

Mindfulness and Resiliency with Stress

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Internal Medicine



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Tampa • Hybrid

Hunt for Happiness

“Knowing yourself is the beginning of all wisdom”
Aristotle

- Happy employees solve problems quicker
- Happy employees are 12% more productive
- Positive emotions help people bounce back from stress
- When someone is happy, it spreads 3 degrees of separation

• From “The Happiness Track. How to Apply the Science of Happiness to Accelerate your Success” by Emma Seppala PhD. 2017

How Much does someone's genes impact their happiness?

- A: 90% genes, 5% life circumstances, 5% actions and thoughts
- B: 75% genes, 15% life circumstances, 10% actions and thoughts
- C: 50% genes, 10% life circumstances, 40% actions and thoughts
- D: 10% genes, 40% life circumstances, 50% actions and thoughts

• Pursuing Happiness: The Architecture of Sustainable Change. Review of General Psychology 2005, Vol. 9, No. 2, 111-131

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Several Studies of happiness in monozygotic twins indicates ~50% of happiness is “set” genetically

- Pursuing Happiness: The Architecture of Sustainable Change. Review of General Psychology 2005, Vol. 9, No. 2, 111-131

Life Circumstances and Actions and Thoughts

- Life Circumstances may contribute 10% of happiness
- Actions and Thoughts may contribute to 40% of happiness
- Why do life circumstances not impact our happiness more?

Predicting Happiness

- Humans are lousy at this!
 - [Dan Gilbert](#) and Others
- Impact Bias: tendency to overestimate the intensity or the length of future emotions and states of feeling
 - Overestimation can occur with positive and negative feelings



• https://www.ted.com/talks/dan_gilbert_the_surprising_science_of_happiness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Predicting Happiness

- 1999 Study of people's prediction of distress level if received a + HIV test and actual feelings 5 weeks later
 - Predicted level of distress + results was 95, actual 77
 - Predicted level of distress for – result was 47, actual was 55



• Sieff EM, Dawes RM, Loewenstein G. Anticipated versus actual reaction to HIV test results. *Am J Psychol.* 1999 Summer;112(2):297-311. PMID: 10696276.

Impact Bias

- Sense-making: people are good at rationalizing why things happen to them
 - When something bad happens we initially feel unhappy but immediately start searching for the underlying reasons.
 - Once the cause is determined, we start to feel better
- Focalism: when people think about the impact of future event they tend to forget about all the other things that are going on in their lives
 - The event we are imagining will likely be overshadowed and impacted by all sorts of other events that happen at the same time.

Impact Bias

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 - The event we are imagining will likely be overshadowed and impacted by all sorts of other events that happen at the same time.
- Examples
 - Patient with upcoming AKA focuses on lack of mobility, but there are many things they can still enjoy in life, so they overestimate the impact
 - 3rd year student studying for board exam



Hedonic Adaptation

- The process of becoming accustomed to a positive or negative stimulus such that the emotional effects of that stimulus are attenuated over time.
- Lottery winners vs people injured resulting in quadriplegia or paraplegia
 - \$1M in the IL state lottery, (1-18 months ago)
 - Catastrophic accident resulting in spinal cord injury (1-12 months ago)
 - How much pleasure they had in life's normal things and how happy they were



• Brickman, P., Coates, D., & Janoff-Bulman, R. (1978). Lottery winners and accident victims: Is happiness relative? *Journal of Personality and Social Psychology*, 36(8), 917–927. <https://doi.org/10.1037/0022-3514.36.8.917>

Hedonic Adaptation

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 - How much pleasure they had in life's normal things and how happy they were.
 - “How Happy you are”
 - ❖ Accident group (2.96) vs Lottery winners (4.0)
 - Life Pleasure scores
 - ❖ Accident victims (3.48) vs Lottery winners (3.33) vs Controls (3.82)



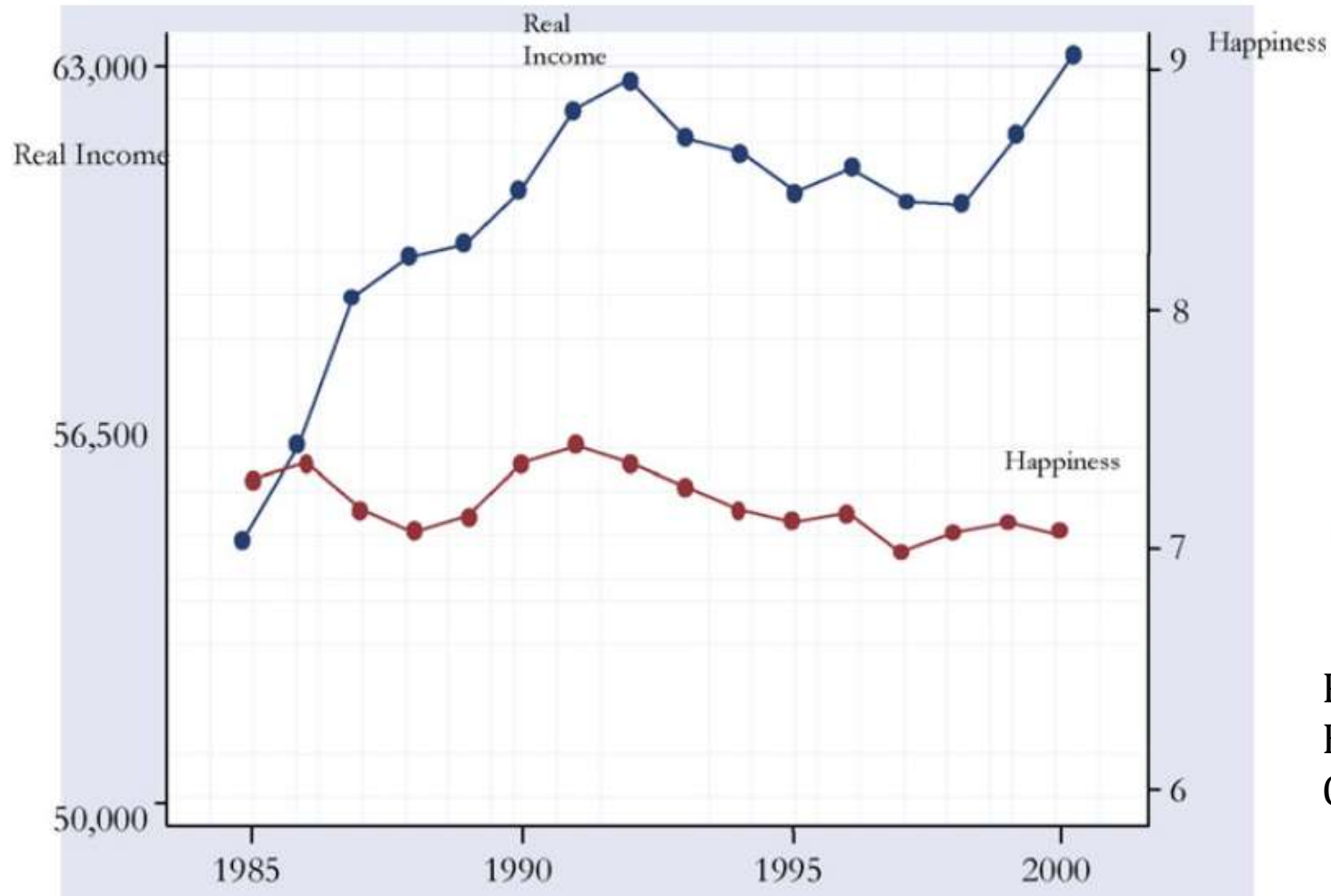
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Hedonic Adaptation

- The process of becoming accustomed to a positive or negative stimulus such that the emotional effects of that stimulus are attenuated over time.
- People get used to things (good or bad)
 - Wonderfulness or terribleness of something wears off.
 - Getting into Med School/2nd month of med school
 - Match day/2nd month of intern year
 - First week of a rotation/last week of a rotation

Hedonic Adaptation

- Salary



R. Di Tella et al. Journal of Economic Behavior & Organization 76 (2010) 834-852

Fig. 3. The graph plots average real income and happiness (on a 0-10 scale) for a group of 7812 individuals who are followed from 1985 to 2000.

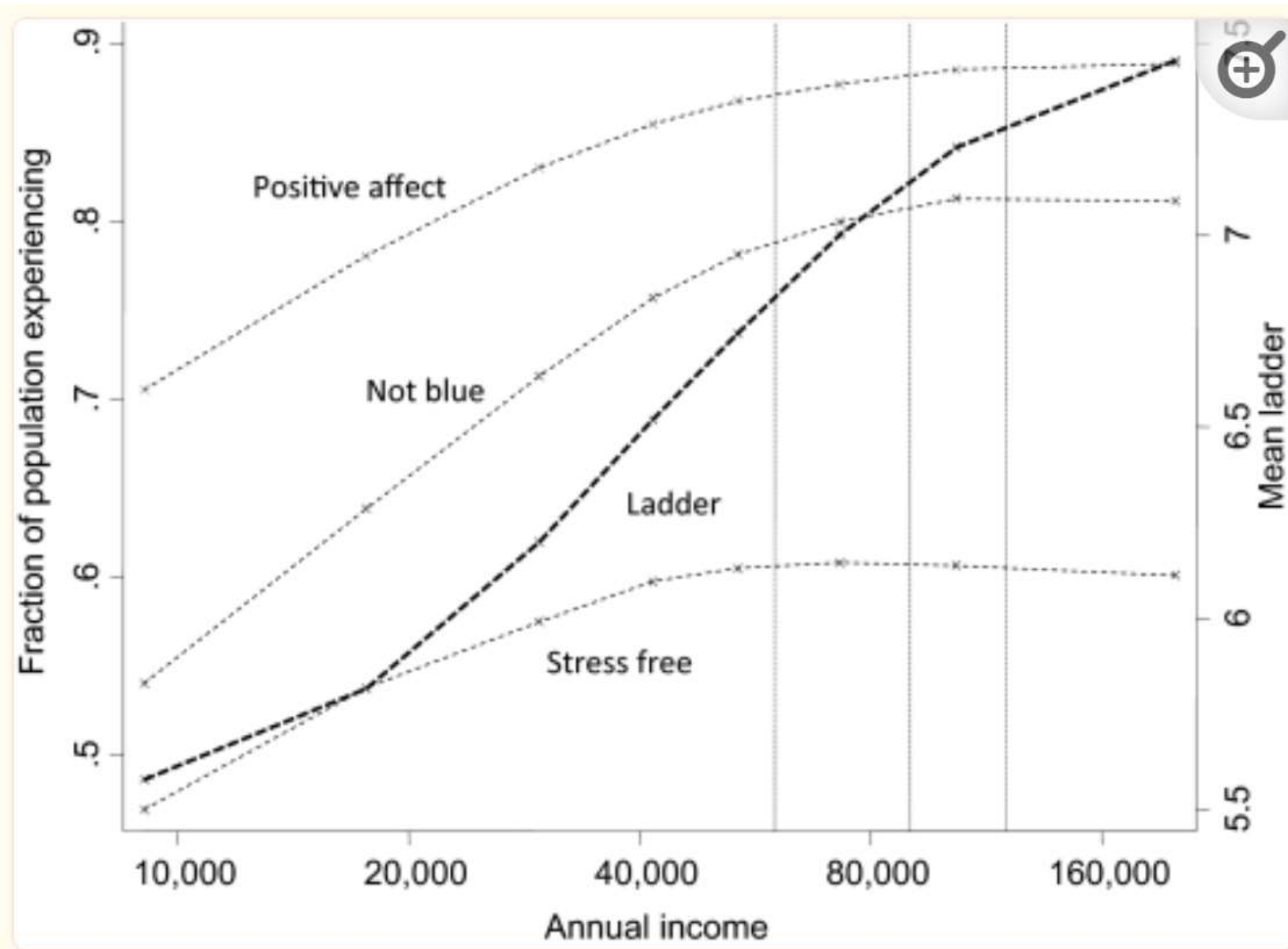
Happiness and Income

- Salary
 - 450K Americans, analyzed how income compared to happiness and an individual's life evaluation. “How satisfied are you with your life?”
 - Incomes >75k in 2008 dollars
 - In 2023 it would be >\$107k



[Proc Natl Acad Sci U S A.](#) 2010 Sep 21; 107(38): 16489–16493. Published online 2010 Sep 7. doi: [10.1073/pnas.1011492107](https://doi.org/10.1073/pnas.1011492107)

Happiness and Income



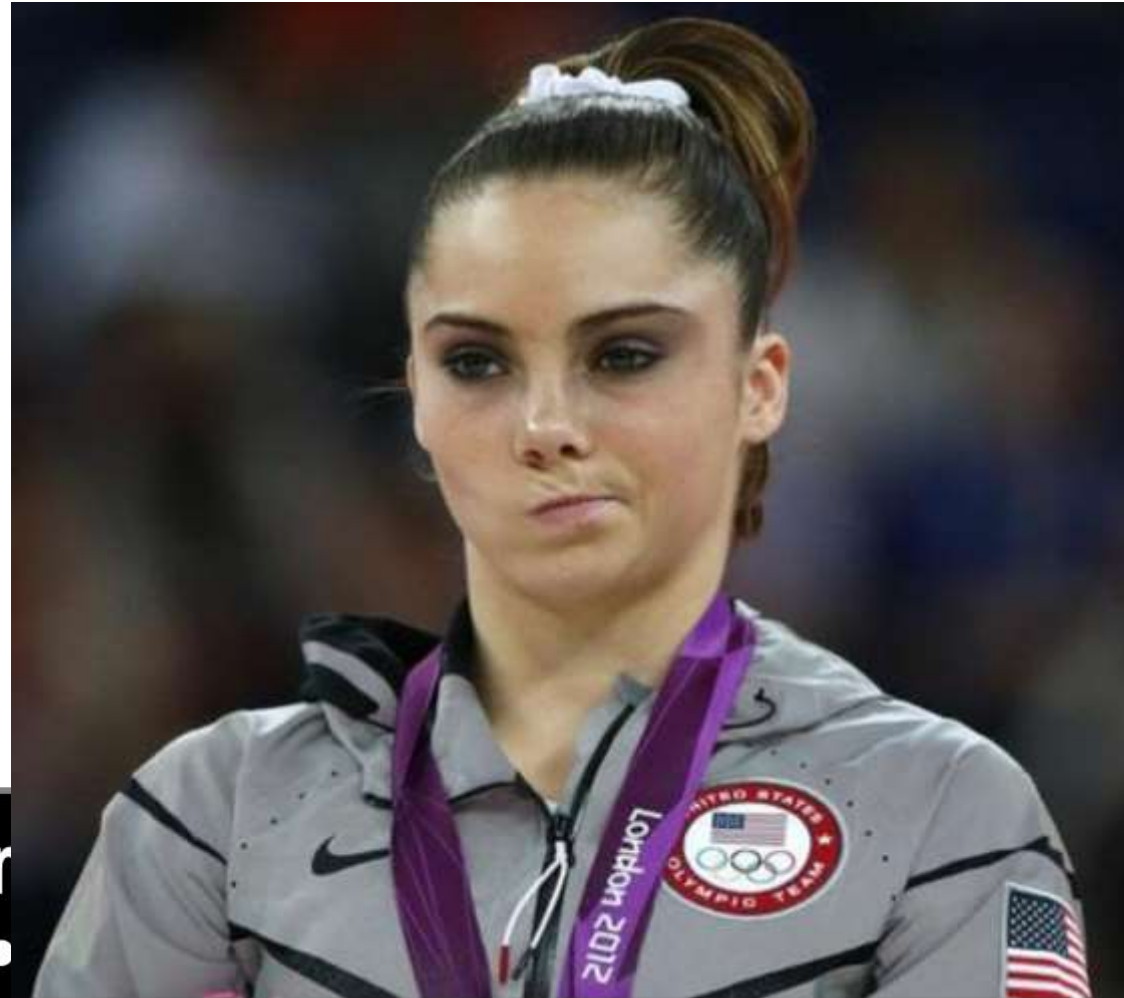
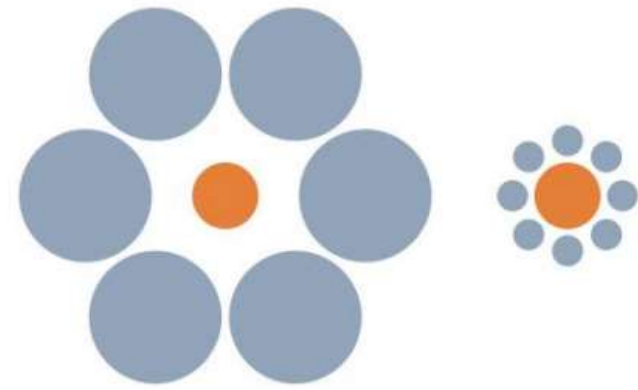
[Proc Natl Acad Sci U S A.](#) 2010
Sep 21; 107(38): 16489–
16493. Published online 2010 Sep
7. doi: [10.1073/pnas.1011492107](https://doi.org/10.1073/pnas.1011492107)

Impact Bias and Hedonic Adaptation

- Your well-being will adapt to your circumstances, so consider this when
 - You are forecasting how you will feel when
 - Buying something
 - Traveling
 - Getting your board scores
 - Match Day
 - Starting Residency
 - Finishing residency
 - Something good or bad happens
 - Minimize impact bias, focalism,

Reference Points and Happiness

- We use Reference Points
- Rank the order of happiness in athletes on Olympic stand
- A: Gold, Silver, Bronze
- B: Silver, Gold, Bronze
- C: Bronze, Silver, Gold
- D: Gold, Bronze, Silver



Reference Points and Happiness

Video review of faces of Olympic athletes after medal announcement were evaluated and again on the medal stand

Ranked 1-10 on happiness scale
(1 is “agony” 10 was “ectasy”)

Immediately following results:

Silver medalists scored a 4.8

Bronze medalists scored a 7.1

At medal ceremony:

Silver medalists scored a 4.3

Bronze medalists scored 5.7.



Medvec, V. H., Madey, S. F., & Gilovich, T. (1995). When less is more: Counterfactual thinking and satisfaction among Olympic medalists. *Journal of Personality and Social Psychology*, 69(4), 603–610. <https://doi.org/10.1037/0022-3514.69.4.603>

Reference Points and Happiness

Facebook users

More facebook use correlated with lower self esteem

Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3(4), 206–222. <https://doi.org/10.1037/ppm0000047>

Living next door to a lottery winner

Dutch lottery winners of a BMW resulted in their neighbors being 2x more likely to buy a new car in the next year compared with baseline rate.

Kuhn, Peter, Peter Kooreman, Adriaan Soetevent, and Arie Kapteyn. 2011. "The Effects of Lottery Prizes on Winners and Their Neighbors: Evidence from the Dutch Postcode Lottery." *American Economic Review*, 101 (5): 2226-47. DOI: 10.1257/aer.101.5.2226



Actions and thoughts that can impact Happiness

Invest in experiences vs fancy stuff

Experiences don't stick around so they aren't subject to Hedonic Adaptation

"Make this day your last"

Thinking about losing something makes you like it more

Gratitude!

Resetting your reference points

Don't compare yourself to others



Meaningful Life

- People with meaningful lives have high life satisfaction
 - Pleasurable lives have negligible contribution, highly engaged lives have higher life satisfaction scores
- Meaningful lives: Know what your signature strengths are and using them in something larger than yourself.
 - Spending 20% of your day doing what you find most meaningful lowers your burnout risk



Shanafelt TD, West CP, Sloan JA, Novotny PJ, Poland GA, Menaker R, Rummans TA, Dyrbye LN. Career fit and burnout among academic faculty. Arch Intern Med. 2009 May 25;169(10):990-5. doi: 10.1001/archinternmed.2009.70. PMID: 19468093.

Meaningful Life



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Additional resources

- The Happiness Lab Podcast



- The power of regret podcast



- The Art of Happiness podcast



- The Science of well-being



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ACOI Mission

As the premier community for osteopathic internists, ACOI provides leadership, networking, and education to help our members be successful and stay true to why they pursued medicine.





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In the spirit of collaboration with colleges of medicine around the country, the ACOI hosts virtual student monthly leadership meetings open to all 46 ACOI student internal medicine clubs throughout the nation. The **Student Osteopathic Leadership in Internal Medicine and Dialogue (SOLID)** program hosts presentations and subsequent discussions designed to bring college medical club leaders and medical students together with ACOI leadership and mentors. These meetings are free of charge for all ACOI student members.

Inspired by the success of both ACOI's Virtual Visiting Professors Program and the student education programming offered annually as part of the Convention & Scientific Sessions, the goal of the SOLID program is to connect more frequently with chapters and to help osteopathic internal medicine programs be successful.

The program provides students support to navigate some of the most common hurdles and stressors they face, such as passing board exams and residency programs. The monthly education sessions and interactions focus on a variety of topics that assist club leaders in building strong supportive club thought leadership from other ACOI student chapters throughout the country.



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