



**DR.** SHAHANA

Doctor | Speaker | Mother

**It was my honor to present to you  
today**



DR. SHAHANA

**Let's stay in touch!**

**Sign up for my email list at:  
[www.drshahana.com](http://www.drshahana.com)**



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Emotional health is the **gateway** to understanding our mental health

Feeling **chronically 'empty' or 'numb'** often a signal we need to pay attention too

**Burnout = Disconnection  
From your Emotions,  
Environment and Efficacy**

The results pyramid - you must change BELIEF before BEHAVIOR



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# Modelling - Tool - The Invisible Chalkboard

Builds on the **Trust Triangle (Logic, Empathy and Authenticity)**

You want to see “The Person Behind the Profession”

How?

- Two word check in - leader goes first - you can't say “fine” or “good”
- Share your favorite failure
- Know “FORD” for all your employees (family, occupation, recreation, dreams)
- Incorporate Peer to Peer recognition



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# Monitoring - Tool - The Optimal Health Pyramid

<https://drshahana.typeform.com/to/T6a4ijNN>

Tools: PHQ9 and GAD7 - first 2 questions of each

Catch the 'paper cuts and not the hemorrhage'

Questions like:

1. Do you pause before you react to your emotions?
2. Do you have 3 people in your life you can be yourself with?
3. Do you make time to move your body?
4. Do you find a time in your day to be quiet?
5. Do you feel like you make an impact?



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# **Me - The Inner Narrator**

## **Tool - “Radio”**

True self care is understanding your inner radio  
You can

1. Turn Down the Volume
2. Change the Channel

Pleasure vs Pain Response

Work by Dr. Anna Lembke “Dopamine Nation”

Summary: The more pleasure response you engage in, your brain will load the ‘pain’ side of the pendulum in an equal and opposite way. Therefore you will need more of a pleasure inducing stimulus each time



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## **Resources:**

How We Feel

Non Sleep Deep Rest/Yoga Nidra

The Happiness Lab Podcast

This is Depression Dr. McIntosh

Permission to Feel by Dr. Marc Brackett

## **Supplements:**

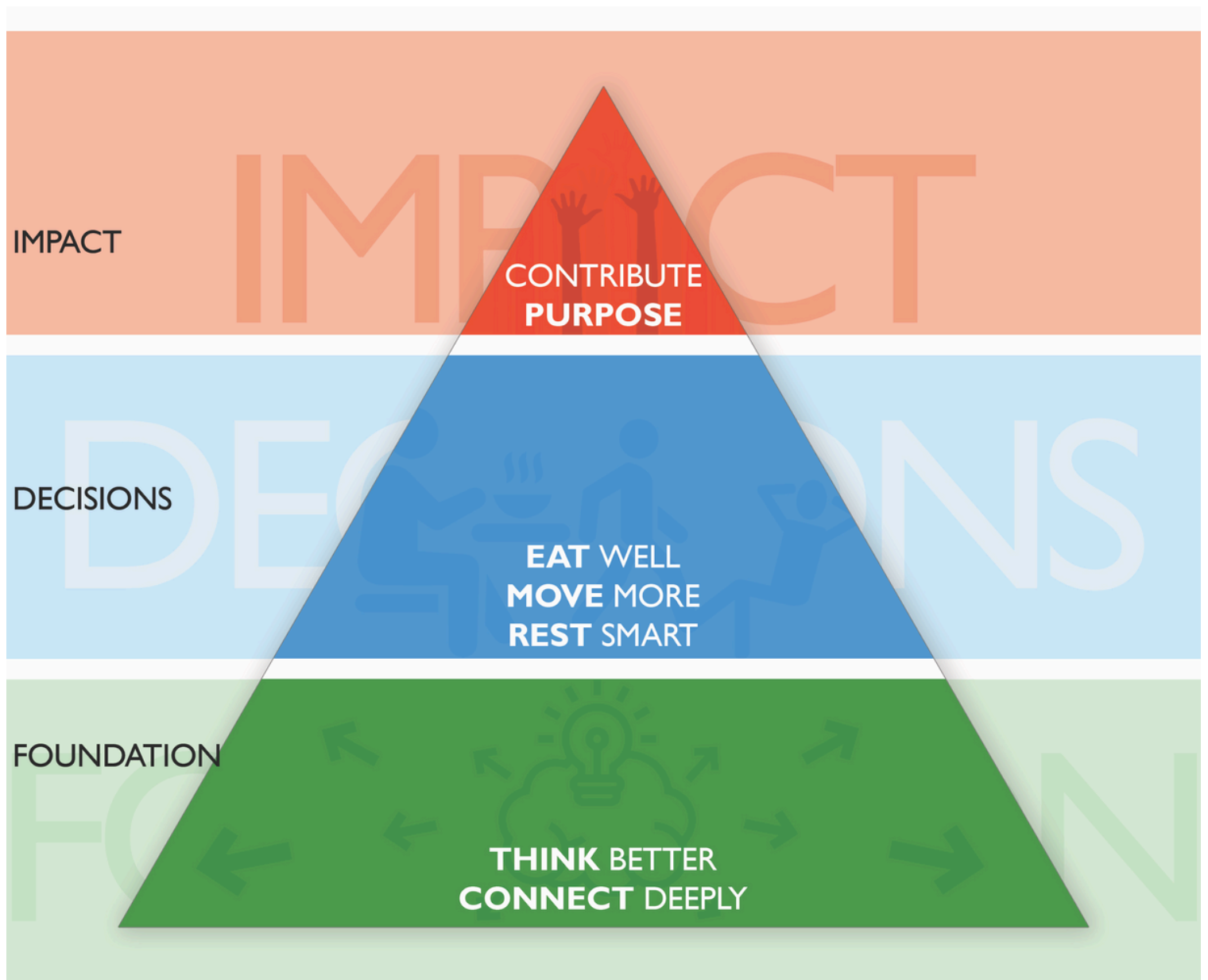
Magnesium Biglysinat

Omega 3 fatty acids

Vitamin D

L-Theanine (avoid if any sleep walking/talking  
or vivid dreams)

**\*Always check with your health care provider before taking any  
supplements**



[www.drshahana.com](http://www.drshahana.com)

Take the free Optimal Health  
Pyramid Quiz on my website

“For most of my life, I had ZERO control over my emotions . . . If I’d had the research-backed strategies Dr. Alibhai outlines for you in this book, I could have avoided a massive number of mistakes.”

—MEL ROBBINS, New York Times Bestselling Author



HOW UNDERSTANDING YOUR EMOTIONAL PALETTE  
CAN KEEP YOU FROM GETTING SWEEP AWAY

DR. SHAHANA ALIBHAI, MD, CCFP