Cognition, Mindsets, and Well-being

Stuart Slavin, MD, MEd
Senior Scholar for Well-being
Accreditation Council for Graduate Medical Education (ACGME)
Problematic Mindsets
Problematic Mindsets

• Viewing performance as identity
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
Problematic Mindsets

• Viewing performance as identity
• Personalization and self-blame
• Feelings of inadequacy, embarrassment, and shame
• Negativity bias
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
- Negativity bias
- Pessimistic explanatory style
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
- Negativity bias
- Pessimistic explanatory style
- Maladaptive perfectionism
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
- Negativity bias
- Pessimistic explanatory style
- Maladaptive perfectionism
- Impostor phenomenon
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
- Negativity bias
- Pessimistic explanatory style
- Maladaptive perfectionism
- Imposter phenomenon
- Fixed versus growth mindset
Problematic Mindsets

- Viewing performance as identity
- Personalization and self-blame
- Feelings of inadequacy, embarrassment, and shame
- Negativity bias
- Pessimistic explanatory style
- Maladaptive perfectionism
- Impostor phenomenon
- Fixed versus growth mindset
- Cognitive distortions (multiple)
But There’s Hope!!!
But There’s Hope!!!

It’s up to you to create meaning from experience.
It’s up to you to create meaning from experience.

And you can do that more positively by cultivating metacognition skills and mindful awareness.
Cognitive Restructuring

ADVERSE EVENT = OUTCOME
Cognitive Restructuring

ADVERSE EVENT = OUTCOME

False!!

ADVERSE EVENT + YOUR COGNITIVE/EMOTIONAL REACTION = OUTCOME
Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
- Mind-reading
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
- Mind-reading
- Perfectionistic thinking
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
- Mind-reading
- Perfectionistic thinking
- I’m the only one struggling this much (Stanford Duck)
Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
- Mind-reading
- Perfectionistic thinking
- I’m the only one suffering this much (Stanford Duck)
- Disbelief if anyone tries to counter one’s distortions
Cognitive Restructuring

How to Counter
Cognitive Restructuring

How to Counter

Notice
Cognitive Restructuring

How to Counter

Notice
Label
Cognitive Restructuring

How to Counter

Notice
Label
Dispute
Well-being Toolbox

Cognitive restructuring
Well-being Toolbox

Cognitive restructuring
Cultivating mindful awareness
Cultivating Mindful Awareness
Cultivating Mindful Awareness

Informal practice
<table>
<thead>
<tr>
<th>Well-being Toolbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive restructuring</td>
</tr>
<tr>
<td>Cultivating mindful awareness</td>
</tr>
<tr>
<td>Combating negativity bias</td>
</tr>
<tr>
<td>Cultivating optimism</td>
</tr>
<tr>
<td>Cultivating positive emotions</td>
</tr>
<tr>
<td>Emotional self-regulation</td>
</tr>
<tr>
<td>Dealing with difficult people</td>
</tr>
<tr>
<td>Investing in well-being</td>
</tr>
<tr>
<td>Avoiding learned helplessness</td>
</tr>
<tr>
<td>Generosity and gratitude</td>
</tr>
<tr>
<td>Finding meaning</td>
</tr>
</tbody>
</table>
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 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.”