

3 GOOD THINGS



Increased Resiliency as Easy as 1, 2, 3

WHY

Severe emotional exhaustion and burn-out affects health care workers. Rates range from 33% to 60% depending on discipline.



ONE OUT OF **THREE** health care workers overall



>50%
Primary Care



>60%
Emergency Medicine

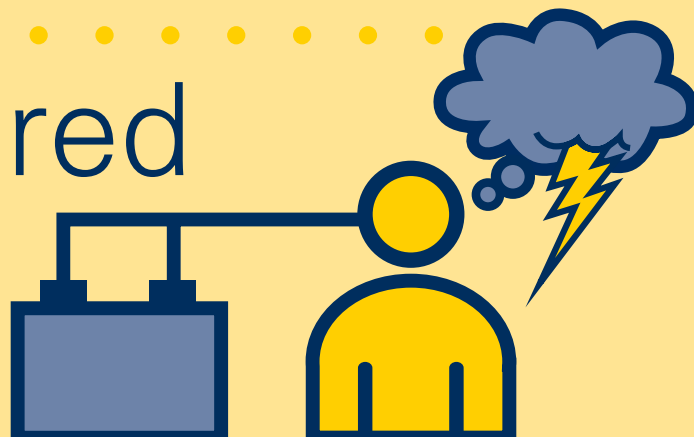
THE CHALLENGE



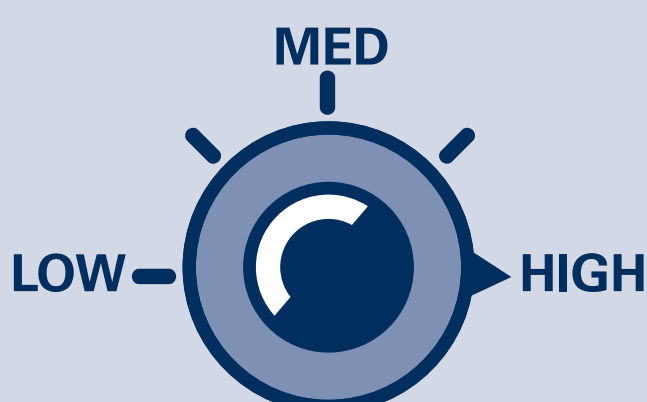
‘THE NEGATIVE SCREAMS AT YOU, BUT the positive only WHISPERS’

- Barbara L. Fredrickson
Kenan Distinguished Professor of Psychology, University of North Carolina

We are hardwired to remember the **NEGATIVE**



THE RESPONSE



Turn up the **VOLUME** on the **positive**

THE EXERCISE

Just before sleep, ask yourself:

‘What are three things that went well today and what was my role in making them happen?’



You remember best what you've reviewed during your last two wakeful hours.

- For best results, write it down.
- Repeat for 2 weeks to make effects last longer.

THE RESULT

The Positive **KEEPS GETTING LOUDER!**



By day 4 or 5, reflecting on the positive leads to noticing more positive.

Clinical Trials Demonstrate Significant Benefits

LOWER
Burn-out and Depression

BETTER
Work-Life Balance

LESS
Conflict at Work

HIGHER
Levels of Happiness

IMPROVED
Sleep Quality

Clinical References

1. Based on February 10, 2014, presentation at MidMichigan Health by J. Bryan Sexton, Ph.D., Director of Patient Safety Center, Duke University Health System. Research data based on clinical trials conducted at Duke University with three cohorts: neonatal ICU, internal medicine residents and patient safety leadership.
2. Seligman, Steen, Park & Petersen (July-August 2005). Positive Psychology Progress; Empirical Validation of Intervention. *American Psychologist*.
3. Martin E.P. Seligman (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York, NY: Free Press.
4. "Three Good Things" is also referred to as "The Three Blessings" in some literature.

www.midmichigan.org/3goodthings



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