

Mindfulness & Interprofessional Wellness:

Strategies for navigating stress and relationships in and out of the workplace

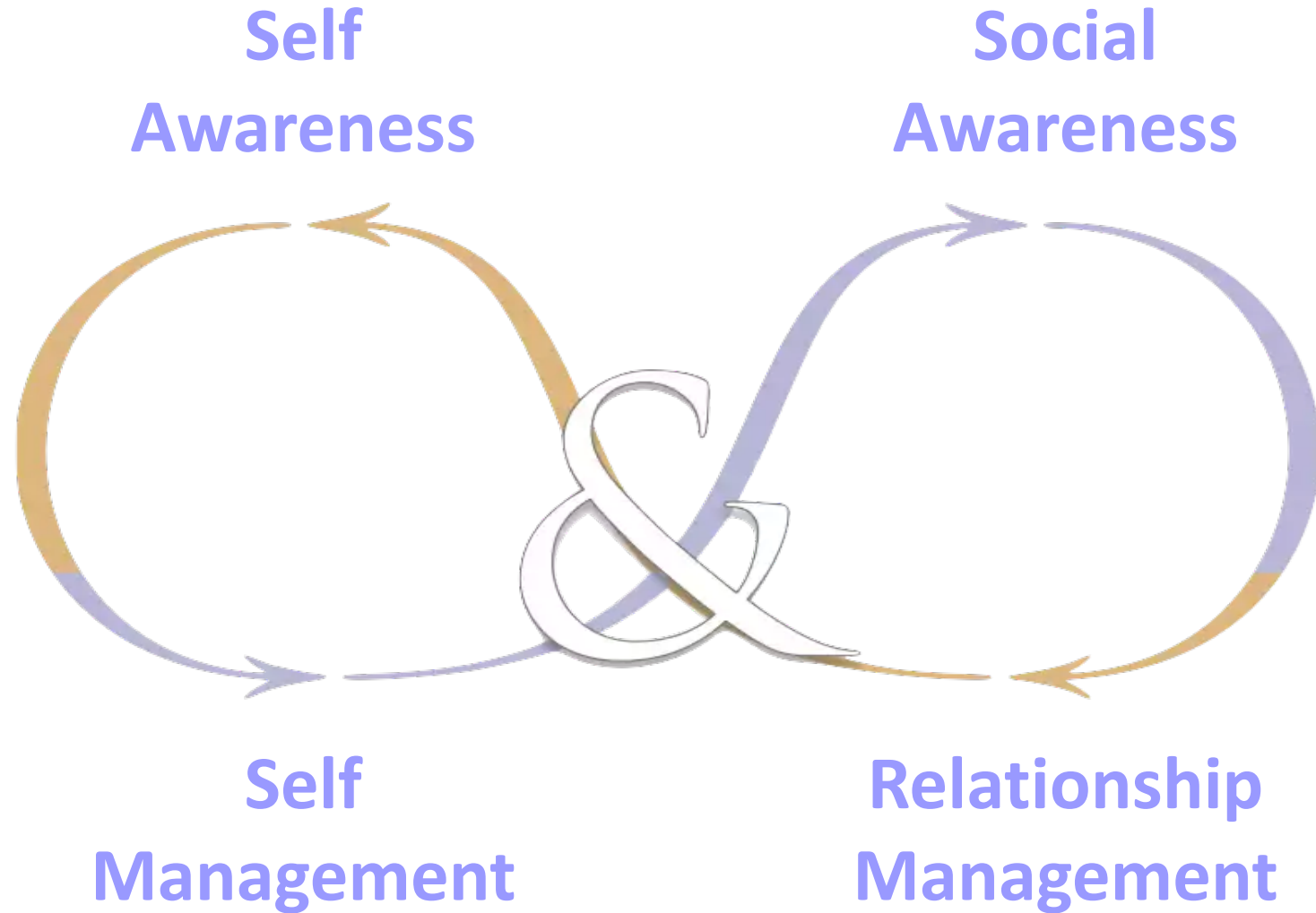
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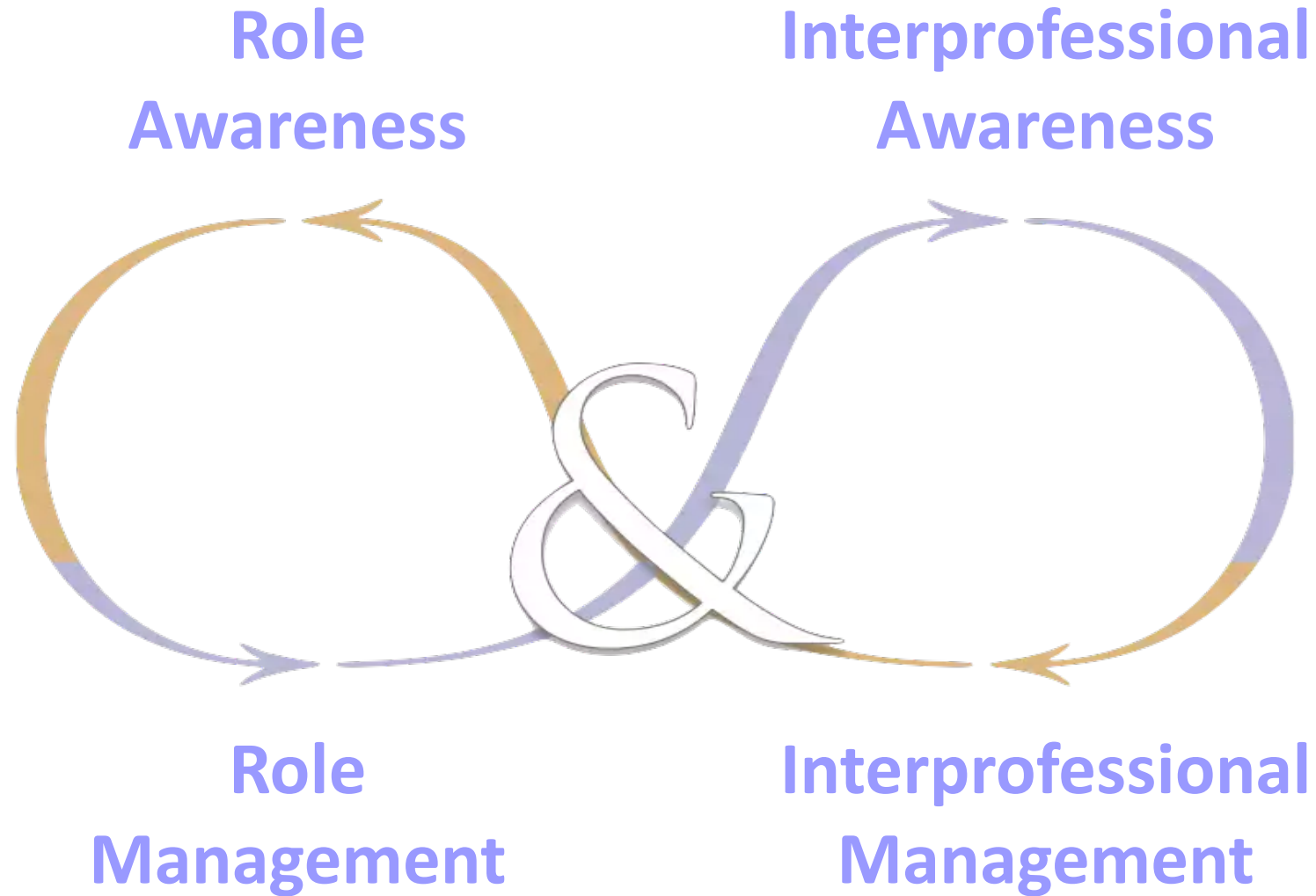
Department of Health Administration and Policy

Hudson College of Public Health

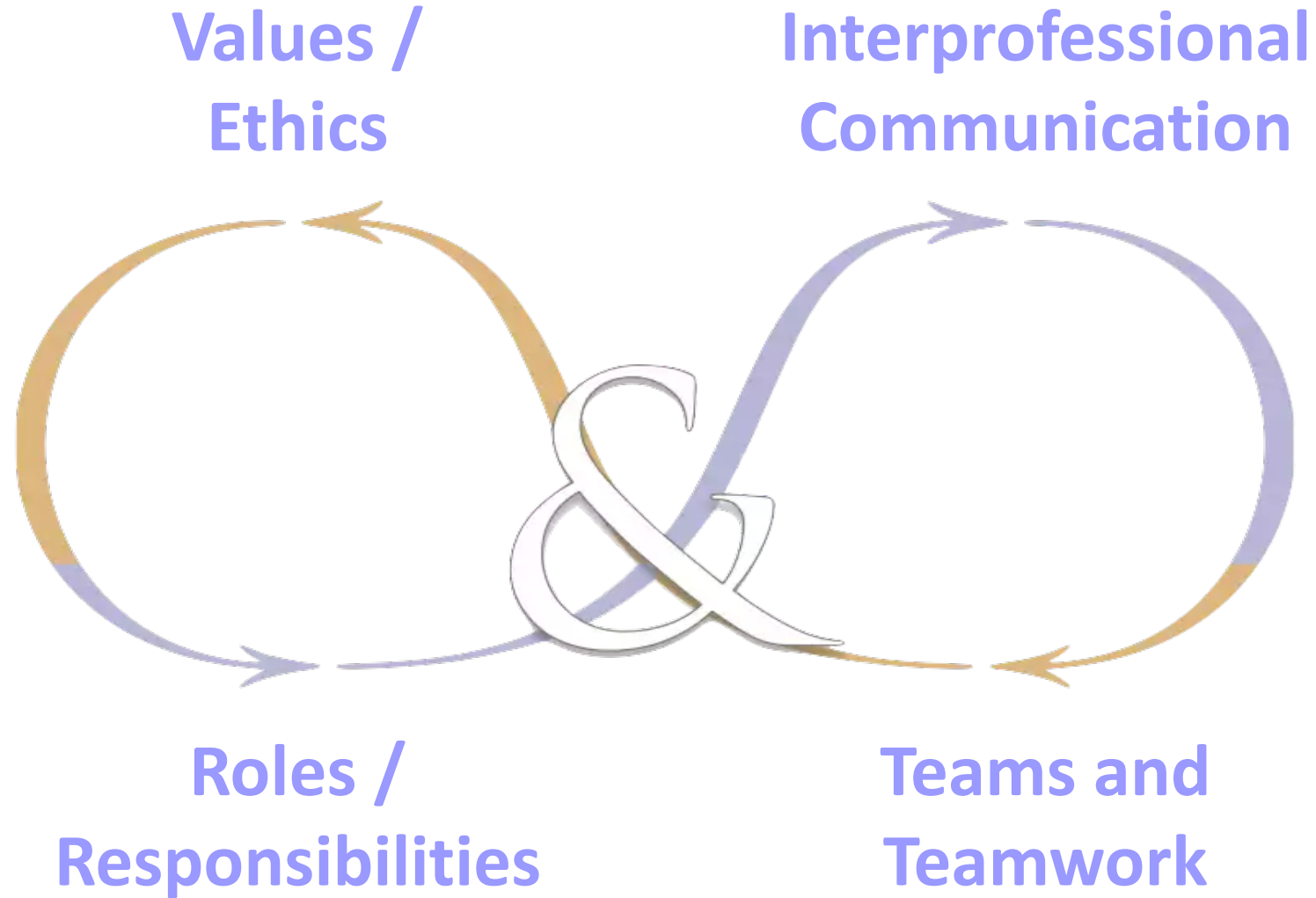
Interpersonal Effectiveness



Interprofessional Effectiveness



Interprofessional Effectiveness



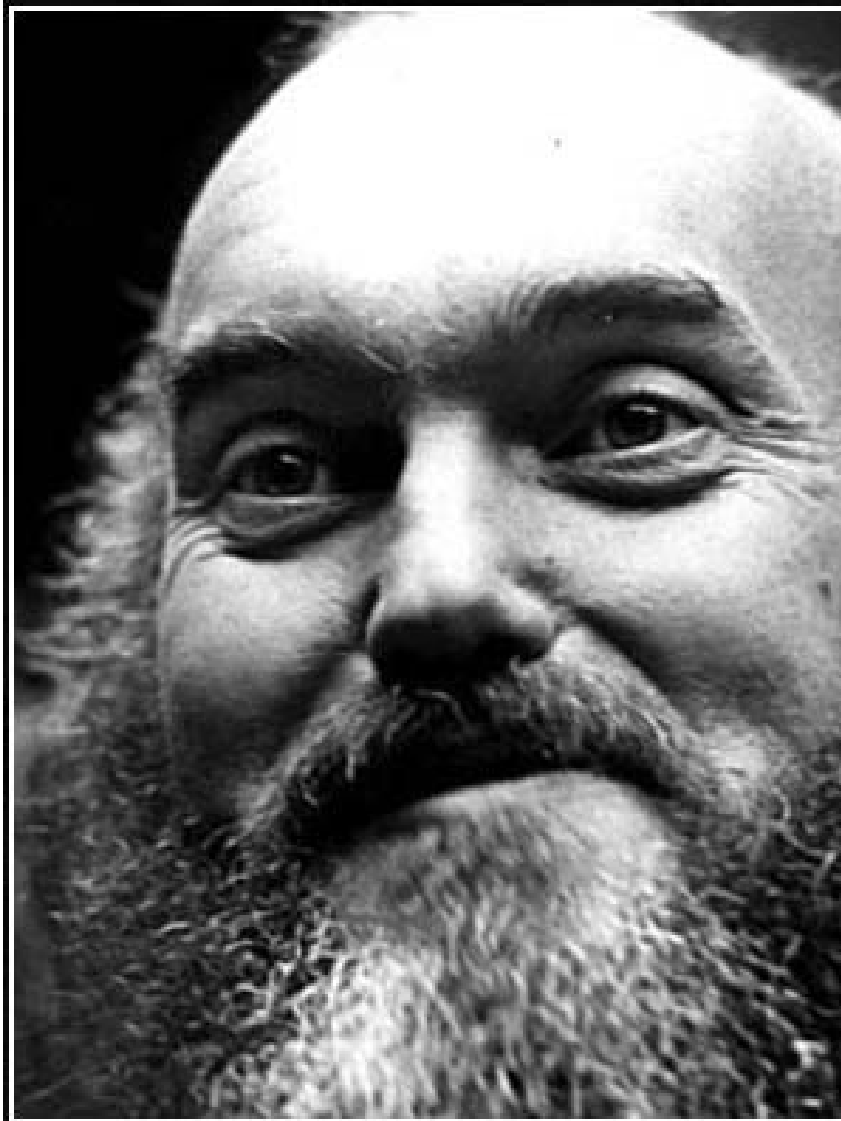


Part 4: Mindfulness in Interpersonal Relationships









If you think you're enlightened go
spend a week with your family.

— *Ram Dass* —

AZ QUOTES



Changes of mind can be observed primarily in our relationships with other people. Relationships are the real test of whether we actually understand ourselves better.

T.K.V. Desikachar



Communication is the
transfer of emotion.

Seth Godin



Barriers to communication

Judging

- Criticizing
- Name-calling
- Diagnosing
- Praising
evaluatively

Sending solutions

- Ordering
- Threatening
- Moralizing
- Excessive/
Inappropriate questioning

Avoiding the other's concerns

- Advising
- Diverting
- Logical argument
- Reassuring



Real magic in relationships means an
absence of judgement of others.

Wayne Dyer



**My emotional support dog
after I tell him all my problems**



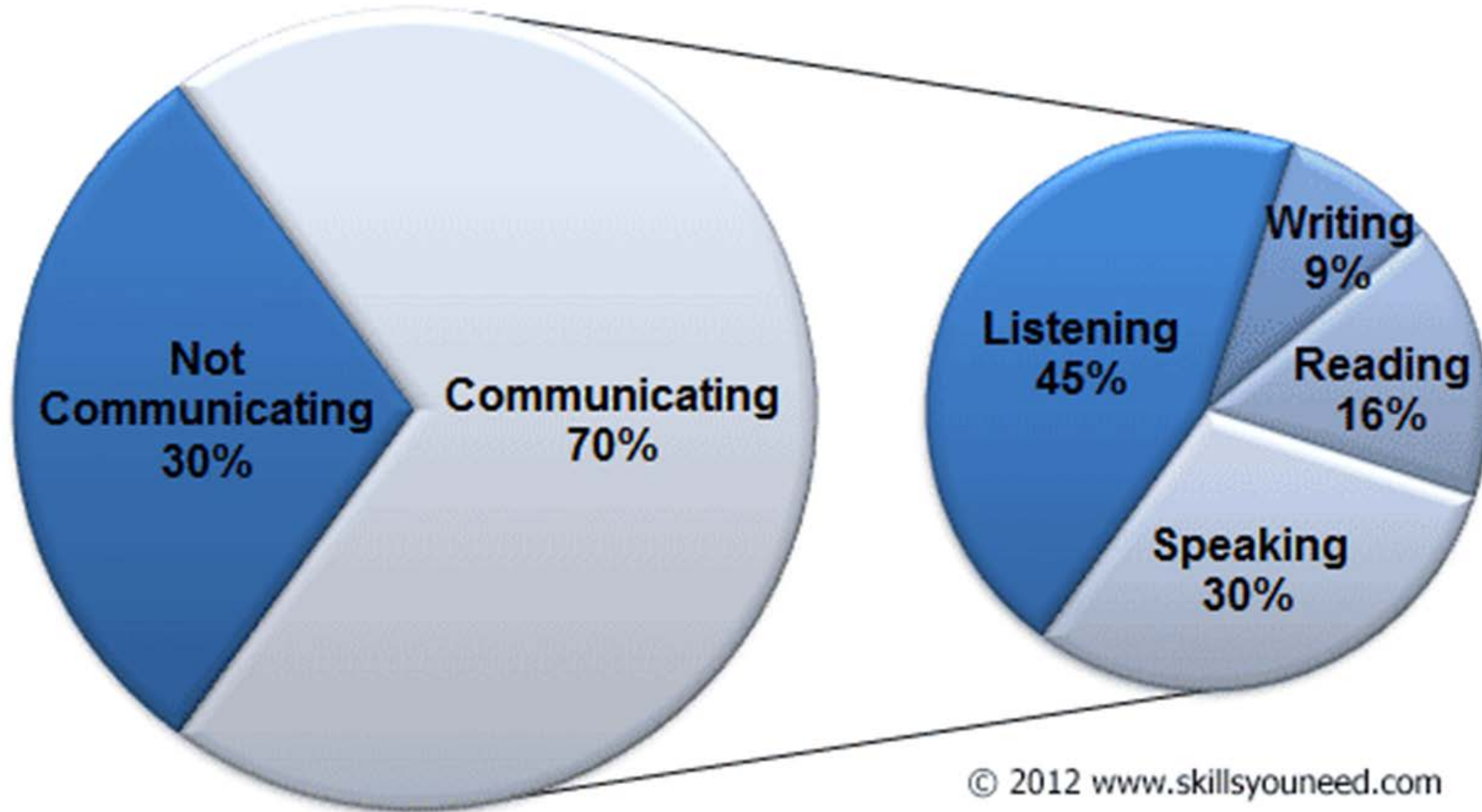
Communication







Time Spent Communicating



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Listening skill clusters

Attending

- A posture of involvement
- Appropriate body motion
- Eye contact
- Nondistracting environment

Following

- Door openers
- Minimal encourages
- Infrequent questions
- Attentive silence

Reflecting

- Paraphrasing
- Reflected feelings
- Reflected meanings
- Summative reflections



The swing is an action in which certain things are caused to happen and certain things are allowed to happen. Faults arise in trying to cause what should be allowed.

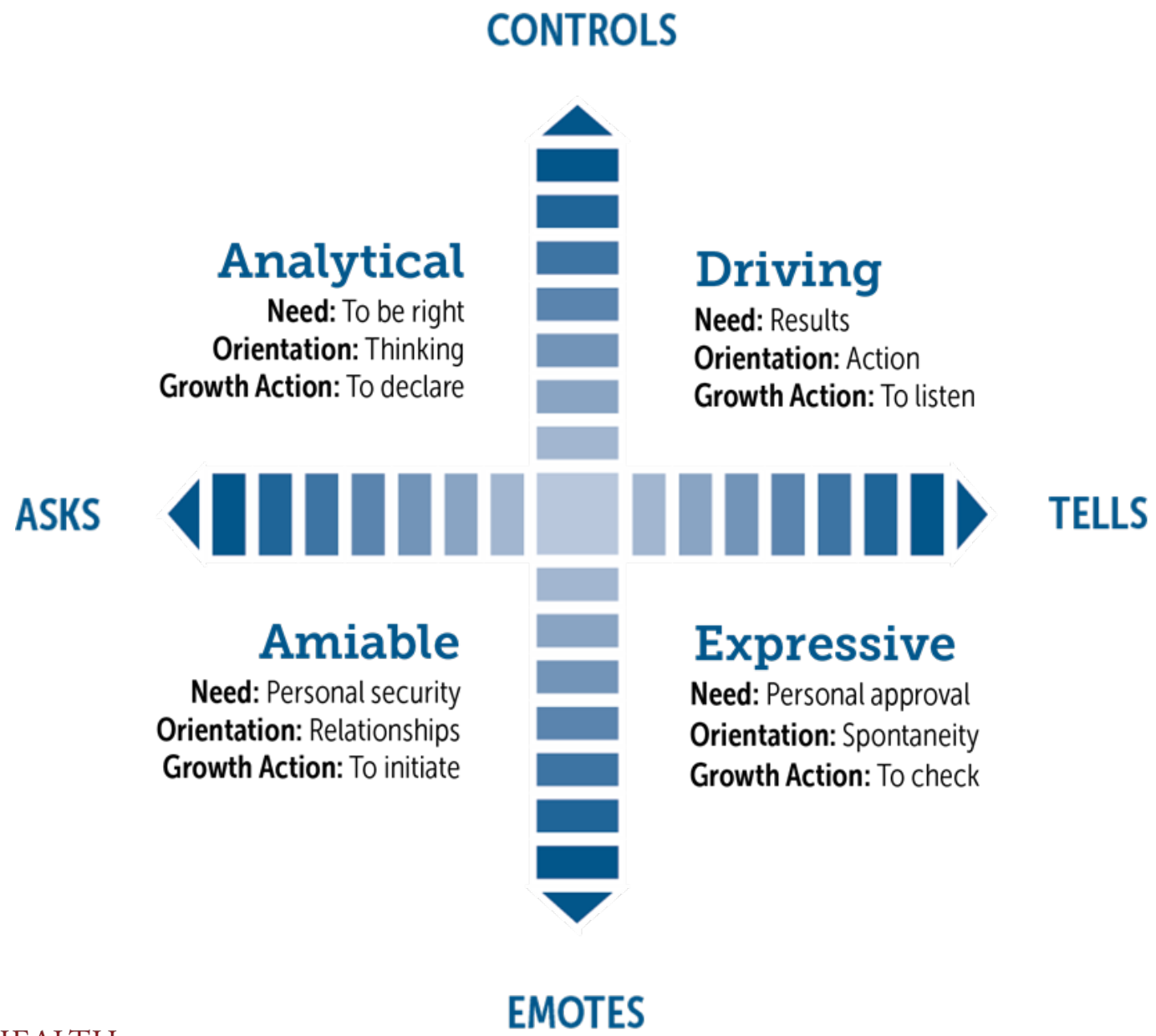
The Centered Skier



LET IT HAPPEN







SOCIAL STYLE[®] & Versatility

HEALTHCARE



30%
analytical



22%
driving



23%
amiable



27%
expressive

Though slightly weighted towards the Analytical Style, the healthcare industry contains virtually equal numbers of people in each Style. Healthcare professions run the gamut from emergency-room surgeons to administrative specialists in records departments. The wide range of occupations in this industry makes room for people of all Styles.*



VERSATILITY

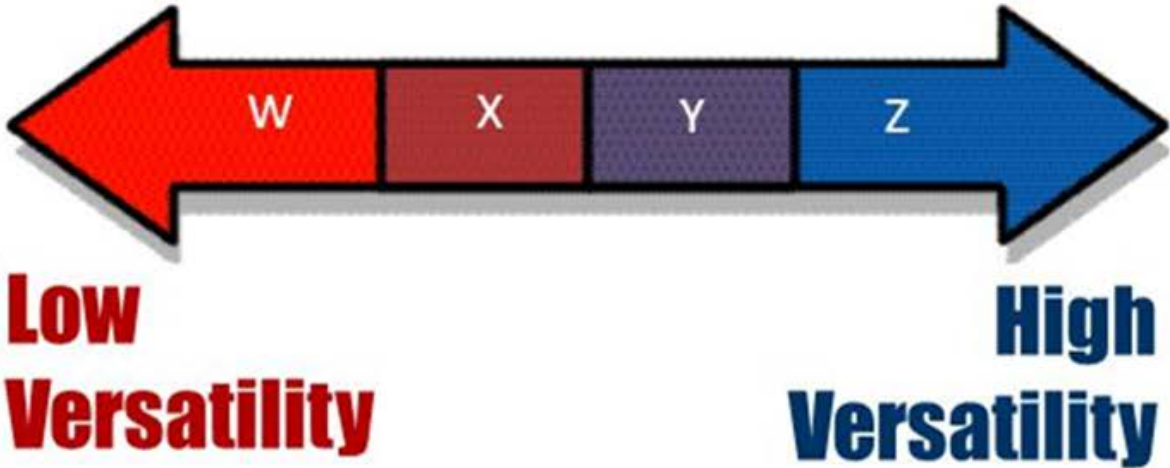
FOUR COMPONENTS



Versatility

Behaviors
Seen as
Focusing on
My Tension

Behaviors
Seen as
Focusing on
Others' Tension

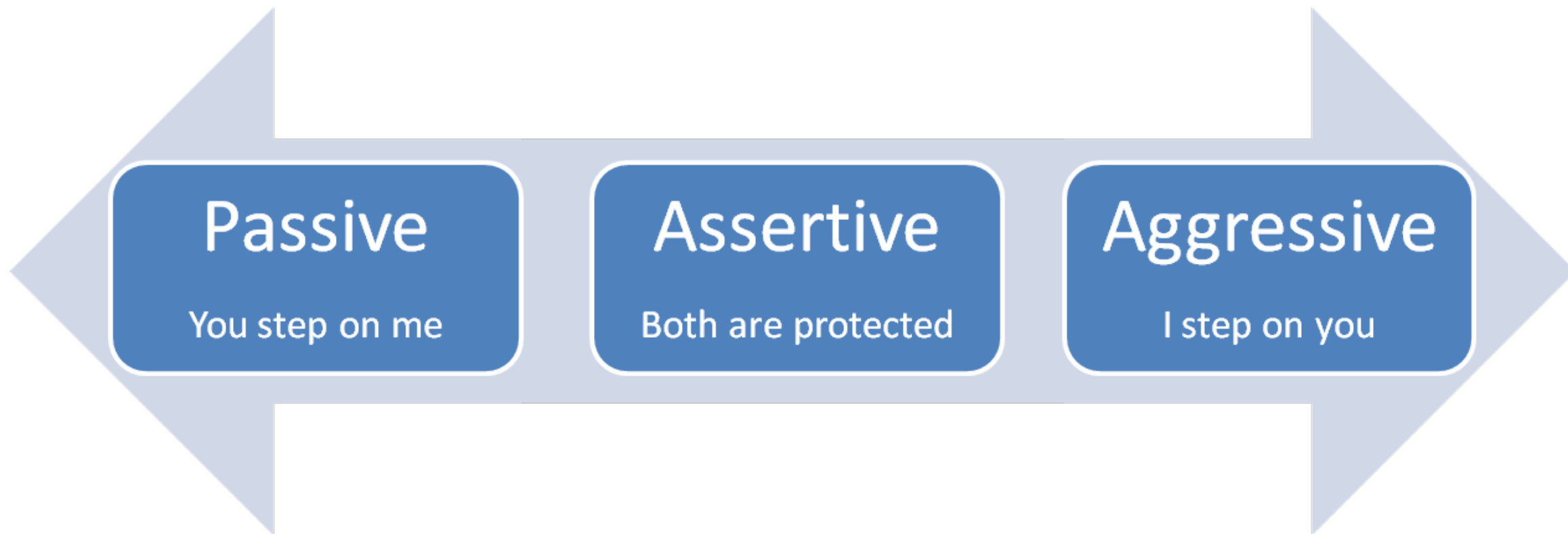


Versatility — A measure of the level of social endorsement accorded to an individual by others.



Assertiveness







Three-Part Assertion

“When you [state the behavior nonjudgmentally],

I feel [disclose your feelings]

because [clarify the effect on your life].”



Six-Step Assertion Process

Step 1. Preparation

Step 2. Sending the message

Step 3. Silence

Step 4. Reflective listening to the other's defensive response

Step 5. Recycling steps 2 through 4 as often as necessary

Step 6. Focusing on a solution



“When you insist, I resist.”



Two-Part Assertion

“When you [state the behavior nonjudgmentally],

I feel [disclose your feelings]

~~**because [clarify the effect on your life].”**~~

“It’s very important for me that you understand what I am trying to say and how I feel about it.”



