

The background of the slide is a photograph of a vast, calm sea under a clear blue sky. A bright sun is positioned in the upper right corner, creating a strong lens flare and a shimmering path of light that reflects across the water's surface towards the horizon. In the distance, a range of low, hazy mountains or hills is visible against the horizon line.

Beyond Well-being: Sartre, Aristotle & The Blue Zones

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Disclosure:



Disclosure





Objectives:



Evaluate the present state of physician burnout and thriving



Consider perspectives of the human condition from Satre, Aristotle, and the Blue Zones



Reflect upon one's own model for human thriving

Let's take a poll....

What is the prevalence of burnout among healthcare providers?

Pollev.com/wisdom
Text wisdom
To 22333



What is the prevalence of burnout among healthcare providers?

80-90% **A**

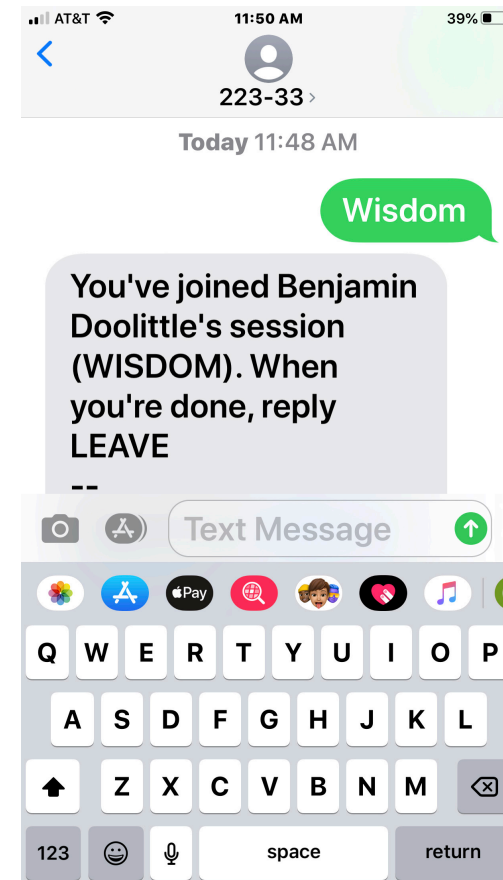
45-55% **B**

20-30% **C**

Another poll...

How often do you feel burned out from work?

Pollev.com/wisdom
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How often do you feel burned out from work?

- Every Day **1**
- A few times a week **2**
- Once a week **3**
- A few times a month **4**
- Once a month or less **5**
- A few times a year or less **6**
- Never **7**

Problem:
We are
burned
out with
burnout

Prevalence → unchanged!

Bad downstream effects: medical errors, turnover, mental health

Surveys....poor response rate (do we even know how it is?)

Problem: We are burned out with burnout



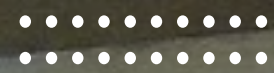
Intrinsic factors - resilience, mindfulness



Extrinsic factors – EMR, leadership, friendship



Interventions? - Program vs Culture



Existentialism: A model of our times?



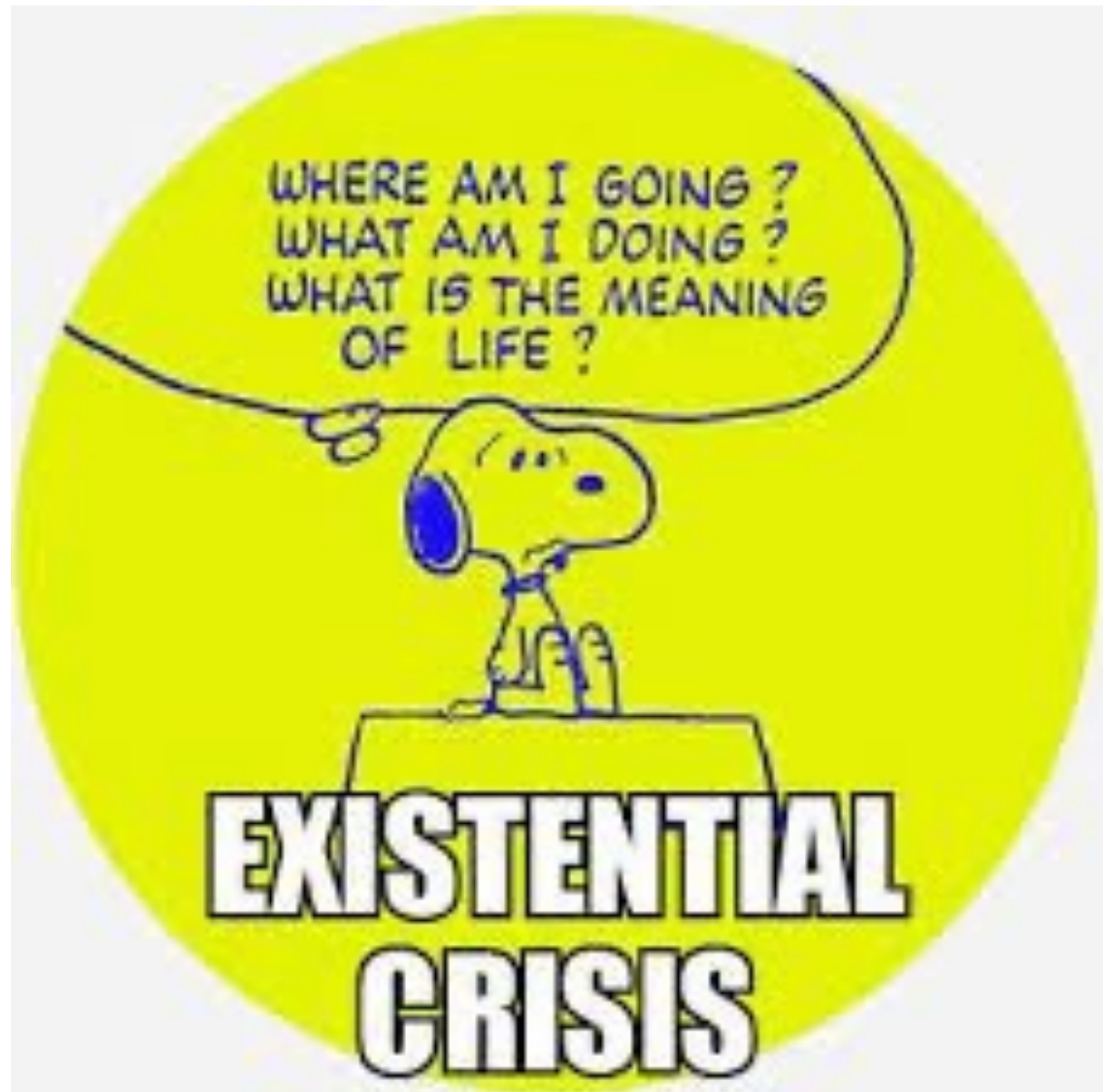


Existentialism

- Post-WWII philosophic movement
- Freedom & Authenticity – What does it mean to exist?
- Anxiety – “It is certain that we cannot escape anguish, for we are anguish.”
- “Nothingness lies coiled at the heart of being like a worm.”
- “I exist, that is all, and I find it nauseating.”
- “Hell is other people”

Existential crisis?

- Dissonance between identity and perceived reality
- Emotional – Anxiety
- Cognitive - Loss of meaning
- Behavioral – Withdrawal/Isolation





Is anyone
happy?
Why?

What is the happiest country?

Finland **A**

United States of America **B**

Costa Rica **C**

Greece **D**

Blue Zones ~ 5 domains

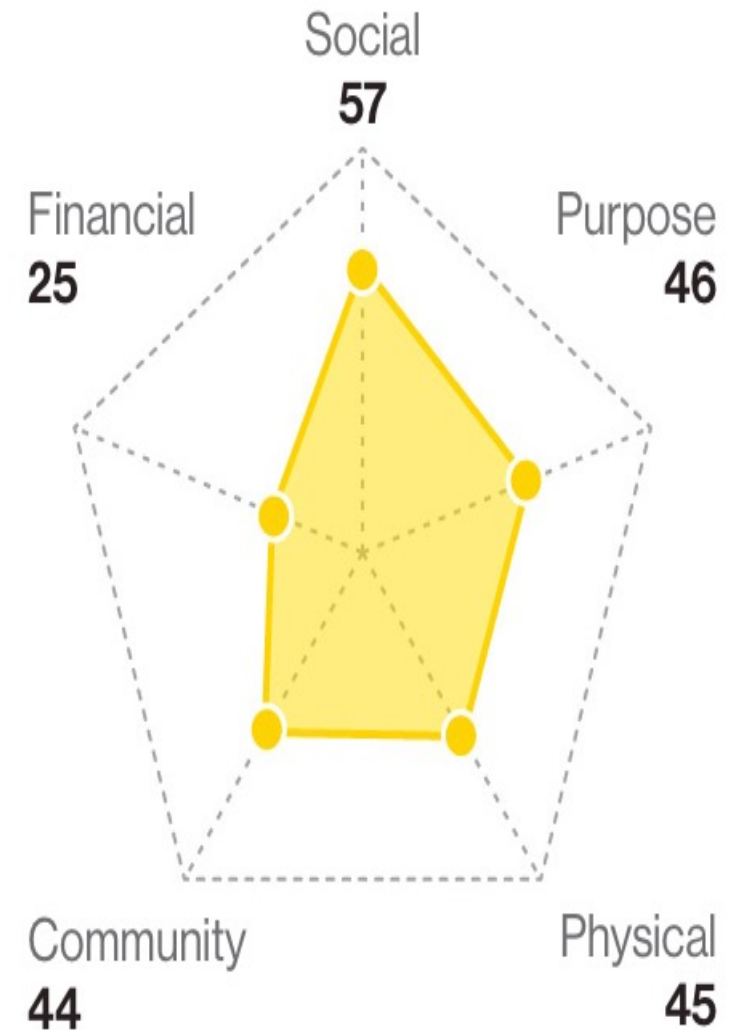
Social ~ supportive relationships and love in life

Purpose ~ liking what you do

Physical ~ good health & energy

Community ~ liking where you live, feeling safe, pride

Financial ~ enough





Let's ask happy people....

Yale Thriving Project

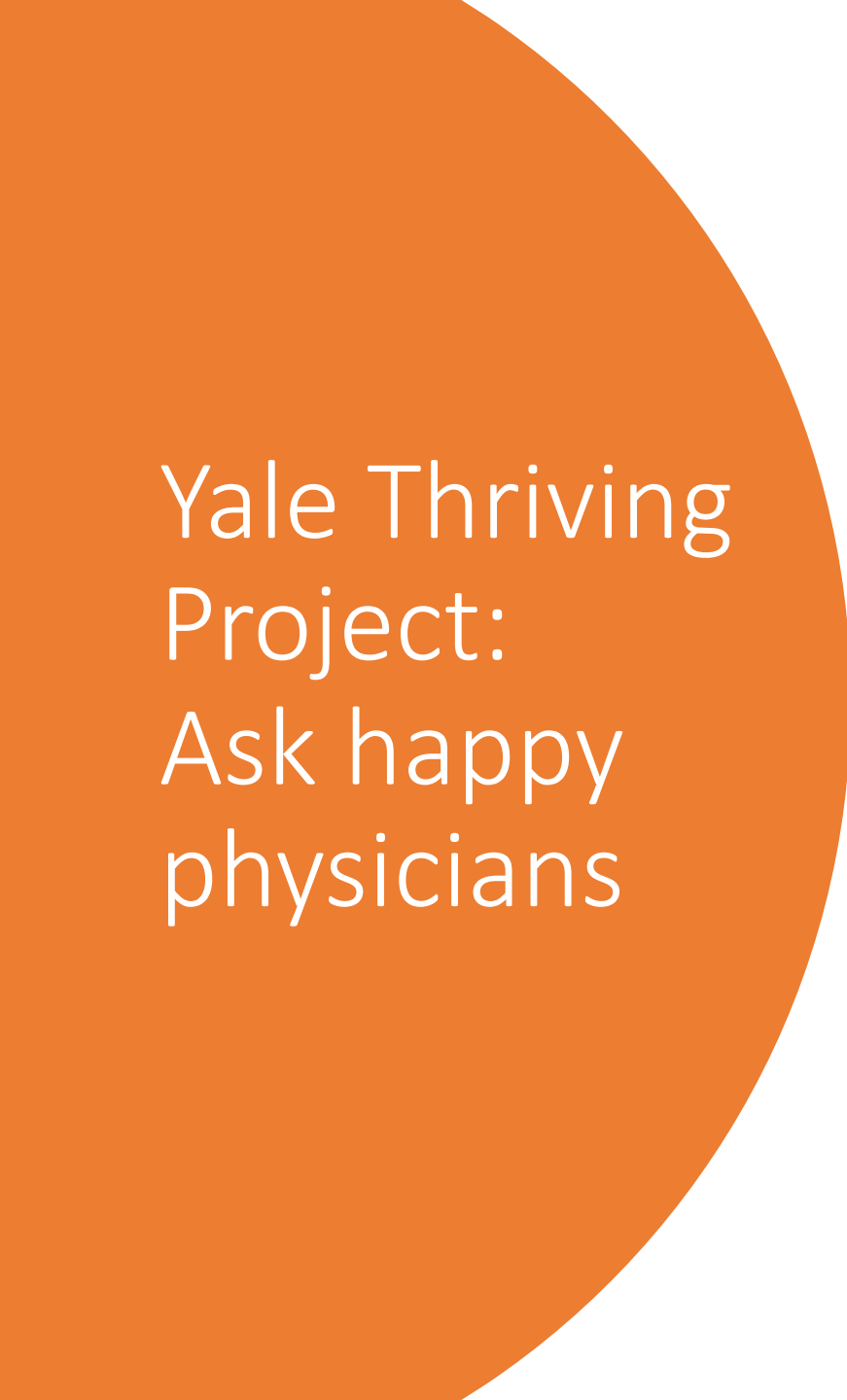
- Participants (183 total)
 - 32 Primary Care Physicians
 - 23 Emergency Department Physicians
 - 37 Resident Physicians *in Medicine, Pediatrics, Med-Peds*
 - *28 Peer Mentors, Wheel-chair bound*
 - *29 Palliative Care Providers (MD's, RN's, Chaplains)*
 - *24 Physicians in Pakistan*

J Gen Intern Med 2021;36(12):3759-3765.

PLOS One 18(2): e0279425.

J Gen Intern Med 2022;27(9):2173-2179

Int J Innov 2023; 8(2):56-63

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Yale Thriving Project: Ask happy physicians

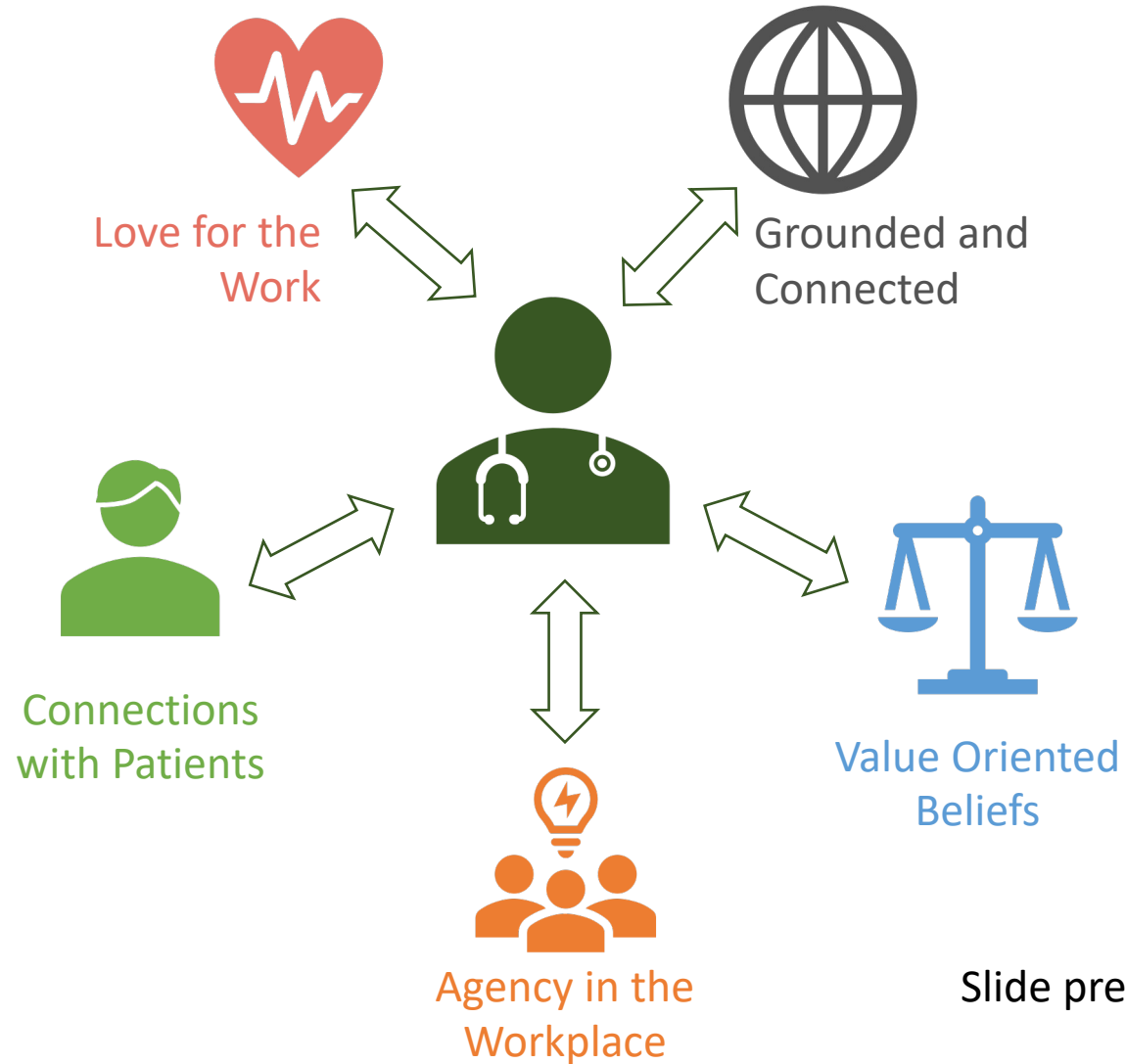
- Qualitative Interviews
 - NOT burned out → two question instrument
 - “How often do you feel burned out from work?”
 - “How often do you feel you have become more callous to people since you took your job?”
 - Thriving → 0-10 Participants >7
 - “how satisfied are you with your life?”
 - “how satisfied are you with your career?”



How satisfied are with your life?

0 **0**
1 **1**
2 **2**
3 **3**
4 **4**
5 **5**
6 **6**
7 **7**
8 **8**
9 **9**
10 **10**

Yale Flourishing Model



Slide prepared by Katherine Gielissen, MD



Eudaimonia – Flourishing Aristotle

- Eu - well/good
- Daimonia – spiritedness, blessedness
- The Aristotelean mean:
Stoics/Virtue vs Epicureans/Pleasure

Plenary

- Anyone really happy?
- Doing something that works?
- Any SMART goals?
- Writing Group?

