

The Journey of Self-Development: Building Resilience and Well-Being for Oncology Teams

**The Journey of Self-Development:
Building Resilience and Well-Being for
Oncology Teams**

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2026 NCODA Spring Forum

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OBJECTIVES

1. Explain the established connection between clinician well-being and patient outcomes in oncology care.
2. List the six pillars of lifestyle medicine and six resilience drivers relevant to oncology clinician well-being.
3. Describe how to attain emotional regulation in the clinical setting to reduce burnout.
4. Interpret how peer support mechanisms function as protective factors against burnout.

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DISCLOSURES

There are no relevant conflicts of interest to disclose for this presentation for the following planners and speakers of this CE activity:

- Michelle Kirschner RN, ACPN, APRN-BC
- Kathy Washburn
- Mary K. Anderson, BSN, RN, OCN
- Tahsin Imam, PharmD


The following relevant financial relationships from the past 24 months have been identified and disclosed for the following planners of this CE activity:

- Debra Shapert, MSN, RN, OCN
 - GSK, USON, Nuvalent




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The Reality & Emotional Labor of Oncology Care



Values-system misalignment




Chronic emotional labor




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The Reality & Emotional Labor of Oncology Care



Under-resourced supportive care



Burnout as a predictable outcome, not a personal failure



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Shifting the Frame: What We *Can* Control

System change is slow

Personal agency is immediate

Evidence-based tools exist

Build your personal toolkit

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Lifestyle Medicine: An Evidence-Based Foundation

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A national ACLM study found:

- 43% lower likelihood of burnout
- 90% improved professional satisfaction
- 44% greater meaning and accomplishment
- 26% improved patient satisfaction
- 22% stronger clinician-patient relationships

Image © American College of Lifestyle Medicine. Used with permission. Source: www.aclm.org

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Q1

Which Lifestyle Medicine pillar do you feel is the most challenging for oncology team members to implement consistently?

1. Healthful nutrition
2. Physical activity
3. Restorative sleep
4. Stress management
5. Social connection
6. Avoidance of risky substances

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Introducing PAVING the Path to Wellness

Healthy Body: Physical Activity, Nutrition, Sleep

Peaceful Mind: Stress Resiliency, Attitude, Time Outs

Joyful Heart: Energy, Social Support, Purpose



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PAVING Novel Element #1: Time Outs



Source: Canva Stock Photos

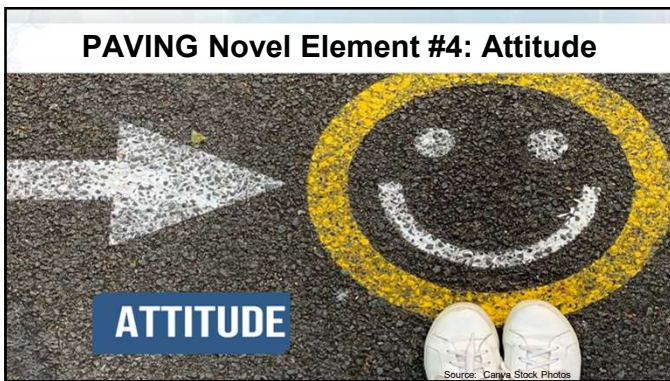
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Q 2

Which of the four **PAVING** strategies highlighted today feels most relevant for supporting your well-being right now?

- 1. Time Outs** — taking intentional pauses to reset and regulate
- 2. Variety** — introducing small changes to break autopilot and spark engagement
- 3. Energy** — protecting and replenishing physical, emotional, and cognitive reserves
- 4. Attitude** — choosing a mindset that supports resilience and meaning



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Bringing It Together

Lifestyle Medicine = the pillars
PAVING = the implementation


Together → a realistic, sustainable path to clinician well-being



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Source: Kathy Washburn



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Q 3

Which best describes your experience with the wellness resources or models available to you right now?

- a. I know they exist but rarely use them
- b. I use them but don't feel meaningfully better
- c. I don't have access to anything useful
- d. I have practices that genuinely work for me



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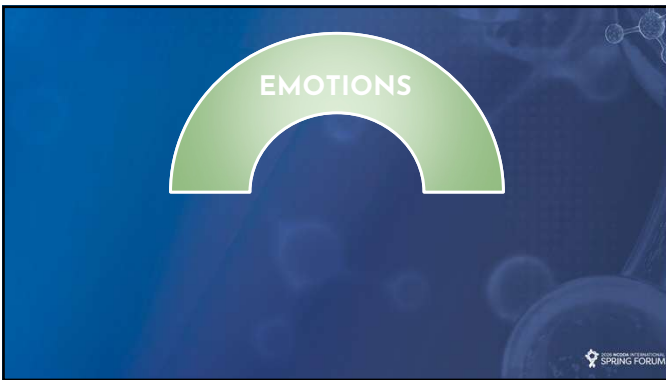
Q 4

How do you most often handle a difficult emotion during a shift?


- a. I acknowledge it and move on quickly
- b. I push it down and deal with it later
- c. I don't have time to notice — I'm already on the next thing
- d. I have a practice that helps me process in the moment



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EMOTIONS



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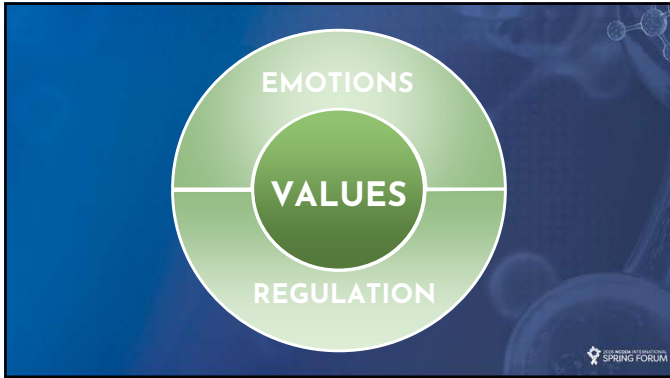


EMOTIONS

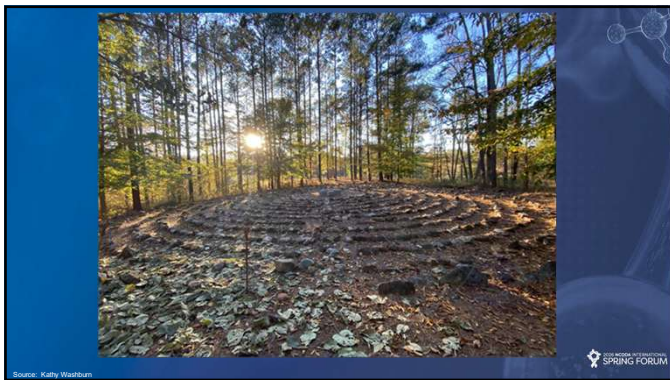
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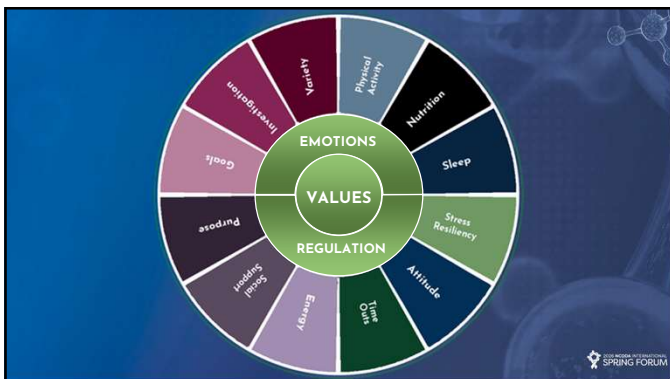
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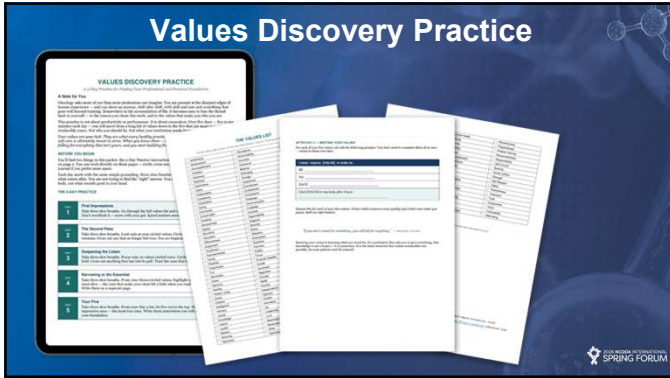


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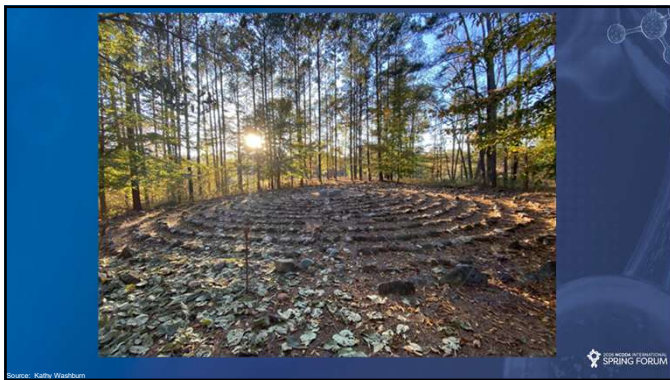


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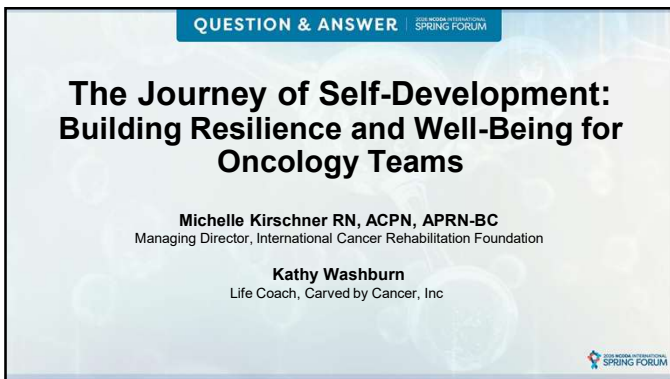
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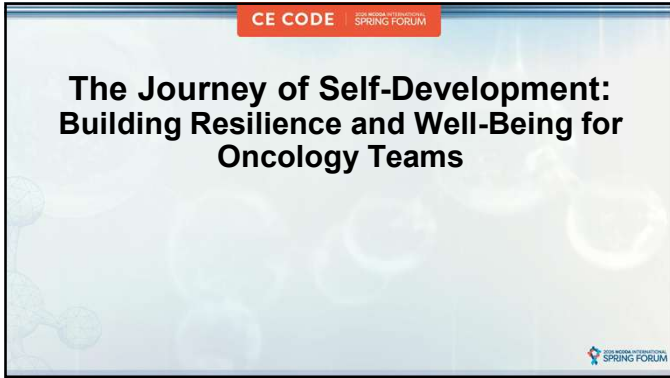
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