

*UNIVERSITY  
OF ROCHESTER*

# *WOMEN'S SUMMIT*

MARCH 27-29, 2025 | NEW YORK, NY

**PRESENTED BY:**

WOMEN'S NETWORK

SCHOOL OF MEDICINE AND  
DENTISTRY: WOMEN IN MEDICINE

SIMON WOMEN'S ALLIANCE

# Take good care

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# Wellbeing & Uncertainty

- The distance between knowing and not knowing
- Recapturing regulation (see “hacks” at end of session)
- Human tendency to plow through
- Redefining “resilience” & “mindfulness”



Photo by [Ryan Wu](#) on [Unsplash](#)

# Wellbeing & Uncertainty

- Being mindful—even grateful—of each of our present experiences allows us to build from them and move forward
- What we tell ourselves matters



# Getting unstuck through story (5-6 mins)

- Just Bloom Storythinking  
<https://www.justbloomschool.com/about>
- Research with military (VUCA scenarios)
  - Volatile, uncertain, complex, ambiguous
  - Plot twist journaling
- Applied to leadership, business, health care, and most importantly education (grades 3 through higher ed) to build creativity and resilience

## Reset your emotions:

Visualize a time that you adapted when things went wrong. What did you expect, what happened, and how did you respond?

Write that story down, in detail. Give it a title.

This story, **when repeated often**, helps you build forward momentum. When you're ready to execute a new plan and feeling those nerves, look back at that story.

You're ready and able to adapt.

Remember, **you've done this before. Go.**

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# Questions For Our Experts . . .

How Do You Balance  
Work/Home Life?



# Questions For Our Experts. . .

What Prevents You From Burn Out?





# Questions For Our Experts . . .

Strategies For Preventing or  
Avoiding Burn Out?



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# Wellness “Hacks” To-Go

- Breathe: intermittent long, deep, belly; exhale > inhale; 4X4 or 4-7-8
- Hydrate: drink a full (16-20oz) glass of tepid water when you get up
- Sleep: follow routine & “rules”; cast off stressors by journaling or to-do list; try cognitive redirection to quiet mind (e.g., alphabet game)
- Regulation: tongue to roof of mouth; havening, self-hug, rocking; chanting, singing, humming; practice desired mood state; forced laughing; meditation
- Perspective shift: gratitude action, narrative exercises, nature/awe, service to others, self-compassion
- Posture: chin tuck & hold; shoulders up/back/down; arm/chest opening; smile; ground feet; move
- Connection: people, meaning, & purpose; safety, hope, & joy!
- What else?

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