

Spiritual Self-Care for Health Workers

David H. Rosmarin, PhD, ABPP

McLean Hospital / Harvard Medical School

Thursday, January 27th, 2022



Housekeeping Information



Participant microphones will be muted at entry



If you have questions during the event, please use the chat



This session is being recorded and it will be available by the next business day.



If you have questions after this session, please e-mail: newengland@mhttcnetwork.org.

Acknowledgment

Presented in 2021 by the Mental Health Technology Transfer Center (MHTTC) Network.

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of TTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

This work is supported by grants #1H79SM081775 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Presented 2021

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE

Spiritual Self-Care for Health Workers

New England Mental Health Technology Transfer Center
Substance Abuse Mental Health Services Administration (SAMHSA)
Thursday, January 27th, 2022

David H. Rosmarin PhD ABPP

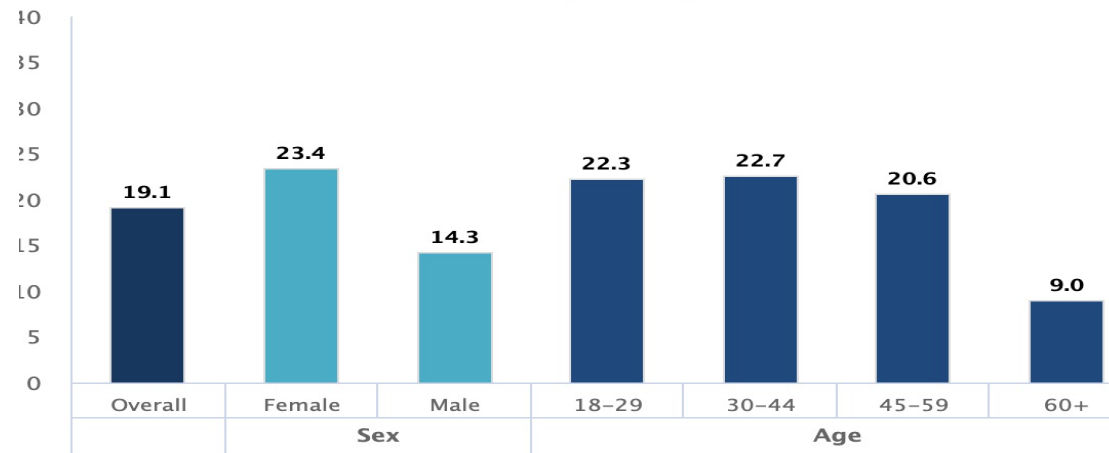
Associate Professor, Harvard Medical School
Director, Spirituality & Mental Health
Program, McLean Hospital



The Context

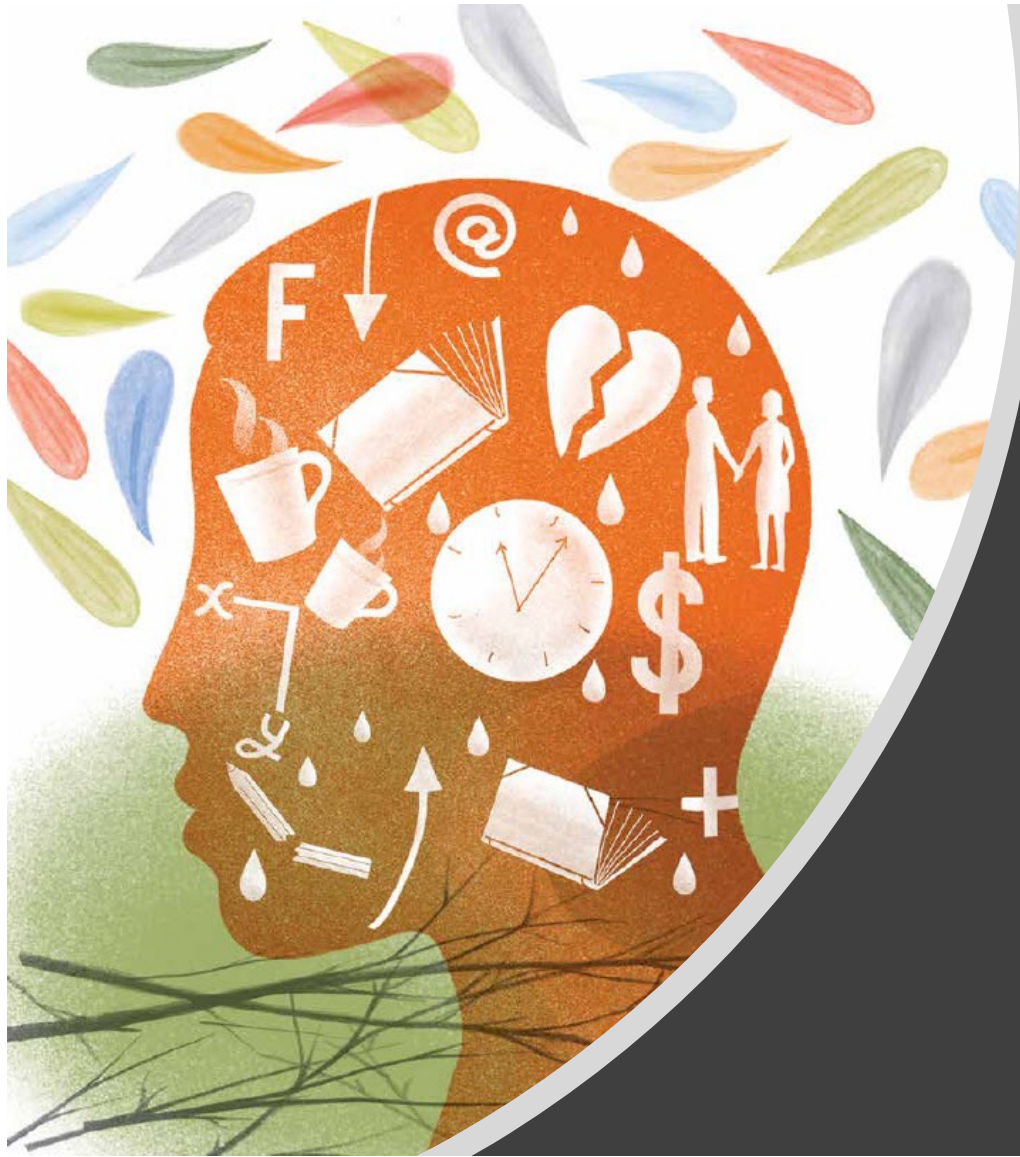
Past Year Prevalence of Any Anxiety Disorder Among U.S. Adults (2001–2003)

Data from National Comorbidity Survey Replication (NCS-R)



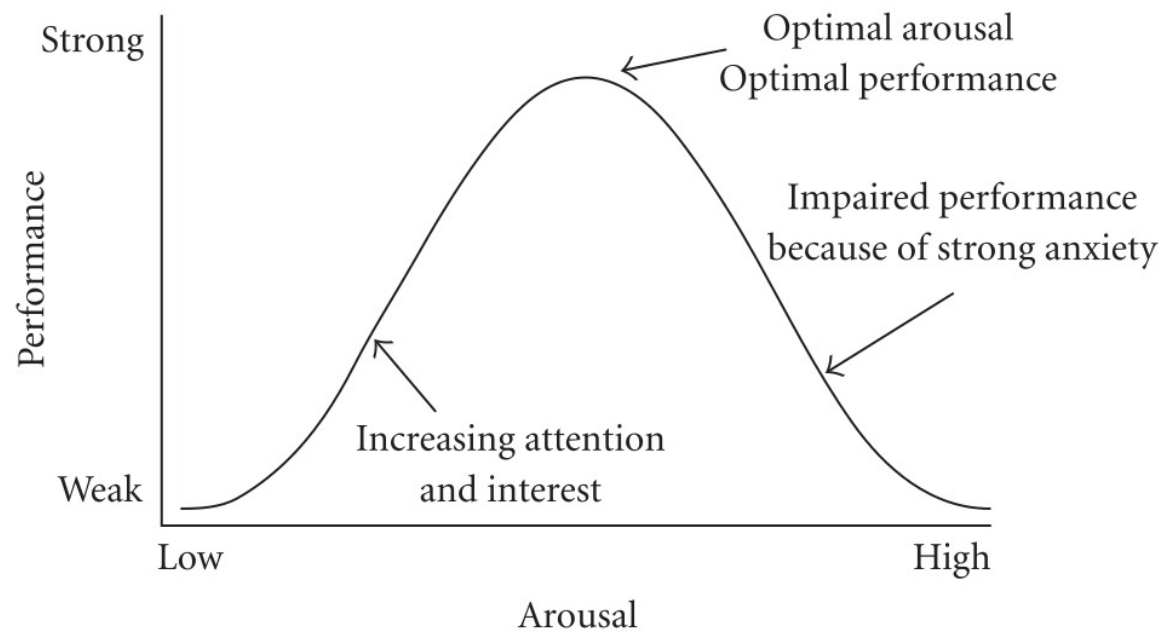


Stress Management

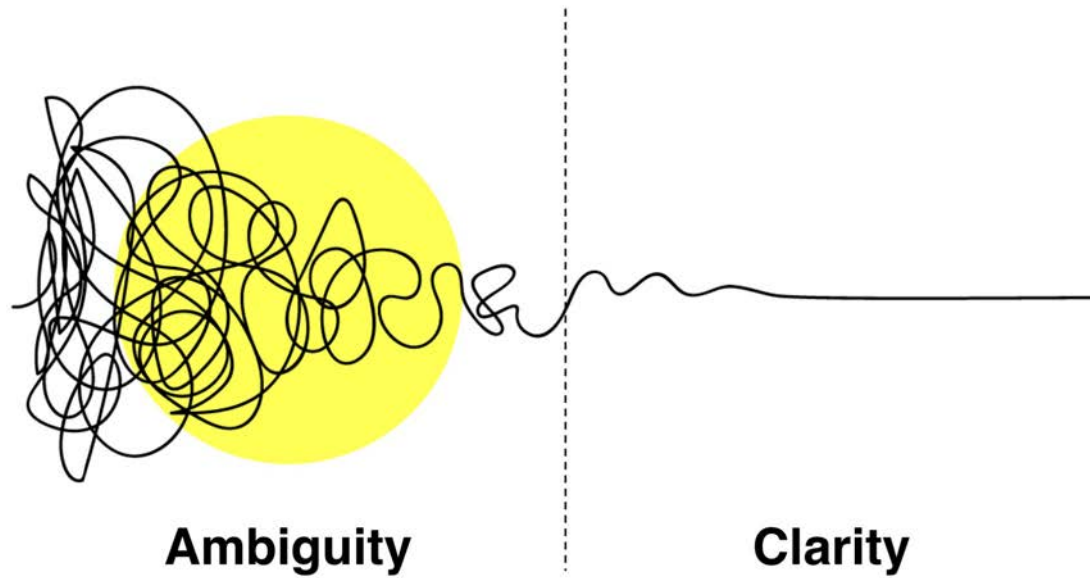


What is Stress?

Not All Stress is Bad



Stress and Ambiguity



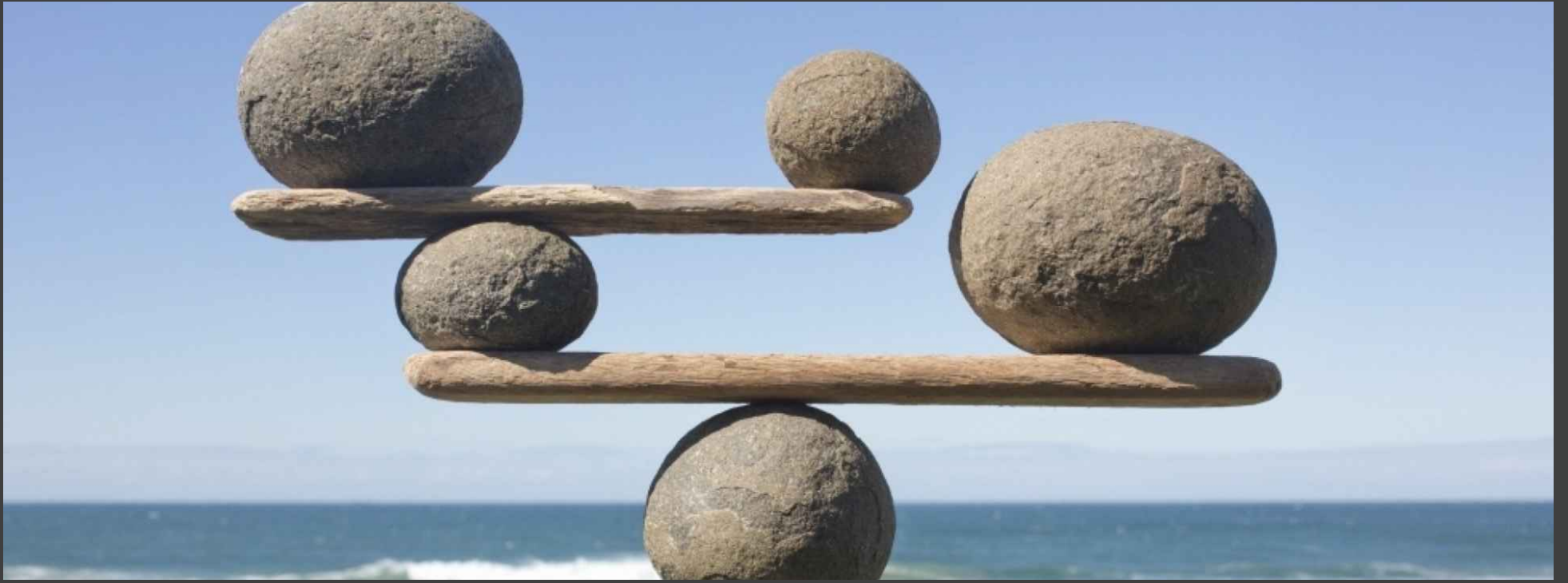


Stress and Perception

Measuring Stress

HOW ARE YOU FEELING?





Stress Management

Recognizing Your Limits





Disconnect



Delegate



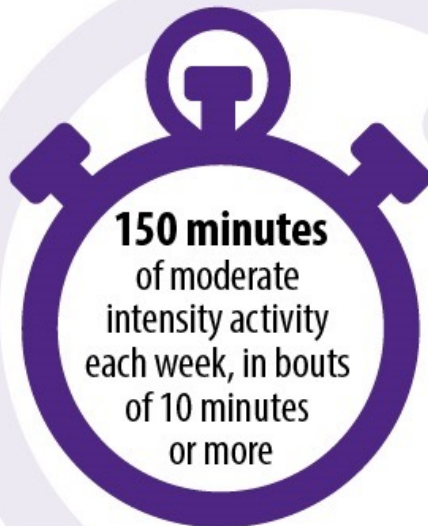


SELF-CARE

ISN'T

SELFISH

How much physical activity should you do?



Recommendations can also be achieved by **20-60 minutes** of vigorous activity **3 days a week**

At least 2 days per week
do muscle strengthening exercises
that target all muscle groups, such as:



exercising
with weights



yoga



body weight
exercises, like sit-ups



Efforts should be made to reduce time spent in sedentary behavior each day



***"If exercise could
be purchased
in a pill, it would
be the single
most widely
prescribed and
beneficial
medicine
in the nation."***

– ROBERT H. BUTLER



KEEP
CALM
AND
EAT
CHOCOLATE

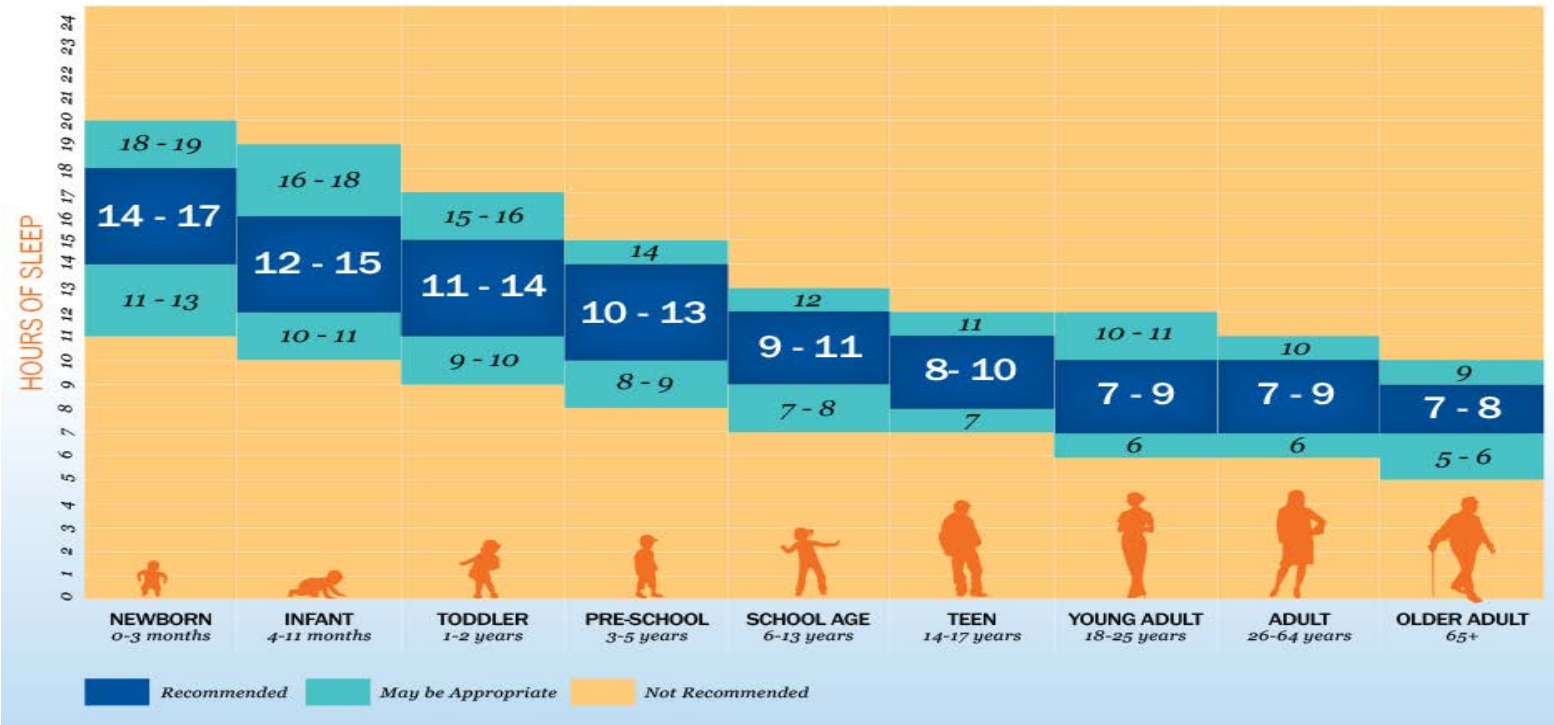
A Balanced Diet?

A Balanced Diet



SLEEP DURATION RECOMMENDATIONS

Sleep



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

Social Support





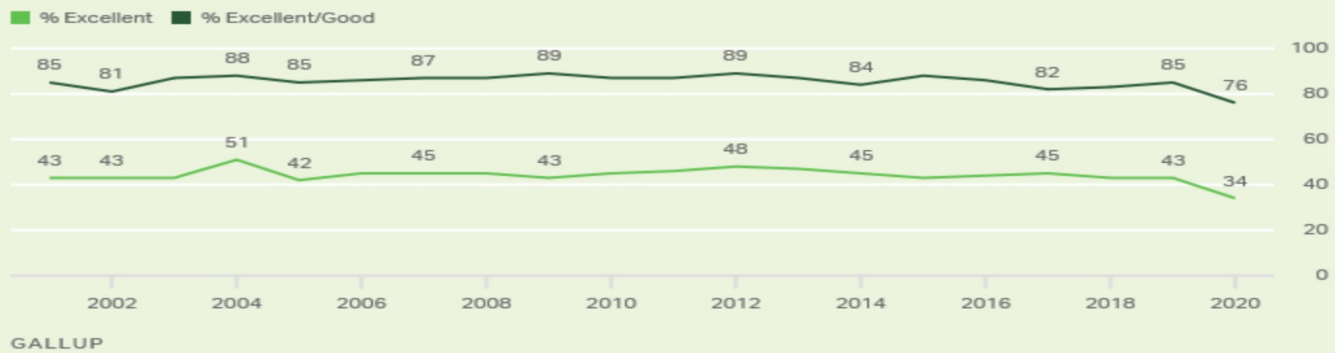
Social Support



Spiritual Support

Americans' Assessment of Their Mental Health, 2001-2020

How would you describe your own mental health or emotional wellbeing at this time? Would you say it is -- excellent, good, only fair, or poor?



Religious service attendance

Weekly	42	46	+4
Nearly weekly/Monthly	47	35	-12
Seldom/Never	42	29	-13


LIFE IS NEVER
MADE UNBEARABLE
BY CIRCUMSTANCES,
BUT ONLY BY LACK
OF MEANING
AND PURPOSE

VIKTOR FRANKL

Meaning-Making

Embracing Uncertainty

*Stability can lead to security,
but uncertainty can lead to opportunity*



Concluding
Thoughts...



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE



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Questions & Comments

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MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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