



# IS MY THINKING MAKING ME SICK?

Donna L. Holland, MD, FAAP, FACP

Internal Medicine/Pediatrics

Integrative Medicine

# LEARNED OPTIMISM TEST

Google search “learned optimism test”

select the following Stanford.edu link

<https://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html>



# LEARNED OPTIMISM TEST RESULTS

Permanence Bad Score	2	moderately optimistic
Permanence Good Score	4	average
Pervasiveness Bad Score	2	moderately optimistic
Pervasiveness Good Score	3	moderately pessimistic
Stuff of Hope	4	moderately hopeful
Personalization Bad Score	5	moderately low self-esteem
Personalization Good Score	6	moderately optimistic
Total Bad Score	9	moderately optimistic
Total Good Score	13	thinking is quite pessimistic
Good minus Bad Score	4	average

# LEARNED OPTIMISM

Permanence Bad Score

2

moderately optimistic

Permanence Good Score

4

average

People who give up easily believe the causes of the bad events that happen to them are permanent. The bad events will persist and will always be there to affect their lives.

Failure makes everyone at least momentarily helpless; it's like a punch in the gut. It hurts, but the hurt goes away. For some people almost instantaneously. For others, it persists even after small setbacks. People who resist helplessness believe the causes of bad events are temporary.

PmB = 0 or 1 very optimistic  
2 or 3 moderately optimistic  
4 average  
5 or 6 moderately pessimistic  
7 or 8 very pessimistic

PmG = 7 or higher very optimistic  
6 moderately optimistic  
4 or 5 average  
3 moderately pessimistic  
0, 1 or 2 very pessimistic

# LEARNED OPTIMISM

Pervasiveness Bad Score

2

moderately optimistic

Pervasiveness Good Score

3

moderately pessimistic

Some people can see the limitations to their troubles. They can go about their lives even when an important aspect of it – their job, relationship – is suffering.

Others see a problem in one area of their life as something larger than it is; they catastrophize and when one dimension of their life is a struggle the whole thing unravels

PvB = 0 or 1 very optimistic  
2 or 3 moderately optimistic  
4 average  
5 or 6 moderately pessimistic  
7 or 8 very pessimistic

PvG = 7 or higher very optimistic  
6 moderately optimistic  
4 or 5 average  
3 moderately pessimistic  
0, 1 or 2 very pessimistic

# LEARNED OPTIMISM

Stuff of Hope

4

moderately hopeful

Pervasiveness & Permanence are the determinants of hope. Finding temporary and specific causes for misfortune is the art of hope. Temporary causes limit helplessness in time and specific causes limit helplessness to the original situation.

Finding permanent and universal causes for misfortune is the practice of despair.

People who make permanent and universal explanations for their troubles tend to collapse under pressure both for a long time and across situations.

$P_vB + P_mB =$

- 0, 1 or 2 extraordinarily hopeful
- 3, 4, 5, or 6 is moderately hopeful
- 7 or 8 is average
- 9, 10 or 11 moderately hopeless
- 12 – 16 severely hopeless

No other single score is as important as your hope score \*\*\*

# LEARNED OPTIMISM

Personalization Bad Score  
Personalization Good Score

5

moderately low self-esteem

6

moderately optimistic

When bad things happen, we can blame ourselves (internalize) or we can blame other people or circumstances (externalize).

People who blame themselves when they fail have low self-esteem as a consequence.

People who do not internalize bad events do not lose self-esteem and like themselves better than people who blame themselves do

PsB =    0 or 1 very high self esteem  
          2 or 3 moderate self esteem  
          4 average  
          5 or 6 moderately low self esteem  
          7 or 8 very low self esteem

PsG =    7 or higher very optimistic  
          6 moderately optimistic  
          4 or 5 average  
          3 moderately pessimistic  
          0, 1 or 2 very pessimistic



# PHYSICIAN CONDITIONING

Personality traits, coping strategies encouraged in training that place physicians at high risk for distress:

- Overly conscientious
- Heightened sense of responsibility
- Unrelentingly perfect
- Compartmentalization

# CONTEXTUAL FACTORS ASSOCIATED WITH BURN OUT

- Workload : amount of work & its spillover
  - **Control:** the opportunity to make choices & decisions
  - **Reward:** that ability to receive recognition & financial rewards
  - **Community:** the quality of social contacts & relationships
  - **Fairness:** the sense that the organization is equitable, transparent & consistent
  - **Values:** the consonance between our personal values and those of the organization we work for
-

# WHAT IF YOU ARE A PESSIMIST?

It matters a great deal if your explanatory style is pessimistic.

- You are likely to get depressed easily ( a pessimistic explanatory style is the core of depressed thinking... a negative concept of the future, the self, and the world stems from seeing the causes of bad events as permanent, pervasive and personal and seeing the causes of good events in the opposite way).
- You are probably achieving less at work than your talents warrant
- Your physical health & immune function are not what they should be
- Life is not as pleasurable as it should be

If your pessimism score is in average range, it will not be a problem in ordinary times, but in the difficult times you may find yourself more depressed than you should.

# AUTOMATIC NEGATIVE THOUGHTS

- AUTOMATIC – they seem to come into your mind without any effort
- DISTORTED – they are not always supported by the things you know to be true
- UNHELPFUL – they keep you feeling depressed, and make it difficult to change
- PLAUSIBLE – you accept them as facts and do not question them
- INVOLUNTARY – you do not choose to have them and they are very difficult to stop



# WHAT IF YOU ARE A PESSIMIST?

1. Notice automatic thoughts at times when you are feeling your worst.

*become aware of these ANTs & recognize that these explanations are permanent, pervasive & personal*

2. Learn to dispute the automatic thoughts by marshaling contrary evidence.
3. Learn to come up with alternate explanations and use them to dispute your automatic thoughts.

*interrupt the ANTs & insert a new, contrary explanation*

4. Learn how to distract yourself from your depressing thoughts – thinking these negative things is not inevitable

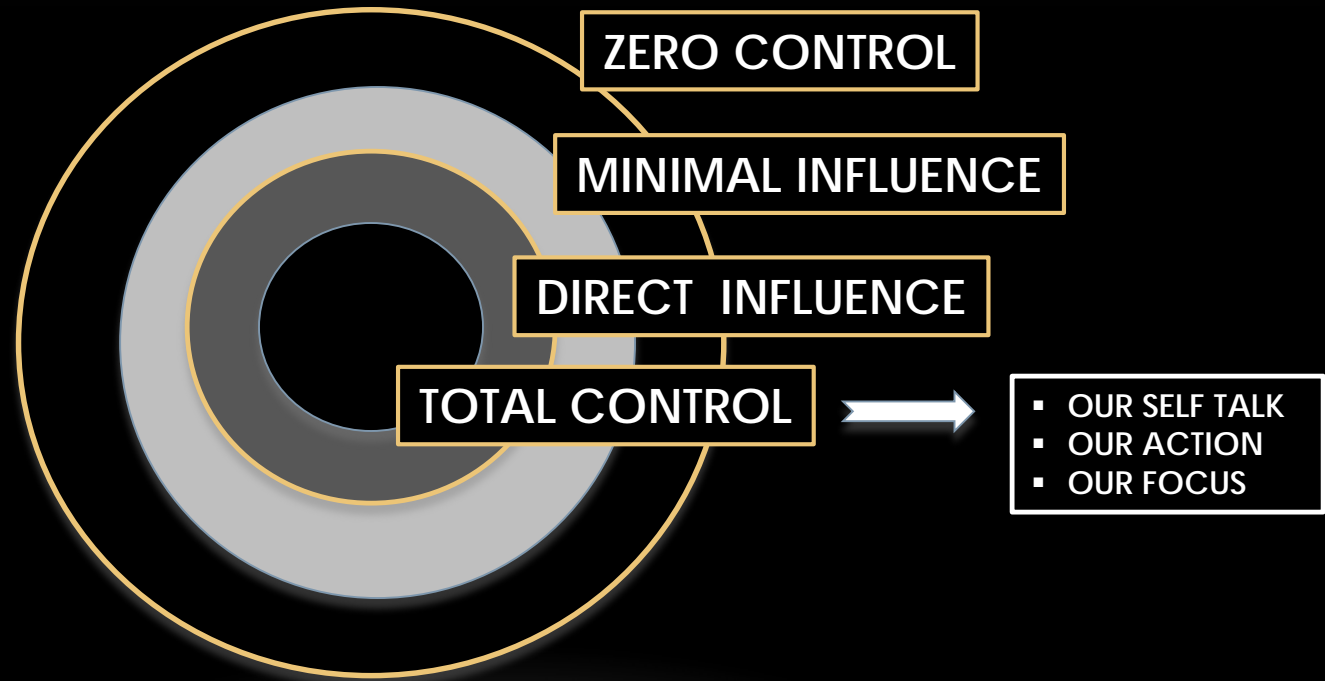
*you can learn to control not only what you think, but when you think it*

5. Learn to recognize and question the depression-sowing assumptions governing so much of what you do.

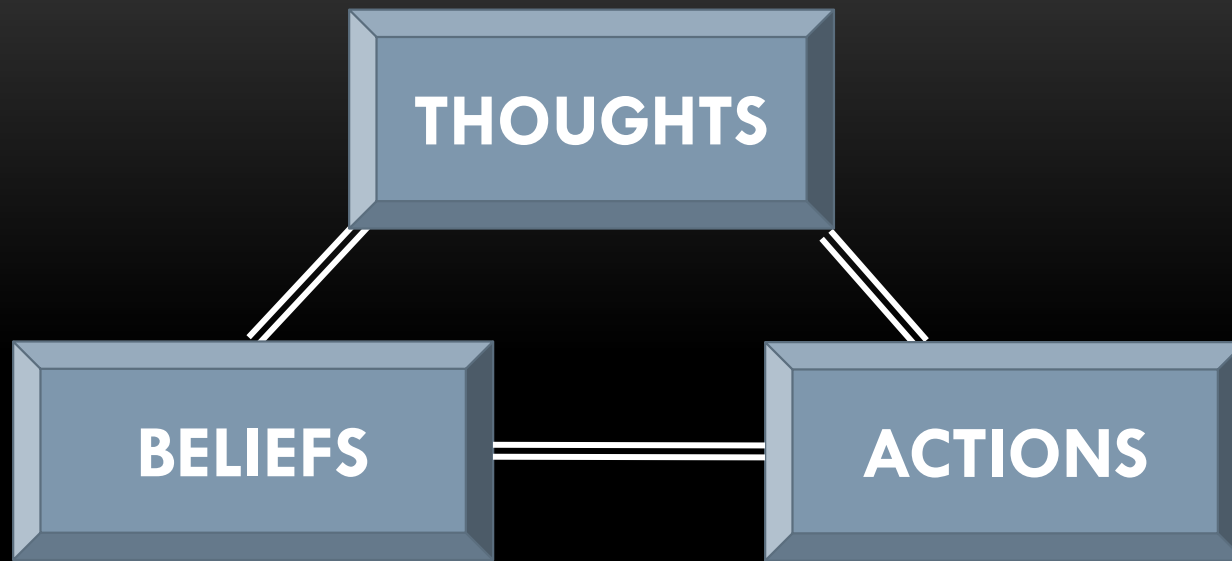
*“unless everything I do is perfect, I’m a failure”*

# REFRAME CHALLENGES

*SEE MISTAKES IN TERMS OF GROWTH*



*Adapted from The Seven Habits of Highly Effective People  
Stephen J. Covey*



***Our thoughts are not merely reactions to events; they change what ensues.***

- 80 to 90 percent of most people's thoughts are not only repetitive and useless, but because they are negative in nature, they are harmful
- Anxiety, tension, stress, worry – all forms of fear, are caused by too much future thinking & not enough present.
- Guilt, regret, resentment, sadness, bitterness are caused by too much thinking on the past & not enough present.





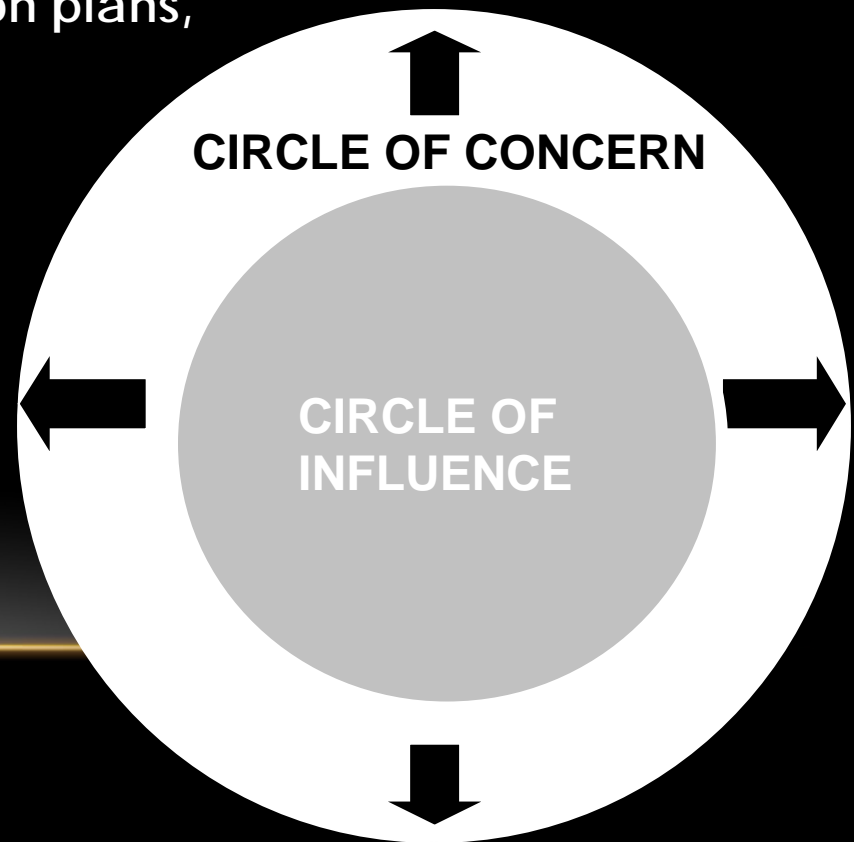
# NOW WHAT?

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Cheryl W. O'Malley, MD, FACP, FHM

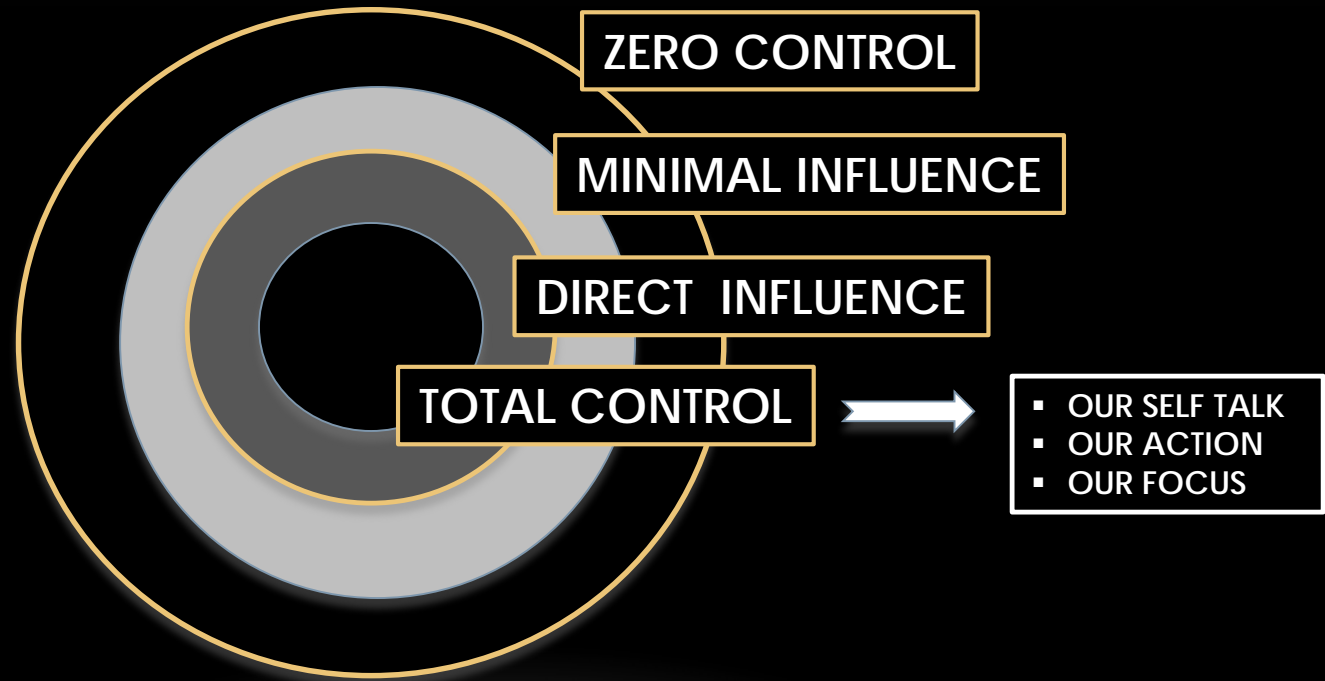
# SPHERE OF CONCERN VS SPHERE OF INFLUENCE

- Zero Control: Weather
- Minimal Control: How others near you behave. If our patients get better
- Direct influence: ITE scores, vacation plans,
- Total Control:
  - OUR SELF TALK
  - OUR ACTION
  - OUR FOCUS



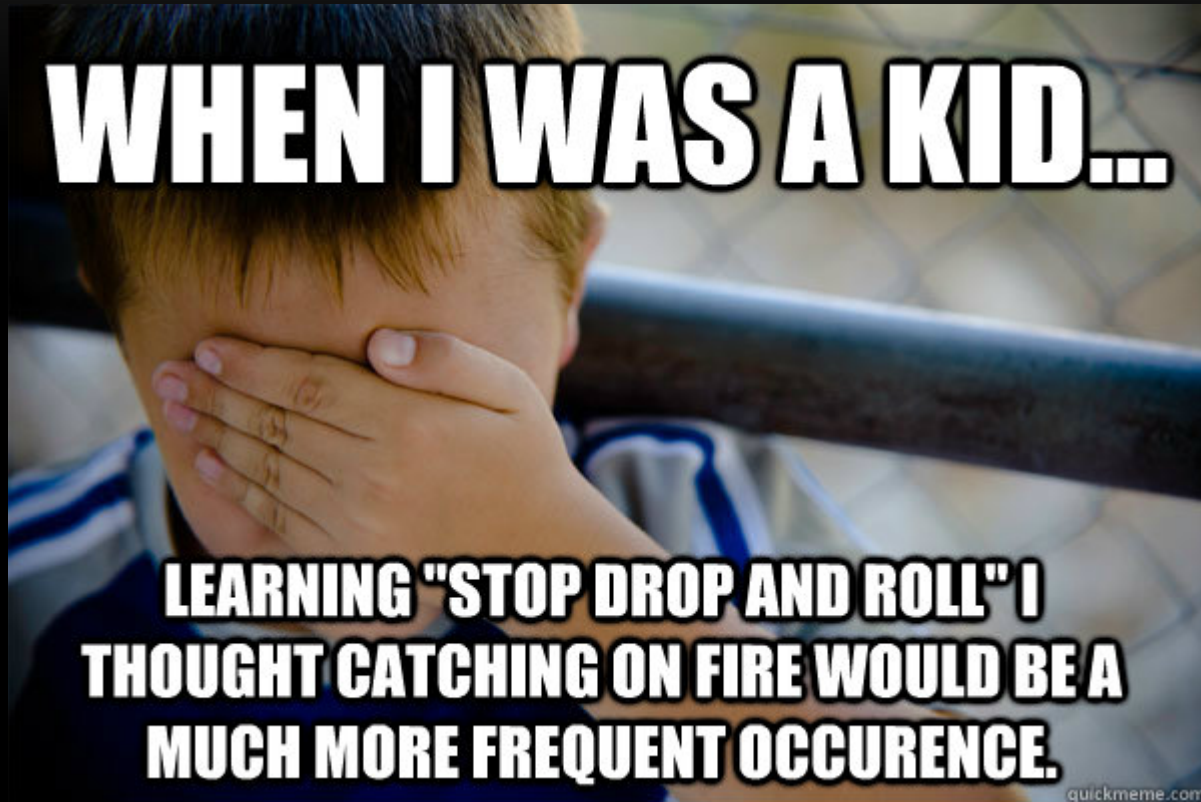
# REFRAME CHALLENGES

*SEE MISTAKES IN TERMS OF GROWTH*



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NOW WHAT?



# PESSIMISM



- Stop it (the permanence, pervasiveness and personalization in that moment)
- Note it (be gentle, we all do it)
- Do something

**IS THERE  
ANOTHER WAY  
OF LOOKING  
AT THIS?**

**WHAT  
EVIDENCE IS  
THERE?**

**IS THIS FACT  
OR OPINION?**

**HOW WOULD  
SOMEONE  
ELSE SEE THIS?**

**IS THIS  
THOUGHT  
HELPFUL?**

**Stop it- Note it:  
QUESTION & CHALLENGE  
THOSE AUTOMATIC  
NEGATIVE THOUGHTS**

**WHAT ADVICE  
WOULD I GIVE  
SOMEONE  
ELSE?**

**IDENTIFY THOSE  
AUTOMATIC  
NEGATIVE  
THOUGHTS**

**COME UP WITH  
MORE REALISTIC  
& OPTIMISTIC  
THOUGHTS**



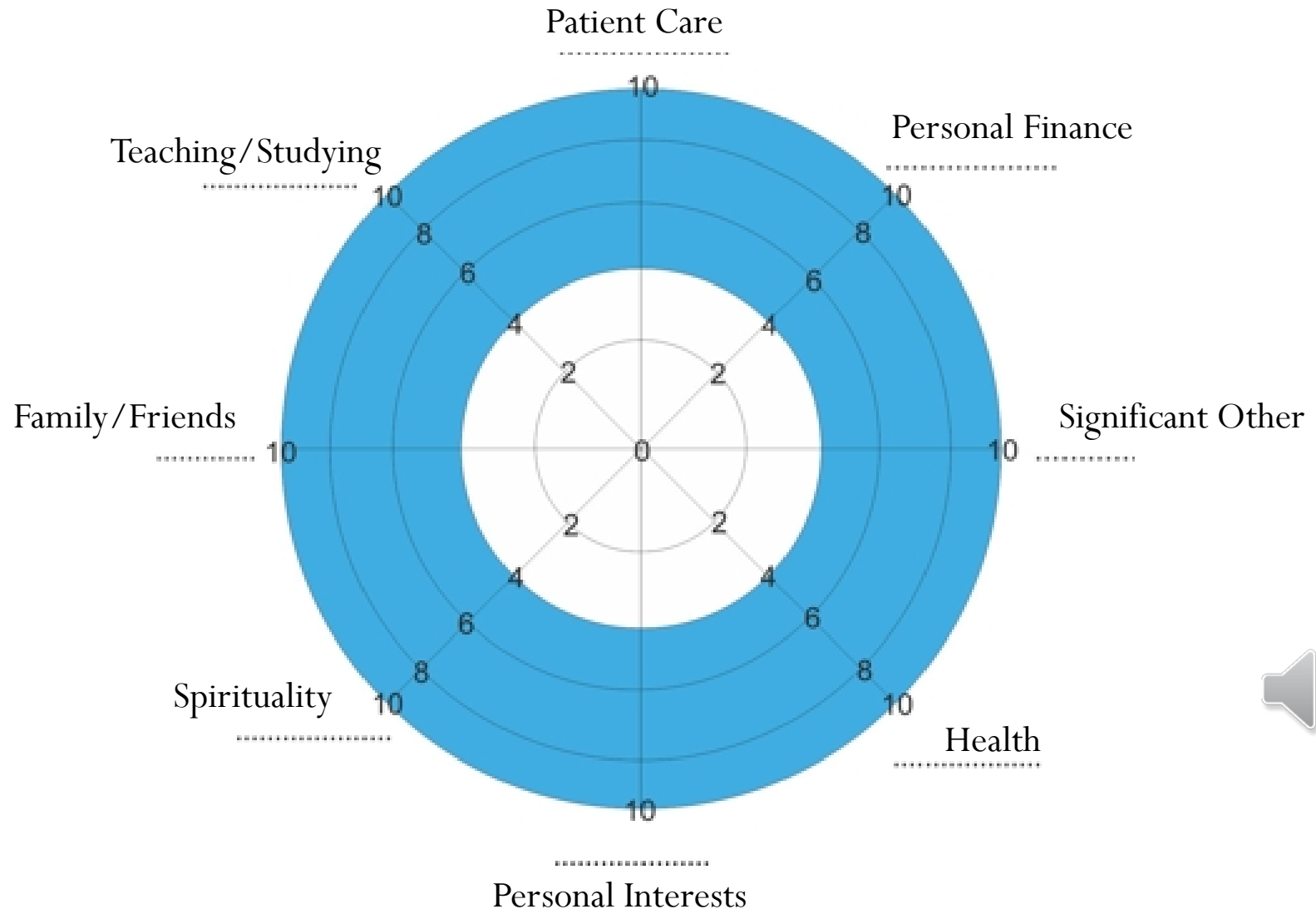
NOTE IT...WHAT ISN'T WORKING?



# Wheel of Life Exercise- Complete as you enter:

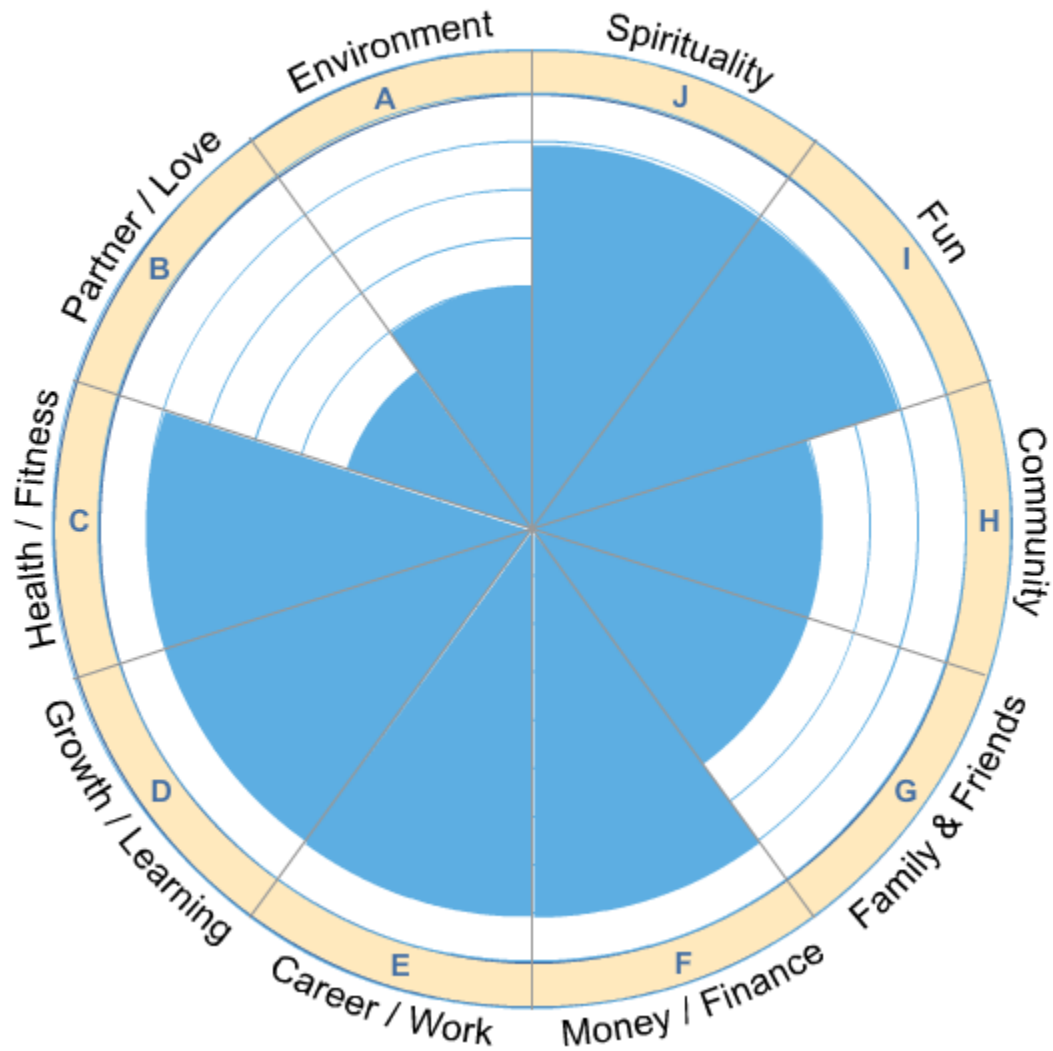
Step 1: Fill in the 8 domains important for you personally to balance. Make your own!

Step 2: Assess your current attention you are devoting to that domain 0 (low)- 10 (high).

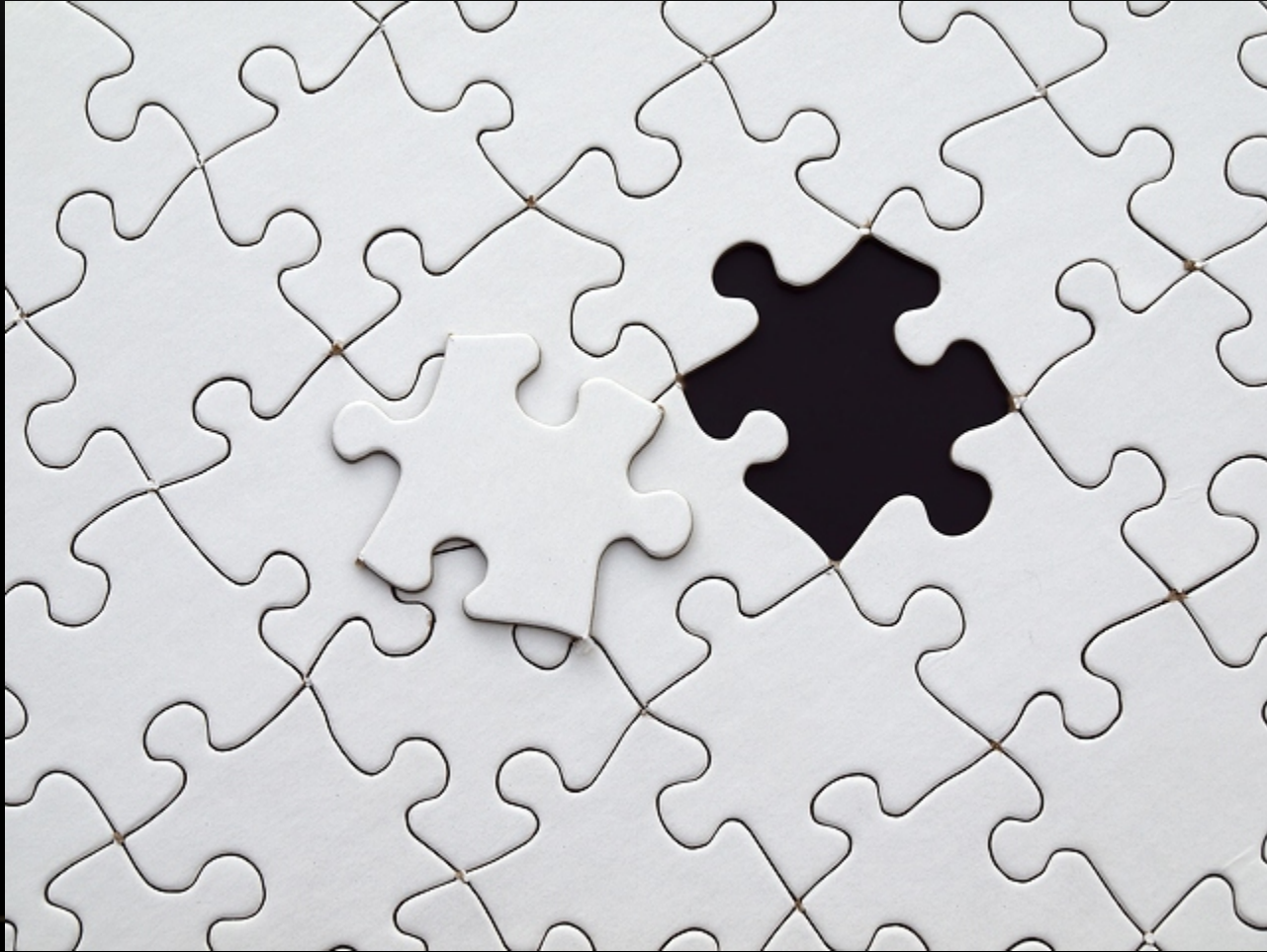




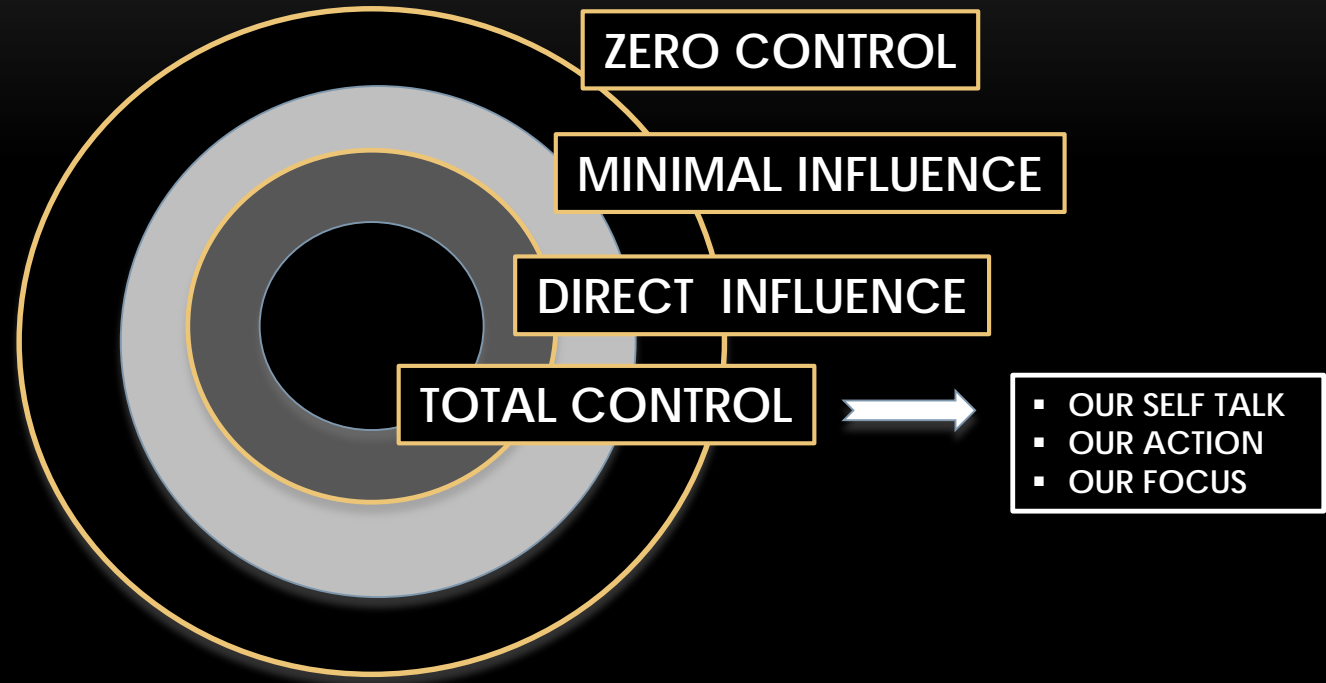
## Wheel of Life



BE PATIENT...BE HOPEFUL...EACH DAY YOU GROW



# DO SOMETHING...



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**HOW WOULD  
SOMEONE  
ELSE SEE THIS?**

**IS THIS  
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HELPFUL?**

**Stop it- Note it:**  
"I'm a black cloud, all of my  
nights are horrible"

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HELPFUL?**

**Stop it- Note it:**  
“I’ll never get to get enough  
sleep while I’m a resident “

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**Stop it- Note it:**  
“I got lucky with that  
diagnosis”

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**Stop it- Note it:**  
"I always get the worst  
schedule"

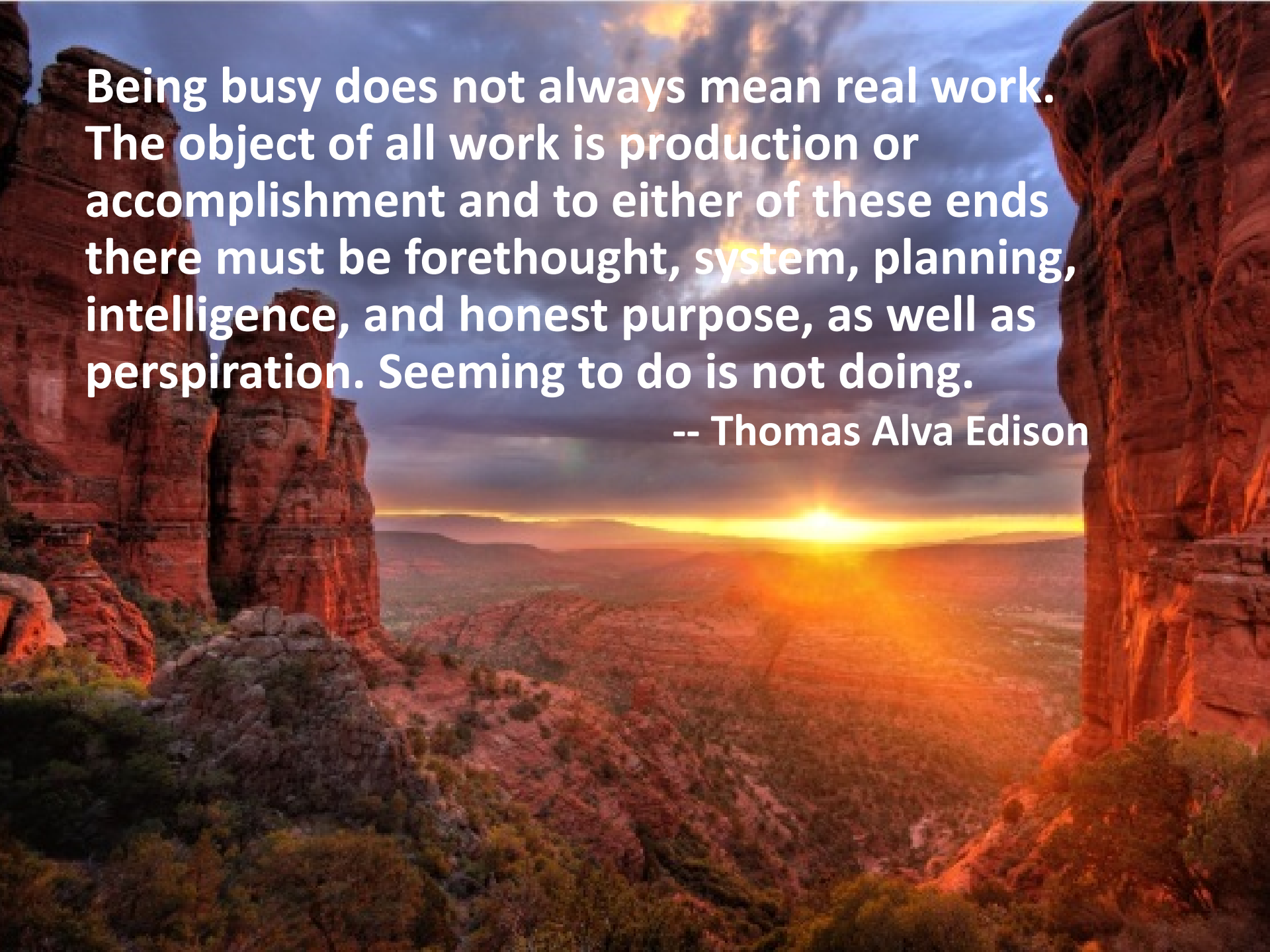
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Being busy does not always mean real work.  
The object of all work is production or  
accomplishment and to either of these ends  
there must be forethought, system, planning,  
intelligence, and honest purpose, as well as  
perspiration. Seeming to do is not doing.

-- Thomas Alva Edison

IDENTIFY THE MOST IMPORTANT THINGS.  
COMMIT TO DOING THEM.



[https://www.mindtools.com/pages/article/newHTE\\_93.htm](https://www.mindtools.com/pages/article/newHTE_93.htm)

# Saying no ... saying yes to

	Say no to...	Say yes to...
<b>Sleep More</b>	<ul style="list-style-type: none"><li>• Clicking around on the remote</li><li>• Unfulfilling social media time</li><li>• Believing it all needs to be resolved prior to bedtime</li></ul>	<ul style="list-style-type: none"><li>• Finding a time when you are most productive and use it</li><li>• Believing that it will all be clearer with a night of rest.</li></ul>
<b>Exercise</b>	<ul style="list-style-type: none"><li>• Thinking you need to exercise for 60 minutes EVERY DAY</li></ul>	<ul style="list-style-type: none"><li>• 10-15 minute exercises</li><li>• Team sports</li><li>• Going with a friend</li></ul>
<b>Eat Smart</b>	<ul style="list-style-type: none"><li>• Having candy around</li><li>• Eating out alone</li></ul>	<ul style="list-style-type: none"><li>• Nutritious snacks</li><li>• Recipe/grocery delivery services</li><li>• Planning/preparing healthy meals once a week when off.</li></ul>

# KINDNESS

- Kindness shifts us from surviving to thriving
- Performing one act of kindness each day for 10 days has been shown to be highly effective strategy to promote well-being
- Witnessing acts of kindness is just as good as doing them yourself
- ROSE BUD THORN Exercise
  - Rose – good experience
  - Thorn – mistake that I learned from
  - Bud – act of kindness that I witnessed or initiated



# GAIN GRATITUDE

