

# HEALING THE HEALER

Saud Juman & Shawn DeGroot

*Hi, it's nice to meet you!*



Shawn DeGroot, CHC-F, CCEP,  
CHRC, CHPC  
President of Compliance Vitals



Saud Juman  
President of PolicyMedical, Inc.

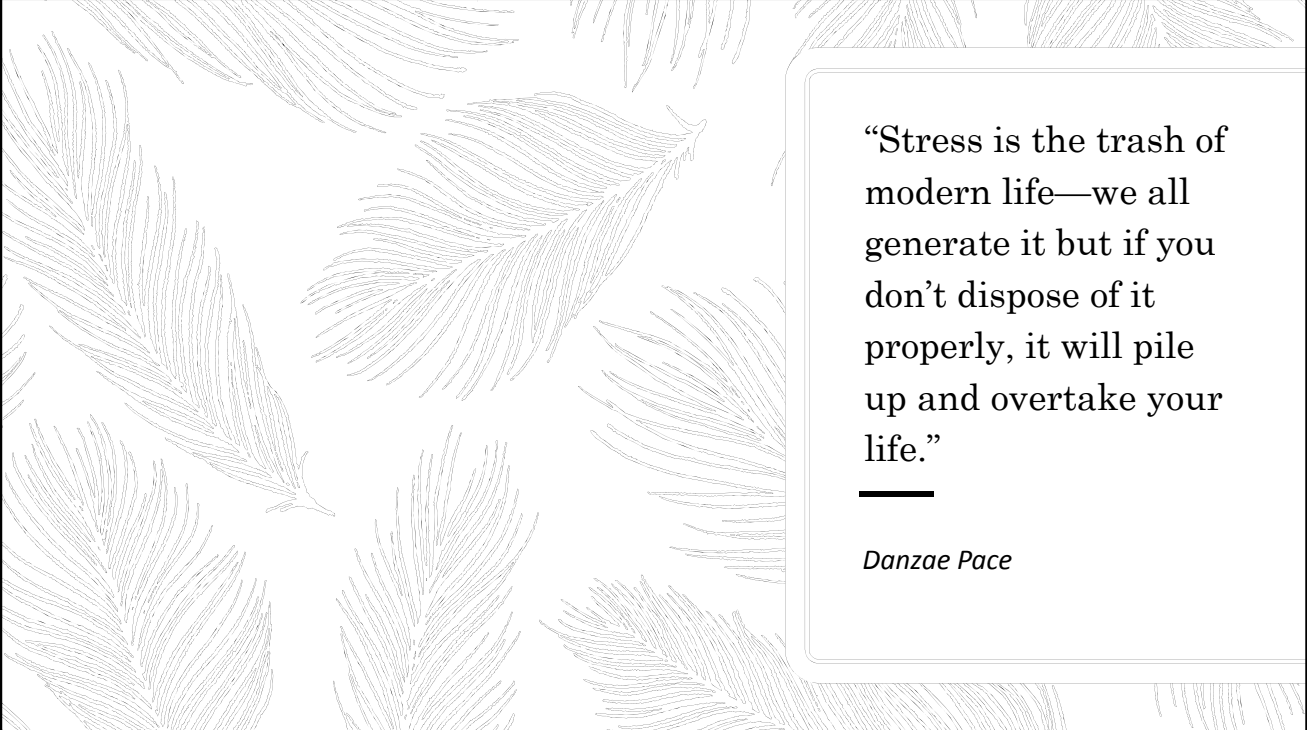




## Objectives

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- Address the multiple causes of stress within the healthcare and compliance world
- Understand how to better take care of yourself (mentally, physically and emotionally) so that you can better care for your patients and employees
- Learn realist techniques to combat burnout and stress using helpful tactics such as meditation, journaling and affirmations.



“Stress is the trash of modern life—we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life.”

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*Danae Pace*



## HCCA Stress Survey

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- Key Findings:

- 58% of CO's wake up worrying
- 60% considered leaving their job
- 58% were in an adversarial relationship and/or isolated in the workplace



## Common Causes

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## Human Response to Stress

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- Emotional Exhaustion
- Weight gain
- Sleeplessness
- Inability to concentrate
- Indecisive
- Poor attendance
- Anxiety



## Impact

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- Reduced commitment
- Contagious nature
- Greater health costs
- Spillover to personal life
- Parallels with substance abuse



## Personal Accountability

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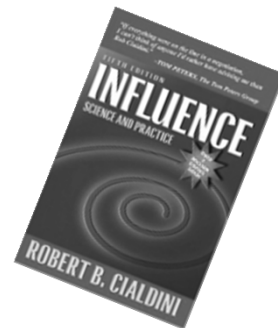
- Operations
- Clear communication
- Establish Boundaries
- Clarify roles and expectations
- Lifeguard vs. a cop
- Know your customer
- Know your audience
- Personal spillover



## Self Reflection: Skillset

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- Relationships
- Influence
- Communicate strategy
- Ability to affect change
- Non-verbal communication





# Self Reflection: Skillset

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**IT'S WHAT YOU DON'T SAY THAT COUNTS!**

lying?  
hiding something, but what?  
hostile attitude?  
insecure?  
interested?  
thinks you're stupid?  
not open to communicating?  
menacing?  
aggressive?  
defensive?  
closed mind?  
impatient to leave?

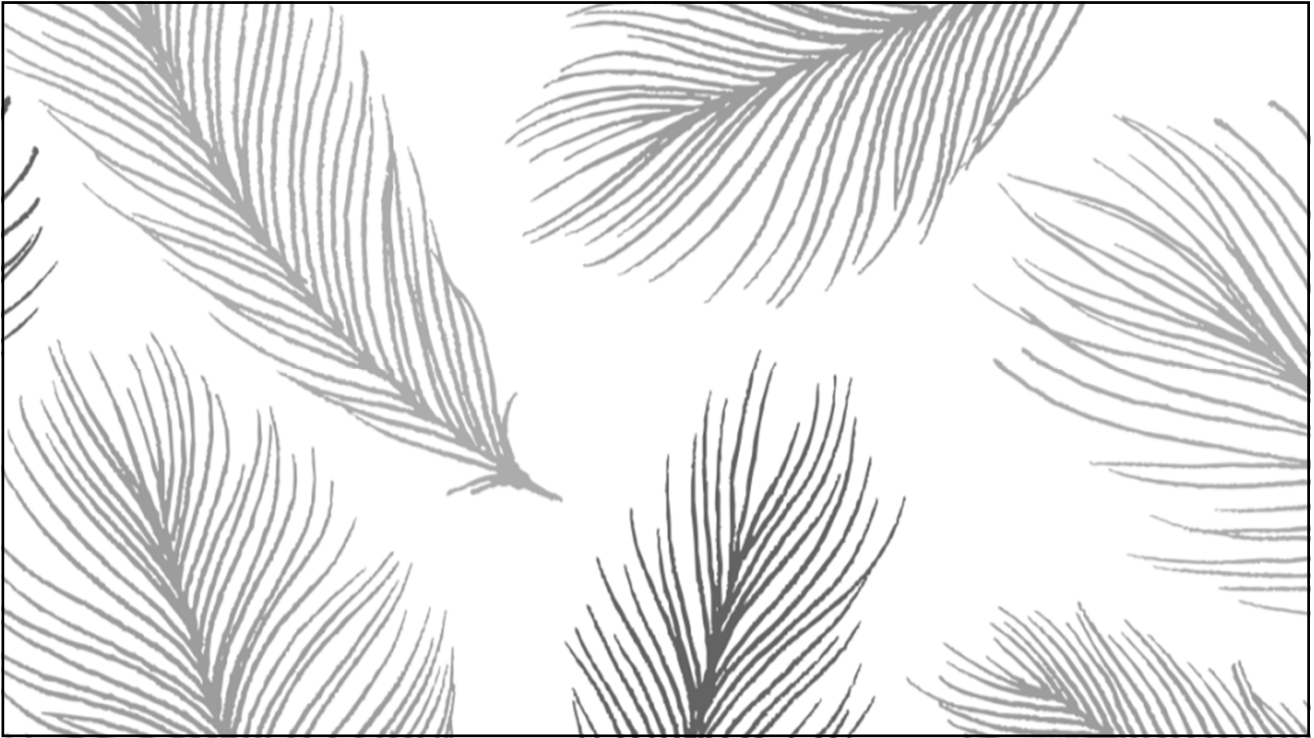
**LEARN TO READ AND INFLUENCE PEOPLE THROUGH NONVERBAL COMMUNICATION.**

--Dolly Parton

**“Storms  
make trees  
take deeper  
roots.”**

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*Dolly Parton*



YOU ARE  
*enough*

I'm not gonna lie...this next part  
may get weird at times.



Hunches, flashes,  
impressions...  
permission to ignore



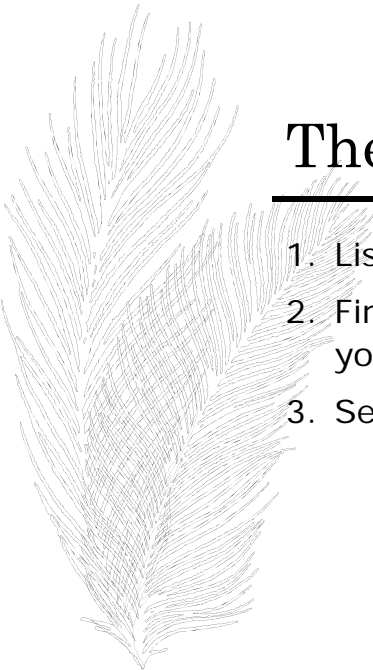
We're about to get interactive...



## The Chasm of Change

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1. Listen to the small wake up calls
2. Find a practice of extended solitude to truly listen to your inner voice. It's never wrong if you can hear it
3. Separate the work identity completely out of YOU





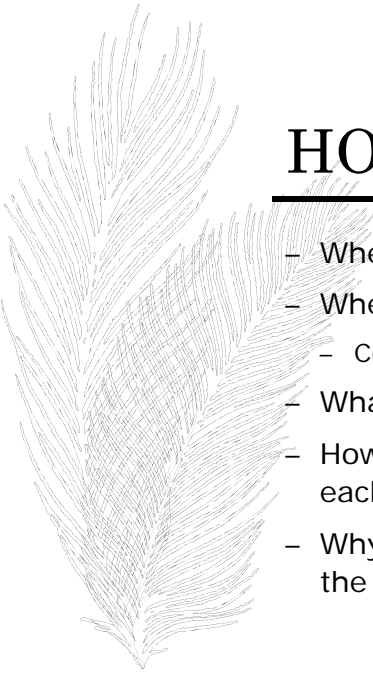




How present do you feel from 1-5?



Daily dose of meditation not medication.



## HOW TO GET STARTED?

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- When? Mornings and/or evenings are best
- Where? Anywhere that is quiet and you feel relaxed
  - Connected to nature is a plus
- What position? Whatever feels natural for you
- How long? 1 minute to start and add 60 second increments each month
- Why? Reliable to cut through unreal thoughts and get to the real you



**KEEP  
CALM  
AND  
LET'S TRY IT  
TOGETHER**



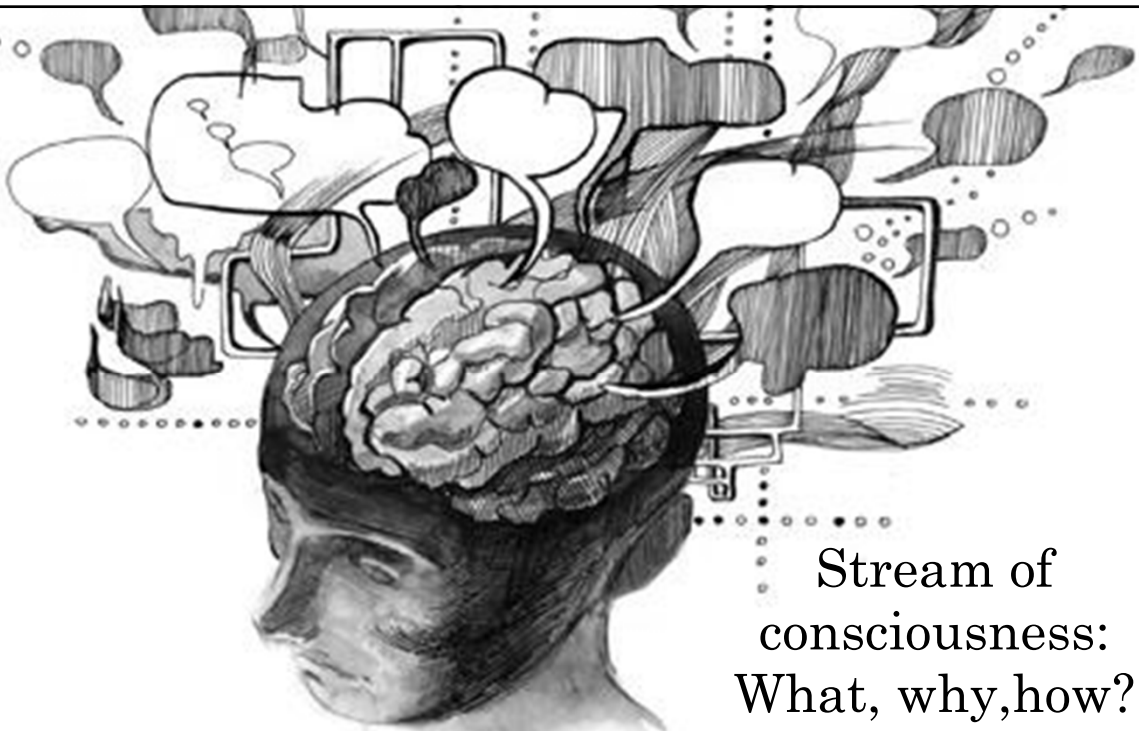
How present do you feel from 1-5?




Journaling



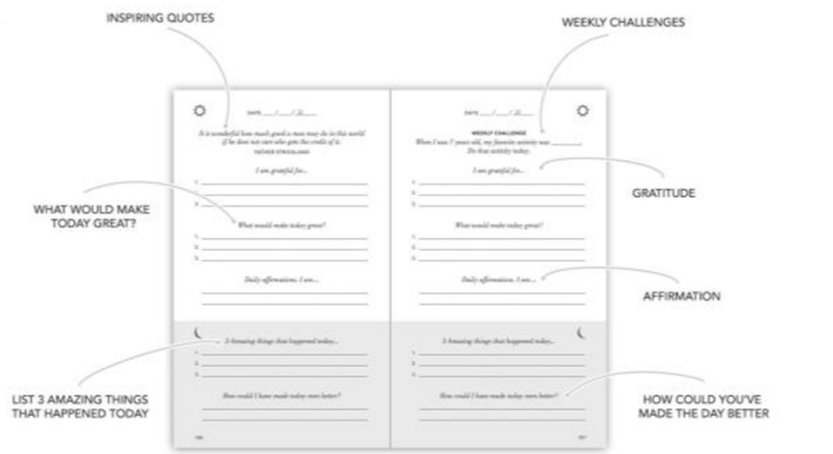
How happy do you feel from 1-5?



Stream of  
consciousness:  
What, why,how?



## Gratitude Journaling? Reconditioning the subconscious.



INSPIRING QUOTES

WEEKLY CHALLENGES

WHAT WOULD MAKE TODAY GREAT?

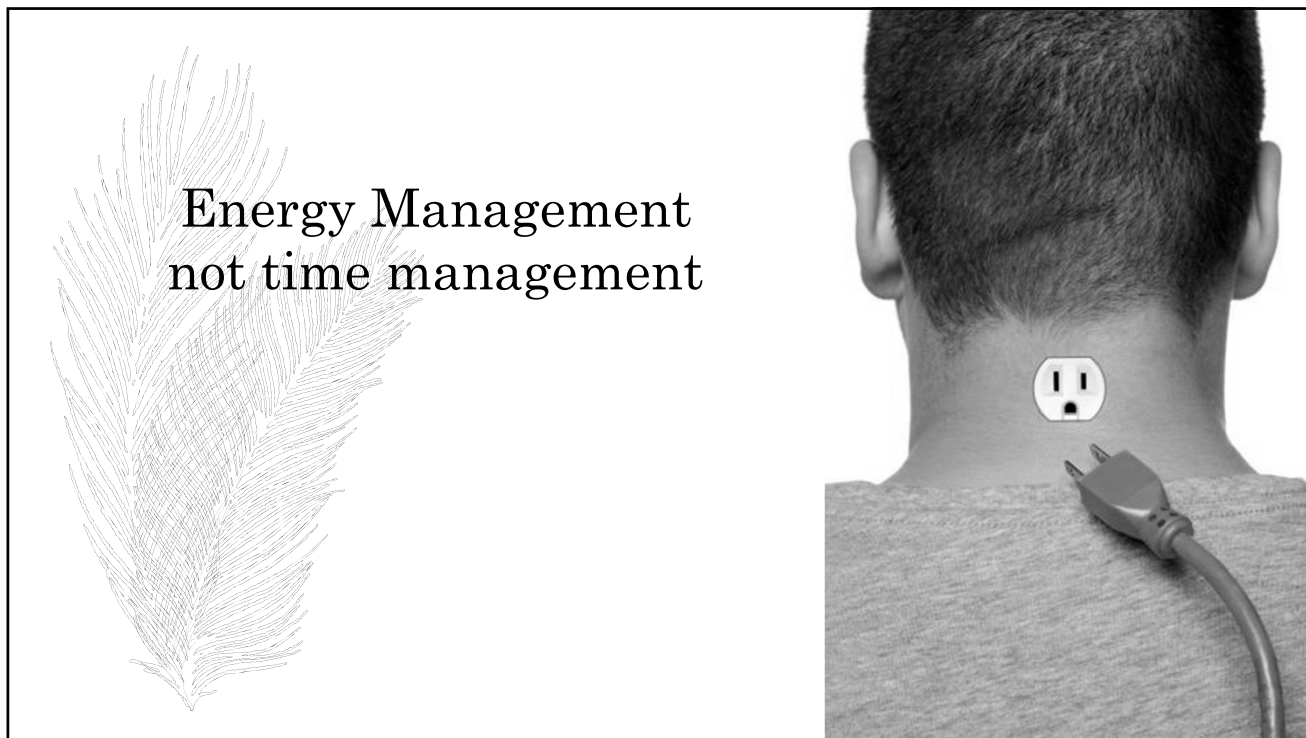
GRATITUDE

AFFIRMATION

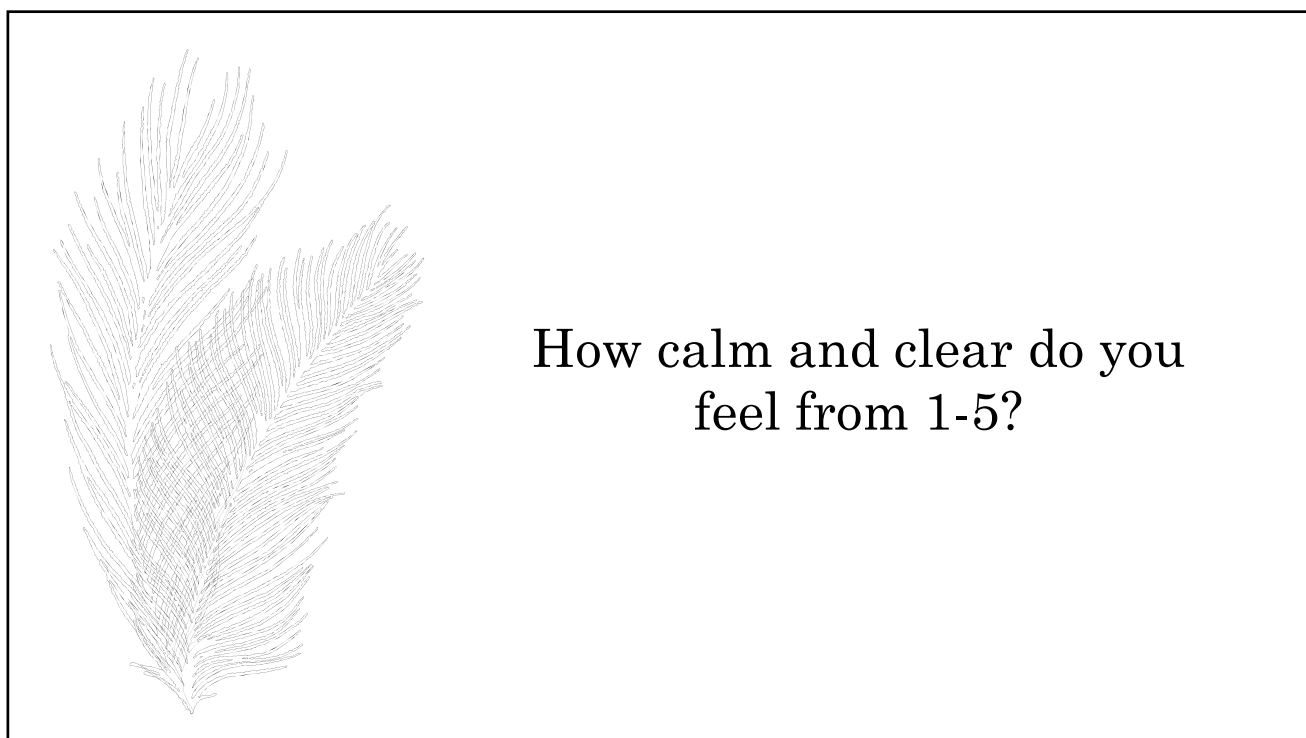
HOW COULD YOU'VE MADE THE DAY BETTER

LIST 3 AMAZING THINGS THAT HAPPENED TODAY

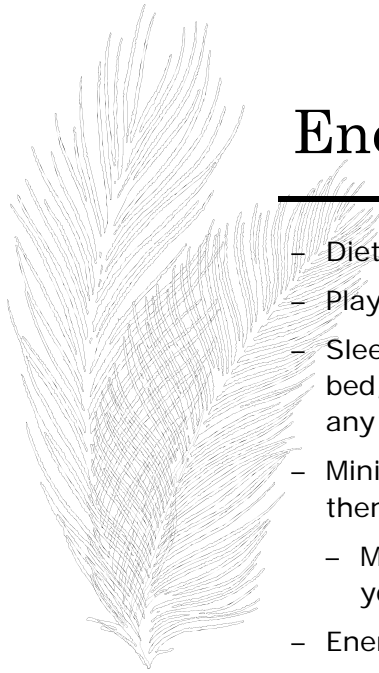




Energy Management  
not time management



How calm and clear do you  
feel from 1-5?



## Energy 101 - Live in the Middle

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- Diet = Fuel vs. Experience
- Playful movement throughout the day - no "workout/gym" time
- Sleep - no caffeine after 4pm, no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of deep breathing
- Minimize stress by working in Flow (not more than 90 minutes) then reward (10 minutes)
  - Maximize opportunities to stand and find a way to remind yourself to breathe through the day
- Energy is real not a concept (Yoga, Qi Gong etc.)



**KEEP  
CALM  
AND  
LET'S TRY IT  
TOGETHER**





How calm and clear do you feel from 1-5?



Email and meetings are evil

# 12 week guided beginner program integrating all of the techniques above.

Email [sjuman@policymedical.com](mailto:sjuman@policymedical.com) if interested....

Monday - Saturday	Sunday
<p><b>Morning Wakeup routine</b></p> <p>***Visualization: 30 seconds. Each day focus on something new. First your breathing. Then your ears, and finally your nose. Repeat over the next 2 days.</p> <p>2 mins. Gratitude journaling (recommended product or format is 5 minute journal)</p> <p>Look in the mirror and say generally, not loud, with emotion 3 times the following statement: "Everyday and in every way I am getting happier and happier, healthier and healthier"</p> <p>Move for 5 minutes. Go for a walk, dance to your 2 favorite songs, take your dog for a walk. Move and do something that simply gets your blood flowing.</p> <p>1 minute. Find something uplifting and useful to read. Read it for 1 minute. Do not read or look at the news this morning.</p> <p>2 minutes. Review your schedule for the day. Close your eyes and VISUALIZE yourself being in all of those meetings and situations. Standby quickly walk through and live today's calendar before it starts. This will allow your mind to show up even more present and stronger when the meeting actually happens, as your subconscious mind will say "I've been here before, this is easy". Athletes use this trick of visualization all the time.</p>	<p>***45 seconds. Close eyes and pay attention to the thoughts that surface. Don't chase your thoughts and finally your nose. Repeat over the next 2 days.</p> <p>1 minute. Gratitude journaling (recommended product or format is 5 minute journal)</p> <p>Look in the mirror and say generally, not loud, with emotion 3 times the following statement: "Everyday and in every way I am getting happier and happier, healthier and healthier"</p> <p>Move for 5 minutes. Go for a walk, dance to your 2 favorite songs, take your dog for a walk. Move and do something that simply gets your blood flowing.</p> <p>2 minutes. Find something uplifting and useful to read. Read it for 1 minute. Do not read or look at the news this morning.</p> <p>2 minutes. Review your schedule for the day. Close your eyes and VISUALIZE yourself being in all of those meetings and situations. Standby quickly walk through and live today's calendar before it starts. This will allow your mind to show up even more present and stronger when the meeting actually happens, as your subconscious mind will say "I've been here before, this is easy". Athletes use this trick of visualization all the time.</p>
<p><b>Mid day routine</b></p> <p>1 minute Connecting with nature to ground your energy. Find a patch of grass or earth, take your shoes and socks off and simply let your feet connect with the earth. If this is inaccessible for you go outside and find a rock, leaf etc. Hold it in your hands and feel every texture of it while gazing at a nearby tree or plant. Understand that you and the nature you are experiencing are part and parcel of the same thing. The stuff that might be stressful from work is not real and long term. The connection you are feeling here is what is real. If your mind wanders, bring it back to the naturalistic connection.</p> <p>Drink lots of water and choose a meal that will FEEL good.</p> <p>Move for 2 minutes. Go for a brisk walk, do some jumping jacks, pushups or situps.</p>	<p>2 minutes Connecting with nature to ground your energy. Find a patch of grass or earth, take your shoes and socks off and simply let your feet connect with the earth. If this is inaccessible for you go outside and find a rock, leaf etc. Hold it in your hands and feel every texture of it while gazing at a nearby tree or plant. Understand that you and the nature you are experiencing are part and parcel of the same thing. The stuff that might be stressful from work is not real and long term. The connection you are feeling here is what is real. If your mind wanders, bring it back to the naturalistic connection.</p> <p>Drink lots of water and choose a meal that will FEEL good.</p> <p>Move for 2 minutes. Go for a brisk walk, do some jumping jacks, pushups or situps.</p>
<p><b>Evening/Bedtime Routine</b></p> <p>Try to not drink caffeine at least 10 mins before bed.</p> <p>Try not to look at any screens (TV, Laptop, smartphone, tablet etc) 30 mins before bed.</p> <p>Brush teeth, floss and do anything else you normally would prior to getting into bed. For the next steps start keeping what you need near your night stand.</p>	<p>Try to not drink caffeine at least 10 mins before bed.</p> <p>Try not to look at any screens (TV, Laptop, smartphone, tablet etc) 30 mins before bed.</p> <p>Brush teeth, floss and do anything else you normally would prior to getting into bed. For the next steps start keeping what you need near your night stand.</p>

## Thank you

Saud Juman  
[Sjuman@policymedical.com](mailto:Sjuman@policymedical.com)

Shawn DeGroot  
[Shawn@Compliancevitals.com](mailto:Shawn@Compliancevitals.com)