

Reconnecting with Myself

Where am I Now?



5th Annual Southland GP/PN Conference

Reconnecting with Myself

Where am I Now?

Where am I Going?



5th Annual Southland GP/PN Conference

What is Health?

Health is having control over your own life

Sir Michael Marmot

What is Health?

Health is having control over your own life

= Internal Locus of Control

(Self-efficacy/Self-determination/Sense of Agency

The Belief that we can influence our own Destiny)

What is Health?

Health is having control over your own life

Health is Tino Rangatiratanga

Dr Danny de Lore

(self-determination, sovereignty, autonomy, self-government, domination, rule, control, power)

What does it mean to have Wellbeing?

Turning up as the best version of myself,

Living my best life,

to my full potential,

Contributing to the lives of others

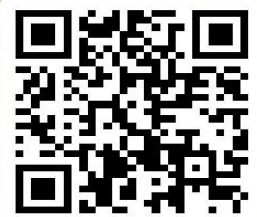
RACP Congress May 2022

Active poll

21

A CLIMATE for CHANGE
12-14 MAY
MELBOURNE
and ONLINE

Join at
slido.com
#ME123




How do you feel about your health right now?

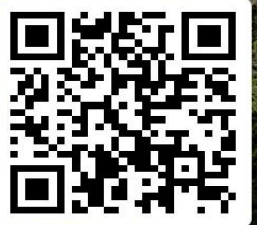
Stressed **happy** **Suboptimal** **Tired**

Ineffective Pretty good Disengaged Supported Exhausted
Stimulated Fortunate Worried Frantic Undervalued
Grateful Fatigued Fragile failing faster than expect
Unfit Overwhelmed
Lost Frustrated Fit improving Needed
Healthy Uncertain Over covid
Lucky Anxious Content Overwrought Distanced
Loved

RACP Congress May 2022




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Active poll

13

How do you feel about your health right now? (after the session)



Clear mind

Content

Excited

Purposed

Purposeful

validated

Tired

Positive

Clear

More relaxed

Inspired

Connected

encouraged

Calmer

Empowered

Motivated

Optimistic

Peaceful

OK; ask again in 2 weeks!

Reconnecting with Myself

Who am I?

Reconnecting with Myself

Who am I? – “Know Thyself”

Reconnecting with Myself

Who am I? – “Know Thyself”

– Self-Inquiry → Self-Realisation

Reconnecting with Myself

Who am I? – “Know Thyself”

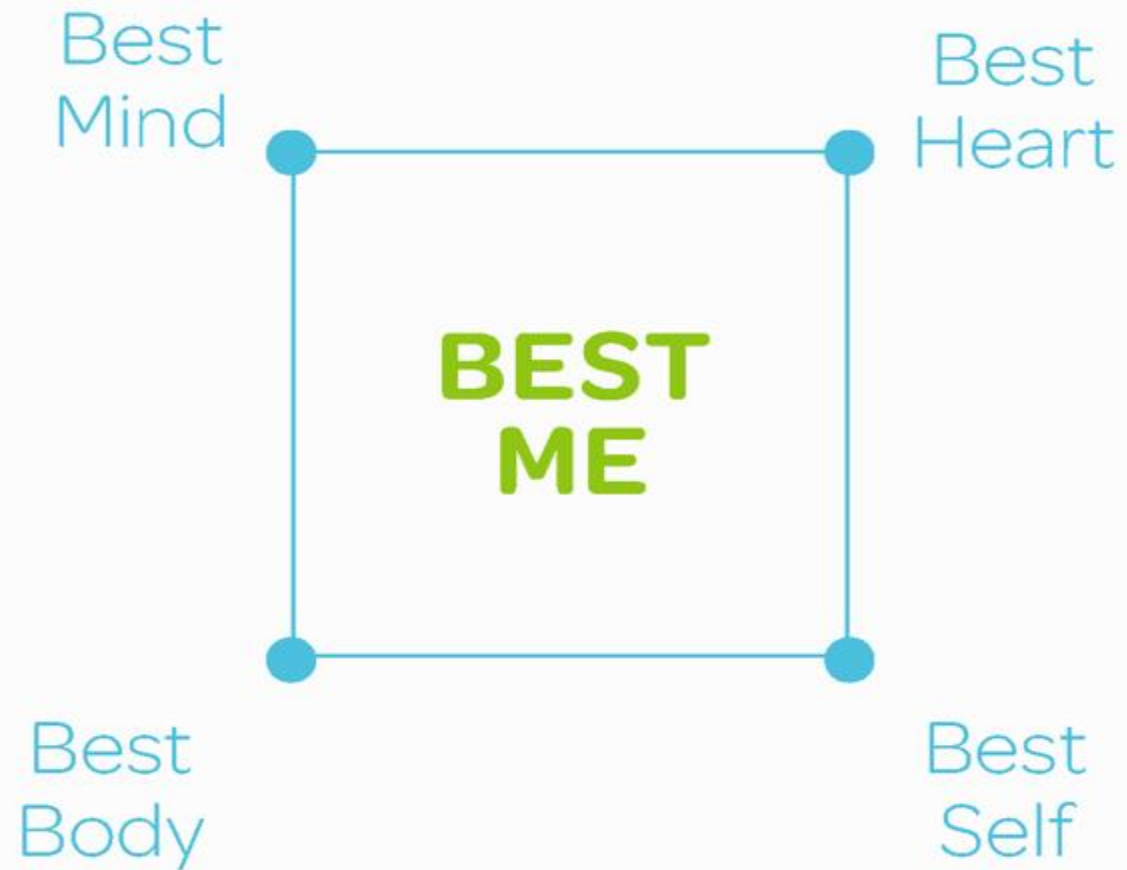
– Self-Inquiry → Self-Realisation

Why did I become a Doctor?

Te Whare Tapa Whā



Where am I Going?



My Life Journey – What's important to Me?

- At Work
- At Home
- For Myself

The Principles

- We are where we are
- The answers are always within

The Tools

- Tool # 1: What do I need right now?

The Tools

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- Tool # 2: The power is in the pause

The Tools

- Tool # 1: What do I need right now?
- Tool # 2: The power is in the pause
- Tool # 3 – 8

Simon Sinek – Start with Why

► TED Talk: How great leaders inspire action

<https://www.youtube.com/watch?v=qp0HIF3SfI4>

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How great **Rock Stars** inspire action

Simon Sinek – Start with Why

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How great **Rock Stars** inspire action

Who is my inner **Rock Star**? Who is Best Me?

Physical Health – **Best Body**

Eat. Move. Rest.

- Why
- How
- What



Psychological Health – **Best Mind**

Enjoy. Learn. Do.

- Why
- How
- What



Whanau/Family Health – Best Heart

Love. Accept. Forgive.

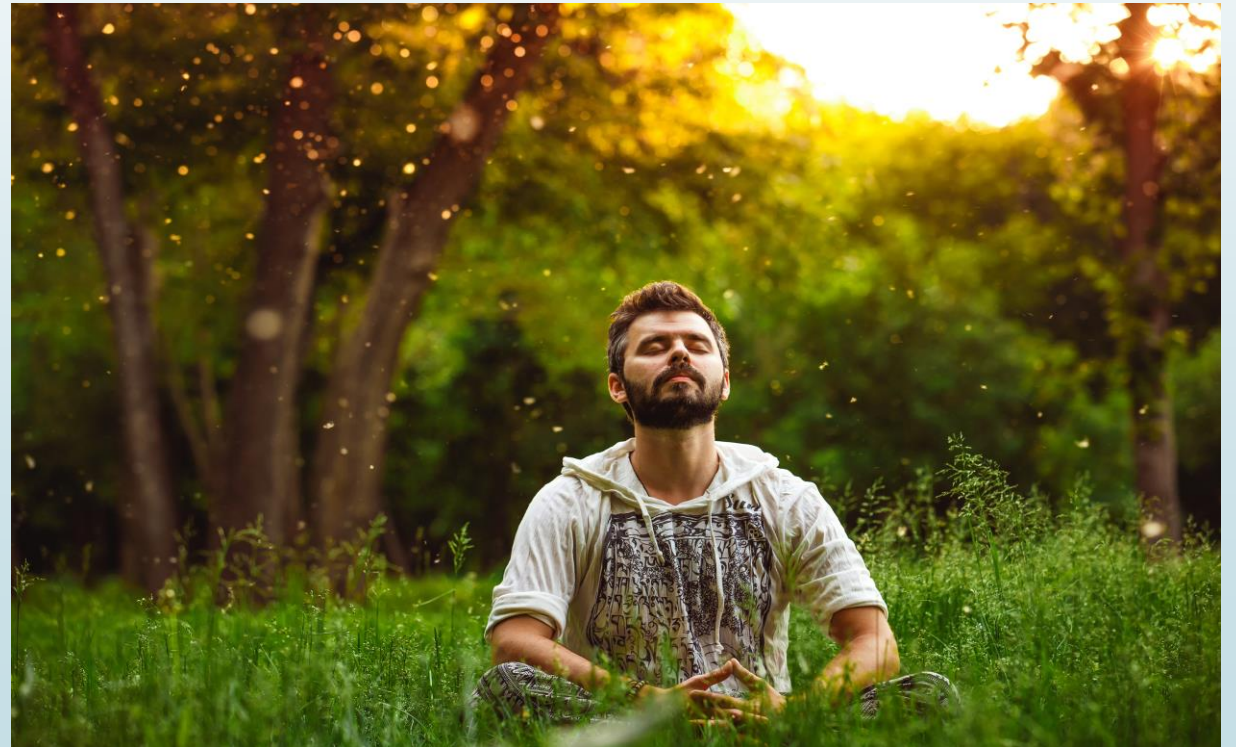
- Why
- How
- What

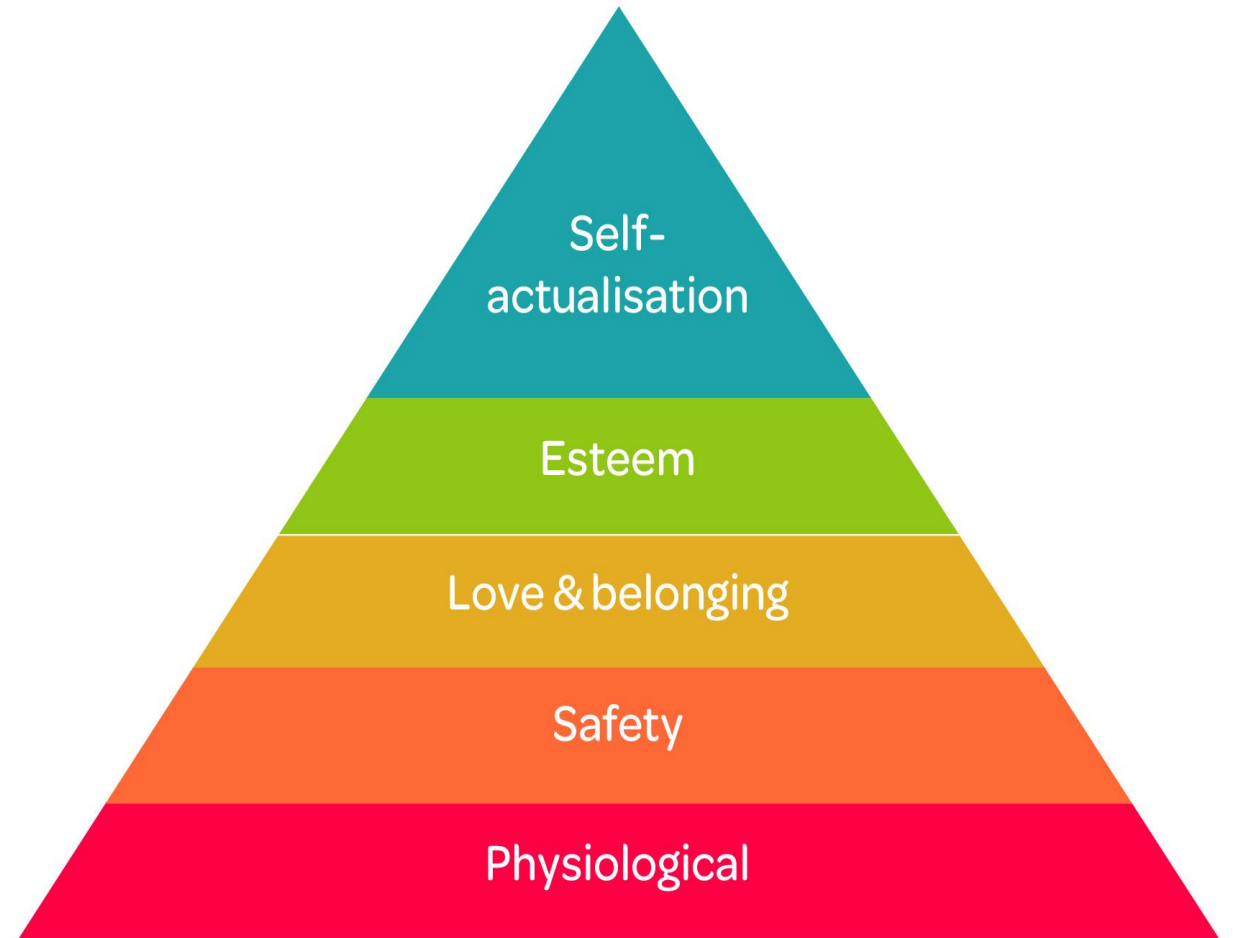


Spiritual Health: Wairua – **Best Self**

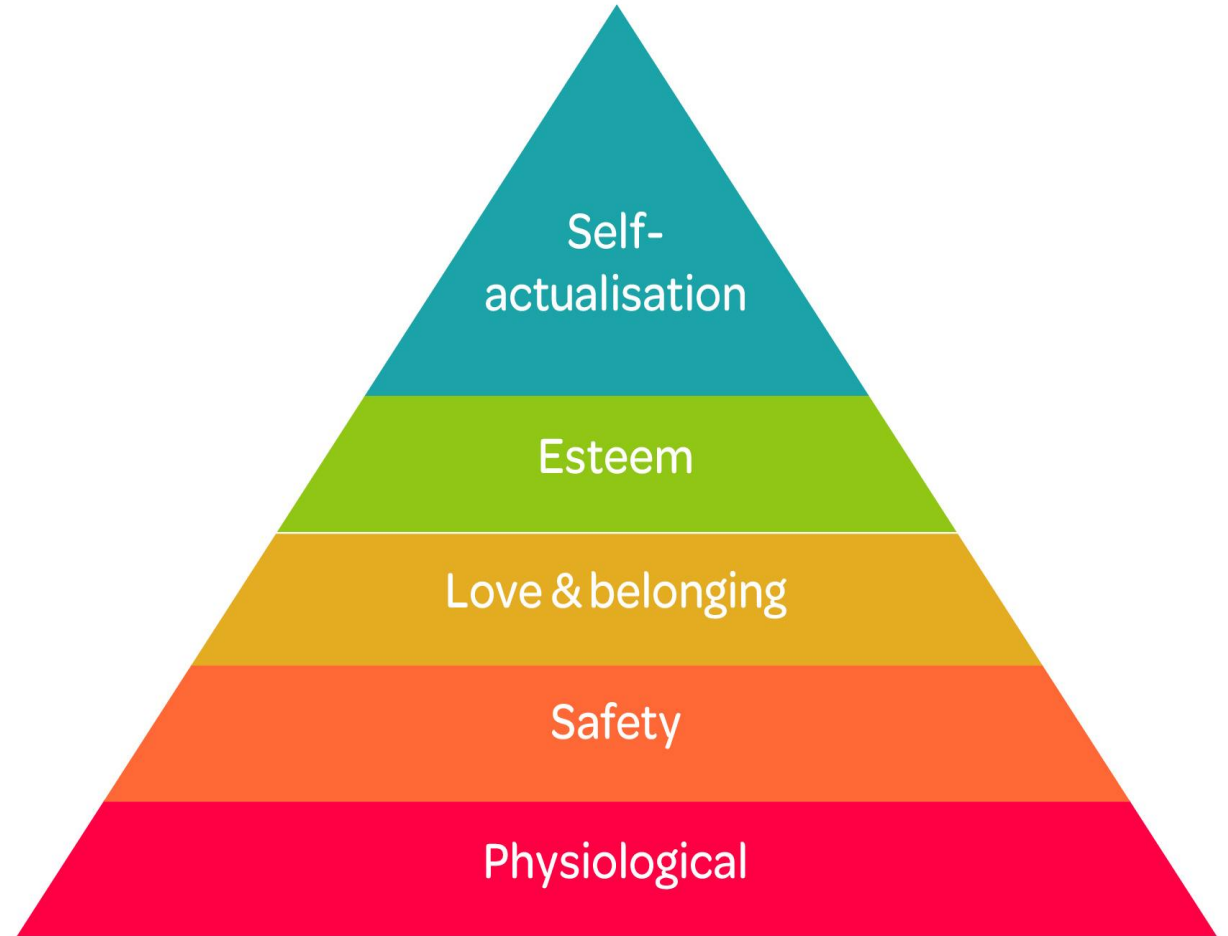
Connect. Reflect. Care.

- Why
- How
- What





Abraham Maslow





Positive Medicine for Doctors

**Taking control of my life
using the ACT and GROW
Model**



Mastering Me – The Map to Success

Success as I define it

- For Myself
- At Work
- At Home

12 month mentored
programme

Mindset

Mindset

Mindset:

Changing the way you think to fulfil your potential

Carol Dweck

Fixed Mindset → Growth Mindset

Reconnecting with Myself

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Today, I am Enough.

Reconnecting with Myself

Today, I am Enough.

Tomorrow, I will be More.

Reconnecting with Myself

Today, I am Enough.

Tomorrow, I will be More.

Always Enough.

Reconnecting with Myself

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