

Enhancing Well-Being: Managing Toxic Perfectionism and other Problematic Mindsets

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Framing Thoughts

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Framing Thoughts

Well-being versus satisfaction

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Framing Thoughts

Well-being versus satisfaction

Binary versus continuum

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Framing Thoughts

Well-being versus satisfaction

Binary versus continuum

Well-being is not just about engaging in positive practices; it's about mitigating the damage caused by negative forces.

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Framing Thoughts

Well-being versus satisfaction

Binary versus continuum

Well-being is not just about engaging in positive practices; it's about mitigating the damage caused by negative forces.

We can't expect residents to be well if faculty aren't.

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Framing Thoughts



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Our experience is not shaped only by the environment.

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Other Drivers of Poor Mental Health

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Other Drivers of Poor Mental Health

Problematic mindsets and automatic thoughts

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Problematic Mindsets- Cluster 1

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Problematic Mindsets- Cluster 1

- Viewing performance as identity

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Problematic Mindsets- Cluster 1

- Viewing performance as identity
- Personalization and self-blame

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Problematic Mindsets- Cluster 1

- Viewing performance as identity
- Personalization and self-blame
- Toxic Comparison

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Problematic Mindsets- Cluster 1

- Viewing performance as identity
- Personalization and self-blame
- Toxic Comparison
- Impostor phenomenon

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Problematic Mindsets- Cluster 1

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- Maladaptive perfectionism

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Problematic Mindsets- Cluster 1

- Viewing performance as identity
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- Toxic Comparison
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- Maladaptive perfectionism
- Feelings of inadequacy, embarrassment, and shame

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Problematic Mindsets- Cluster 1

- Viewing performance as identity
- Personalization and self-blame
- Toxic Comparison
- Impostor phenomenon
- Maladaptive perfectionism
- Feelings of inadequacy, embarrassment, and shame
- Stanford Duck

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But there's hope!!!



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Three key skills

Metacognition, Mindful Awareness, and Self-Compassion

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Metacognition

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Metacognition

Cognitive Restructuring

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Cognitive Restructuring

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Cognitive Restructuring

Adverse Event= Outcome

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Cognitive Restructuring

Adverse Event= Outcome

Not true!!

Adverse Event+ Your Cognitive/Emotional Reaction
= Outcome

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Cognitive Restructuring

Common Automatic Thoughts/ Cognitive Distortions

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Cognitive Restructuring

Common Automatic Thoughts/ Cognitive Distortions

- Magnifying
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Catastrophizing
- Mind-reading
- Disbelief if anyone tries to counter one's distortions

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Cognitive Restructuring

How to Counter

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Cognitive Restructuring

How to Counter

Notice

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Cognitive Restructuring

How to Counter

Notice
Label

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Cognitive Restructuring

How to Counter

Notice
Label
Dispute

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Mindful Awareness

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Mindful Awareness

How to cultivate

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Mindful Awareness

How to cultivate
Informal practice

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Problematic Mindsets Cluster 2

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Problematic Mindsets Cluster 2

Negativity
Cynicism
Pessimism
Frustration

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Problematic Mindsets Cluster 2

Negativity
Cynicism
Pessimism
Frustration
Resentment
Anger

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Burnout

Burnout increases workplace stress much more
than workplace stress increases burnout.

Guille and Sen

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Viktor Frankl

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Viktor Frankl

“Everything can be taken from a man but one thing:
the last of the human freedoms—to choose one’s
attitude in any given set of circumstances, to choose
one’s own way.”

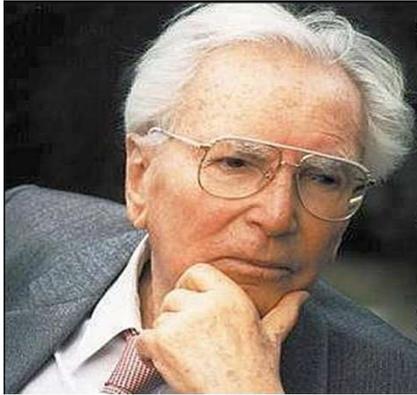
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Well-Being Toolbox

Dialectical thinking
Combating negativity bias
Cultivating positive emotions
Cultivating optimism
Generosity, gratitude, and forging connection
Managing Emotions
Finding joy, finding meaning

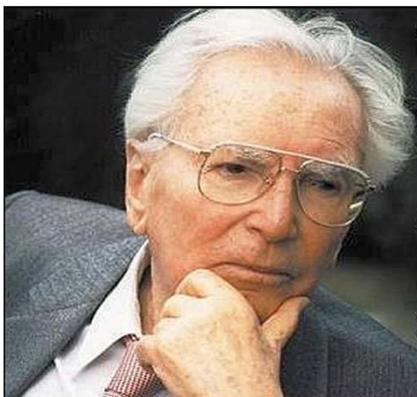
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Viktor Frankl



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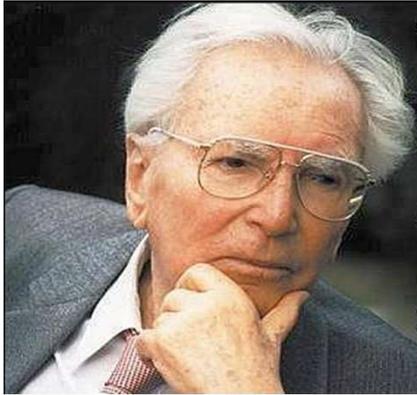
Viktor Frankl



There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life.

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Viktor Frankl



There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life.

There is much wisdom in the words of Nietzsche, "He who has a why to live for can bear almost any how."

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