals

- By the end of med school, I would like to...
- By the end of the block...
- By the end of the week...
- By the end of today...
- By the end of this talk...

What feels manageable?



Identify What Is Working

Complete the sentence:

- No matter how busy I get, I always have time for:

- I never procrastinate about:

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School?
Career?
Health?
Relationships?
Finances?



Identify What Is Working

Complete the sentence:

- I have no problem taking care of myself when:
- I am happiest when I am:

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School?
Career?
Health?
Relationships?
Finances?



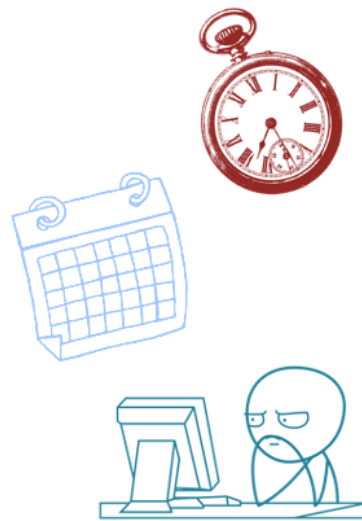
Identify What Is Not Working

- Procrastination
- Taking on too much
- Difficulty saying "No"
- Unexpected situations
- Not enough organization
- Not enough prioritizing
- Not enough scheduling
- Lack of routine
- No planner
- Difficulty remembering
- Lack of sleep
- Low motivation
- Perfectionism
- Unrealistic expectations
- Mood
- Energy levels

It's burn out session. Either procrastinating or doubling down which can lead to mental health issues.

Identify Next Steps

- Improve Time Awareness
- Pause to Prioritize
- Schedule as Needed





Pause to Prioritize

- What activities do you find the most meaningful?
- The most effective use of your time?
- The most valuable?



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Wear a watch

Time yourself doing activities you might “get lost in” or are easily distracted by (i.e. social media)

Put clocks in your bedroom and work space

Set a time deadline instead of a completion deadline (e.g. study for 1 hour instead of study Ch. 3)



List Your Priorities

- Be specific & realistic
- Rank activities
- Break them down
- Make an action list,
5 action steps only



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Wear a watch

Time yourself doing activities you might “get lost in” or are easily distracted by (i.e. social media)

Put clocks in your bedroom and work space

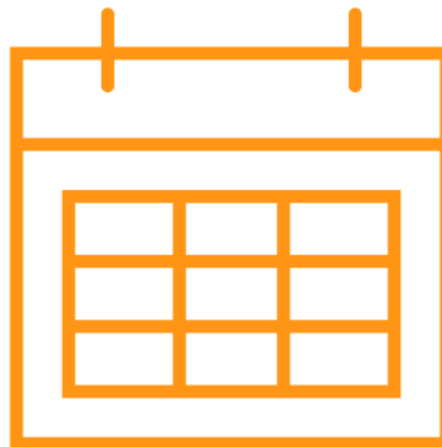
Set a time deadline instead of a completion deadline (e.g. study for 1 hour instead of study Ch. 3)



Schedule as Needed

How to add activities to your calendar:

- First: meetings, appointments, & events
- Then: sleep, meals, & self-care
- Last: to-do's, chores, & assignments
- Don't forget
 - Travel
 - Prep
 - Transitions
 - Wiggle room
 - Multiply by 1.5 or 2



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Start Where You Are

01

Start small

02

Start with
one strategy

03

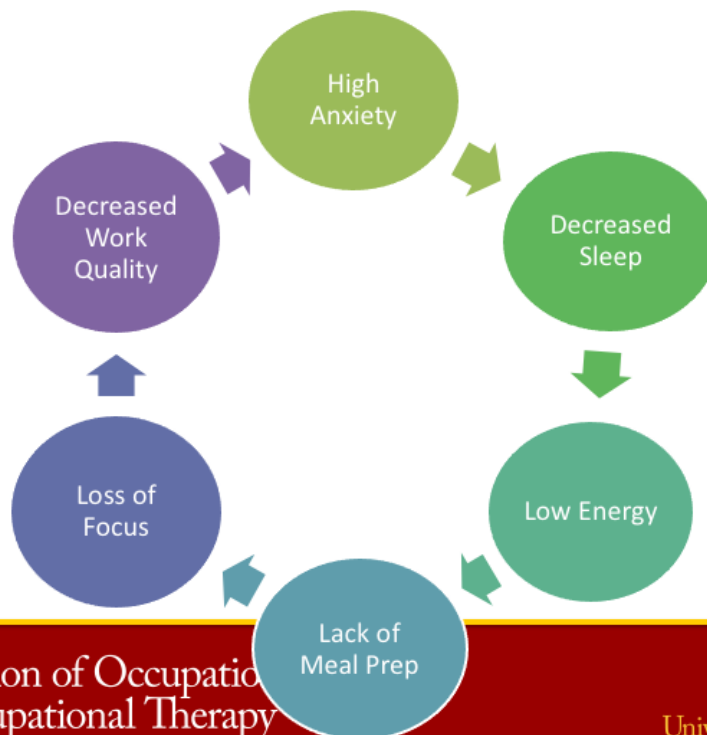
Start with
one area of
life

04

Reassess as
needed

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Thank you!

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