

Emotional Intelligence: Empowering Women Physicians for Work-Life Success

"Leading Through Challenging Times"



Beth DeAngelis , Ed.D.
Bdeangelisllc@gmail.com
518.368.8098

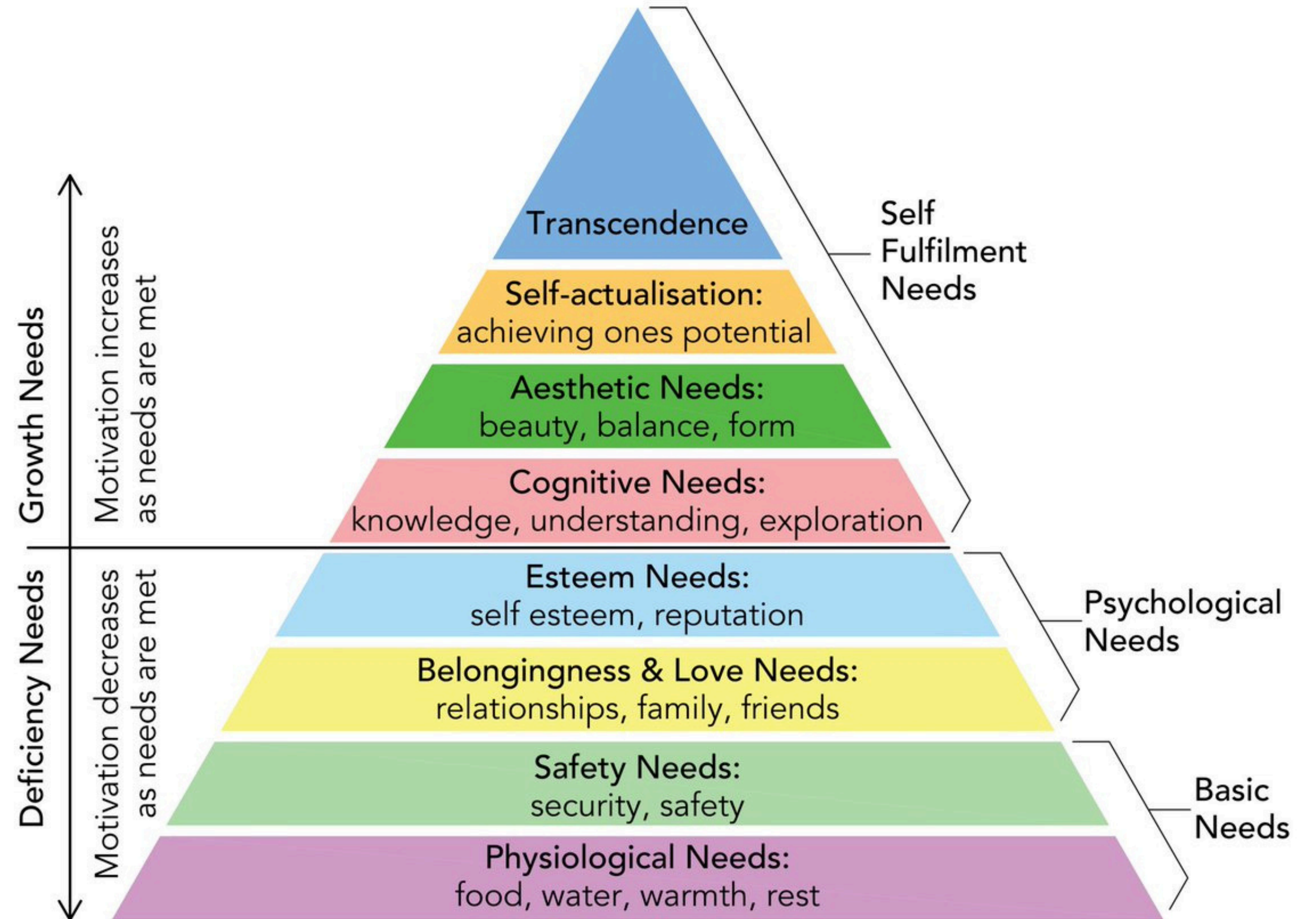
“The idea of duty and honor and of dedication to something higher than oneself is a common theme in my work.”

- Elizabeth Blackwell, The first woman in America to receive a medical degree

“Enthusiasm is common. Endurance is rare.”

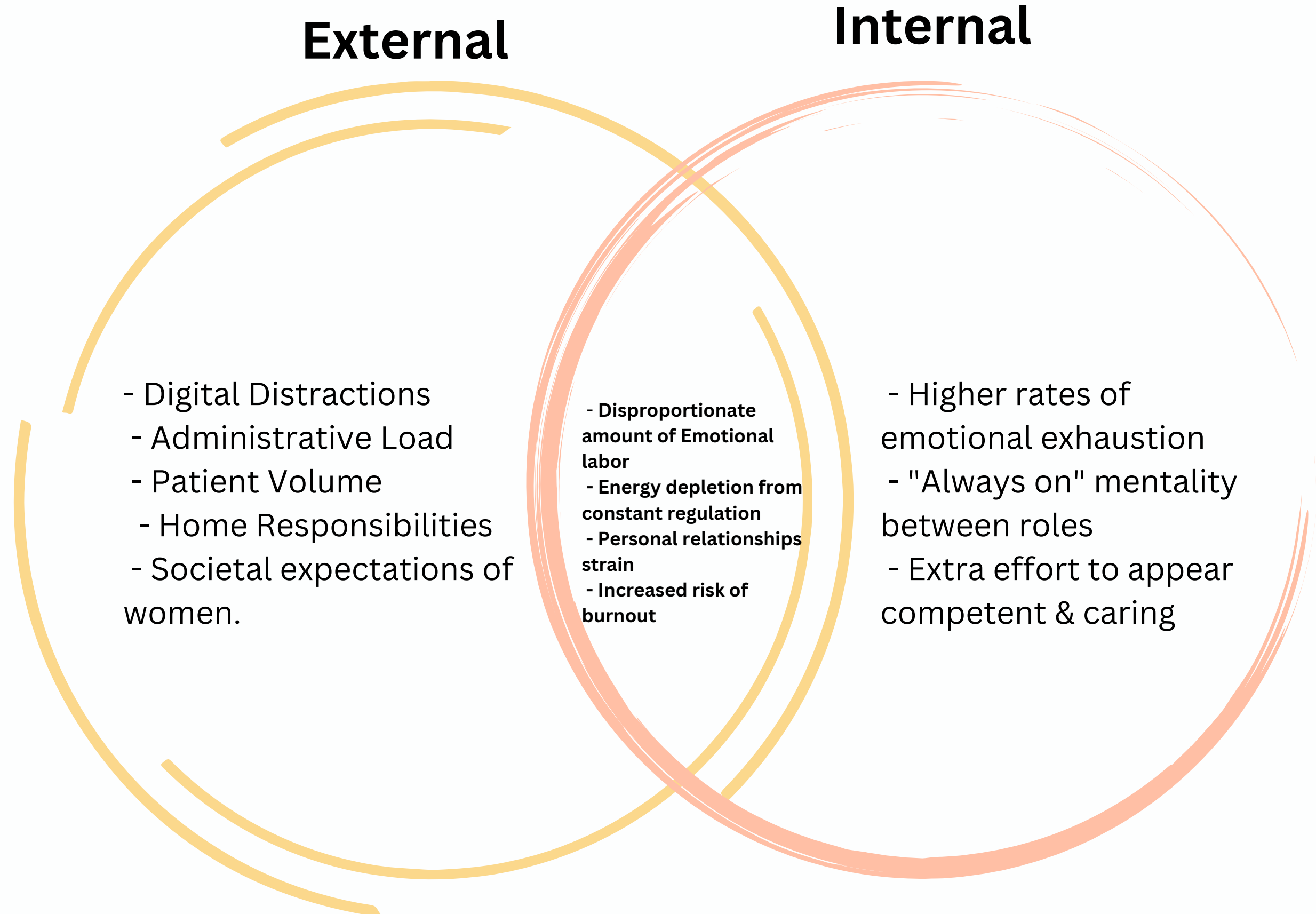
—Angela Duckworth, psychologist, popular science author, and academic

Emotional Intelligence connection: to reach higher levels of potential, one must effectively manage and understand their own emotions, as well as the emotions of others



EXTERNAL AND INTERNAL DEMANDS ON WOMEN IN MEDICINE

**“An emotion—happy, sad, angry—arises from an appraisal of an internal or external stimulus.”
— Marc Brackett, Permission to Feel**



Themes from the Literature

Meta Awareness and Self-Regulation
Self-Compassion
Relationships

Meta-Awareness & Self-Regulation

Meta-Awareness helps one notice the occurrence of emotional cues in the body and mind and thus plays a critical role in the self-regulation of emotion which has important implications for physical health, mental health, and psychological well-being (Davidson, p. 29).

I notice what I am experiencing and need.



mindfulness & pause



I respond rather than react.

“Between stimulus and
response there is a space.
In that space is our power
to choose our response.
In our response lies our
growth and freedom.”

Viktor Frankl

Self-Compassion

Unlike self-criticism, which asks if you're good enough, self-compassion asks, **what's good for you?**
- Kristin Neff, PhD.

MINDFULNESS

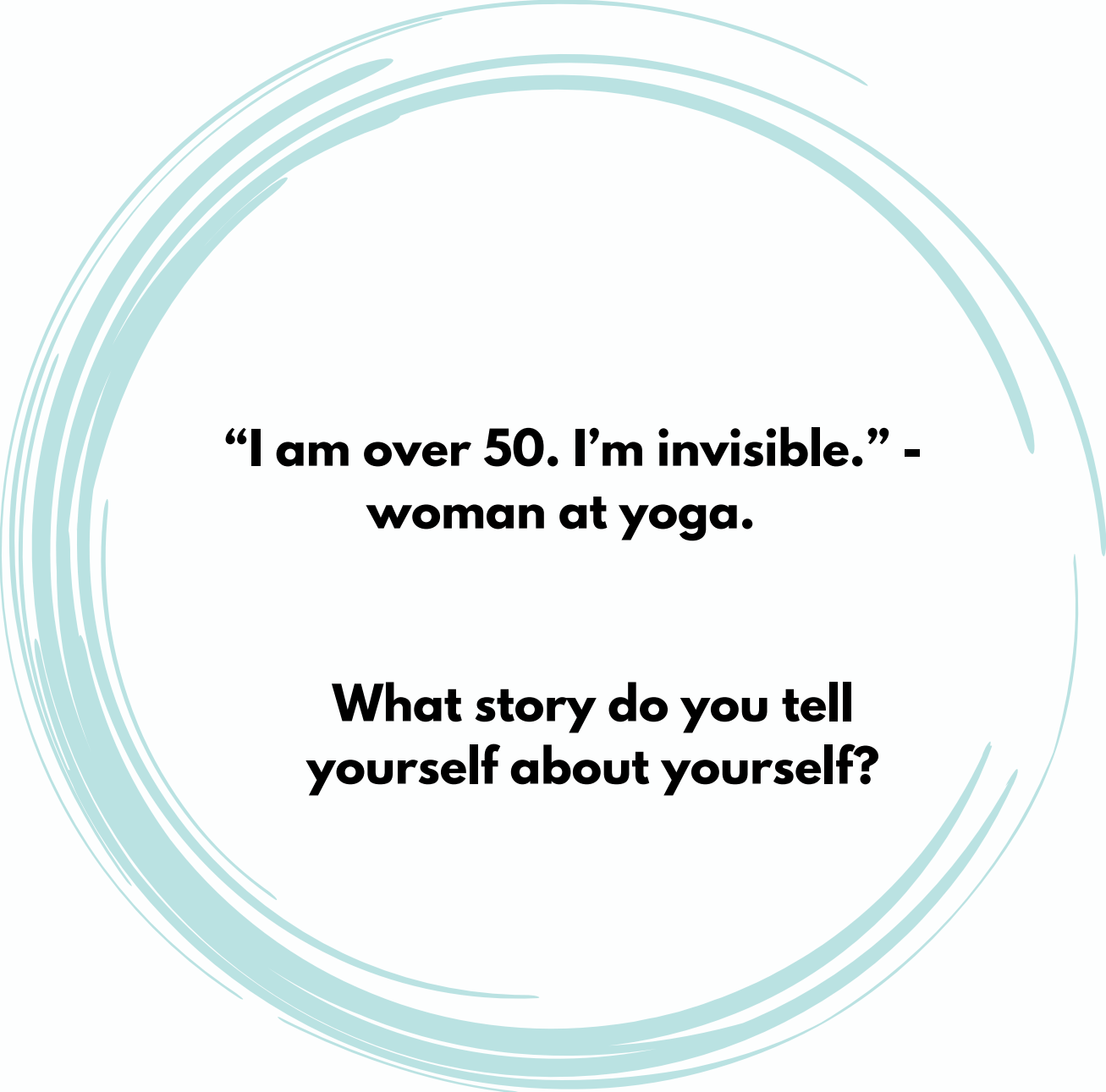
- Being aware of emotions without judgment
 - **Stepping back to observe thoughts**
- Zoom out to see for perspective (the elephant story)**
- Pausing before reacting

COMMON HUMANITY

- **We all face challenges**
- Everyone has their moments of challenge & happiness.**
(David dancing at Kripalu story)
- Suffering is universal
 - Connection in shared experiences

SELF-KINDNESS

- Treating yourself as you'd treat a friend
- Understanding over criticism
- **Permission to be imperfect (begin with friends, kinder voice).**



**“I am over 50. I’m invisible.” -
woman at yoga.**

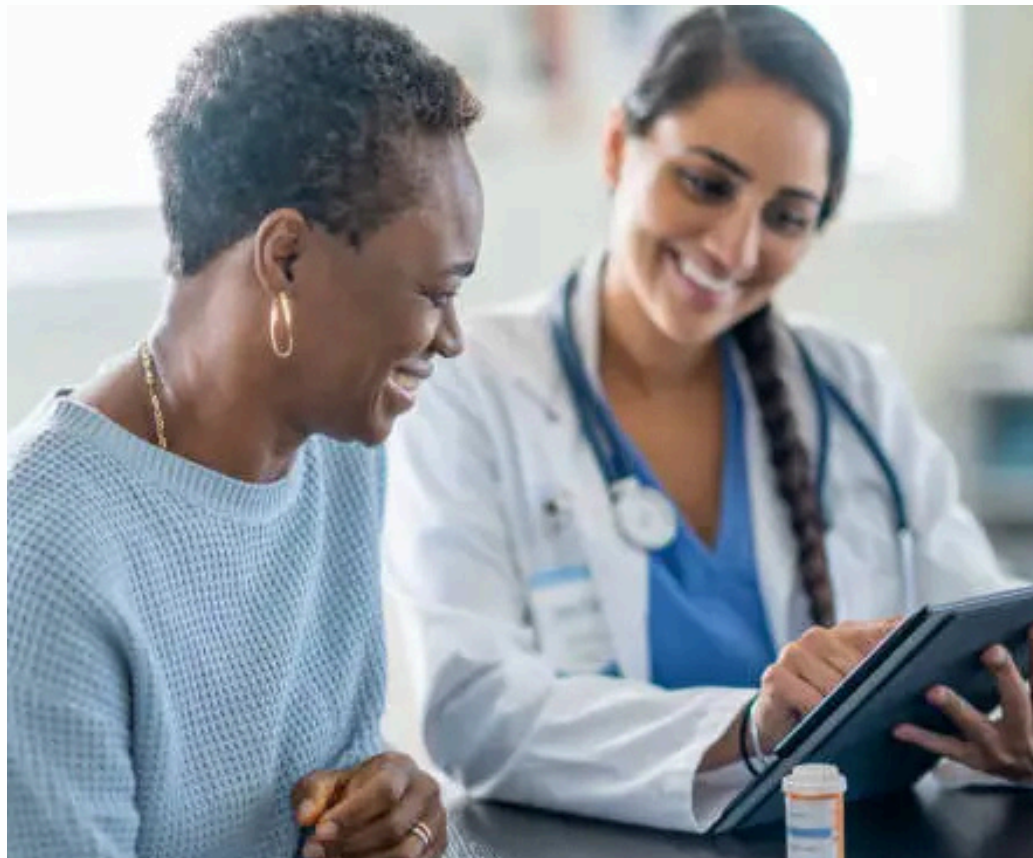
**What story do you tell
yourself about yourself?**

Relationships

Contrary to what many people might think, it's not career achievement, or exercise, or a healthy diet. Don't get us wrong; these things matter (a lot). But one thing continuously demonstrates its broad and enduring importance: Good relationships. - Robert Waldinger

Happy relationships typically have at least 5 positive interactions for every 1 negative interaction. - Dr. John Gottman

**Step 1: Paying attention.
Listening. Curious. Unconditional
positive regard.**



**Step 2: Gottman's 5:1
Happy relationships typically have
at least 5 positive interactions for
every 1 negative interaction.**



**Step 3: Dr. Elana Gordis “think of a
cash register and ask yourself,
when did I deposit, when did I
withdraw? Make a deposit.**



Rituals for Resilience

Physician Wellness Rituals: Practical Examples

“Remember that if you really want to motivate yourself, love is more powerful than fear.”

— Kristin Neff, PhD.

Morning Ritual

Dr. Amanda Torres - Pediatric Surgery

5:00 AM: 10-minute meditation using Headspace

5:10 AM: Green tea while reviewing day's schedule

5:20 AM: 20-minute strength training

5:45 AM: Shower, dress

6:00 AM: Quiet breakfast with journal

6:15 AM: Wake children, present with them until leaving

Transition Ritual (Hospital to Home)

Dr. Sarah Chen - Emergency Medicine

Change clothes completely before leaving hospital

5-minute car meditation before driving

Listen to non-medical podcast on commute

Park car and take 3 deep breaths

Change shoes at door

Wash face and hands as transition ritual

Connection After Work Ritual

Dr. Jennifer Wu - Psychiatry

"Special knock" greeting with kids

15-minute uninterrupted floor time with children

No medical talk for first hour home

Family "rose and thorn" sharing during dinner

One-on-one time with each family member

Shared evening walk with spouse

Evening Wind-Down Ritual

Dr. Maya Patel - Oncology

9:00 PM: Review tomorrow's schedule

9:15 PM: Evening shower with lavender products

9:30 PM: 10-minute legs-up-wall pose

9:45 PM: Reading or audiobook

10:00 PM: Brief meditation

10:15 PM: Sleep utilizing cooling mattress pad

What makes a good day?

Reference List

Brackett, M. (2019). *Permission to Feel*. Quercus Publishing.

Koltko-Rivera, M. E. (2006). Rediscovering the Later Version of Maslow's Hierarchy of Needs: Self-Transcendence and Opportunities for Theory, Research, and Unification. *Review of General Psychology*, 10(4), 302-317. <https://doi-org.ezproxy.siena.edu/10.1037/1089-2680.10.4.302>

Koven, S. (2021). *Letter to a young female physician: notes from a medical life.* ; Chicago / Turabian - Author Date Citation · Koven, Suzanne. 2021.

Neff, K. (2011). *Self-compassion: stop beating yourself up and leave insecurity behind*. New York, William Morrow.

Rogers, C. R. (1995). *On becoming a person* (2nd ed.). Houghton Mifflin (Trade)

Turkle, Sherry. *Alone Together: Why We Expect More from Technology and Less from Each Other*. Basic Books, 2011.

Frankl, Viktor E. "Self-Transcendence as a Human Phenomenon." *The Journal of Humanistic Psychology*, vol. 6, no. 2, 1966, pp. 97–106, <https://doi.org/10.1177/002216786600600201>.

Waldinger, R. J., & Schulz, M. (2023). *The good life: lessons from the world's longest scientific study of happiness* (First Simon & Schuster hardcover edition.). Simon & Schuster.

This content by Beth DeAngelis is presented solely for general informational, educational, and entertainment purposes. The use of information or materials from this presentation or debrief is at the user's own risk. It is not intended as a substitute for the advice of a physician, professional coach, psychotherapist, or other qualified professional, diagnosis, or treatment.