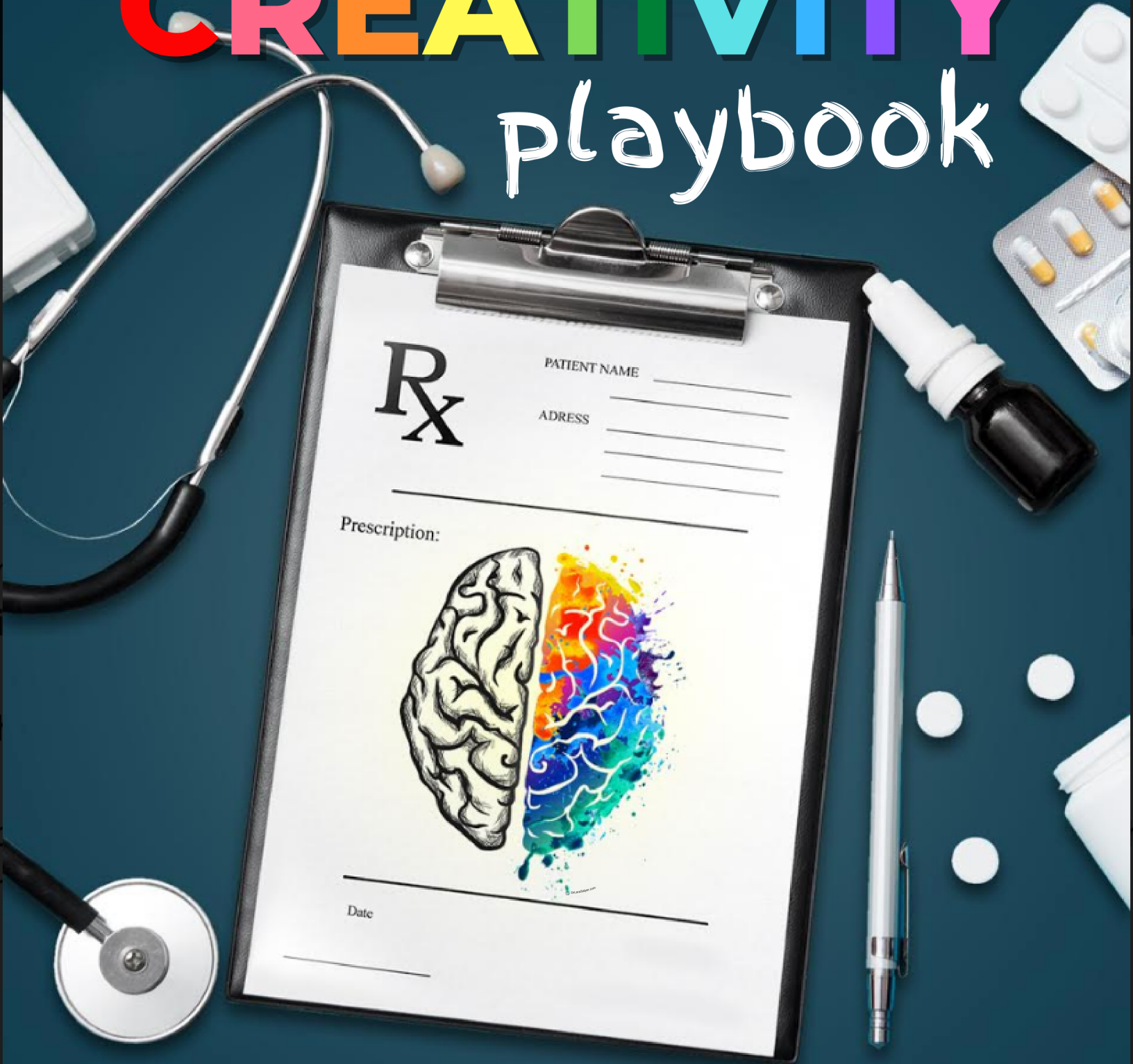


# Prescribing **CREATIVITY** playbook



**LARA SALYER, DO, IFMCP**

DrLaraSalyer.com

Which Catalyst

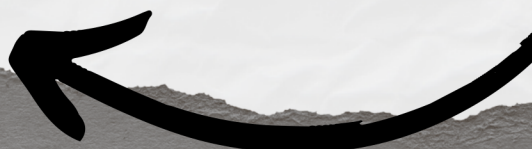
Archetype

ARE YOU?

Uncover your unique archetype and learn how to channel **creativity and flow** back into your work/life. Each result matches you to a **customized archetype guide**. It's like a User Manual for your inner creative muse! You'll identify your strengths, vulnerabilities, likely cause of burnout, most efficient time management tips & **ideal play activity!**



Get your Guide!



# burnout index

Depersonalization and Cynicism



Low perceived Achievement

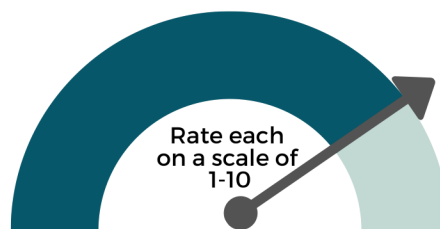


Emotional Exhaustion



The first sign of trouble is a persistent feeling of frustration, which leads to lack of motivation, and eventually burnout. Use this tool to **spot burnout before it takes root.**

1 = strongly disagree



10 = strongly agree

I am **PASSIONATE** about what I'm doing every day

I resonate with the **MISSION AND PURPOSE** of my work.

I feel **CURIOUS** about my work every day.

It's possible to **ENDLESSLY IMPROVE** at what I'm doing.

I am satisfied with my **AUTONOMY** over this work.

I feel supported in my work **COMMUNITY**.

I believe my level of **REWARD** is just.

The **AMOUNT OF WORK** is appropriate.

I feel my work duties are **FAIR**.

81-90 Tip top shape  
70-80 Good enough  
60-69 Fair for a while  
< 59 Get help soon

**Total:**

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**If you notice lower scores in certain areas, ask yourself:**

- Can you change anything about your **physiology**
- Can you **decrease work complexity** to improve this score
- Can you change your **work environment** in any way
- Can you **reframe your perspective** on this as a temporary struggle
- Can you wrap this into a larger goal or **milestone with an end**
- Can you eliminate or **outsource** any tasks

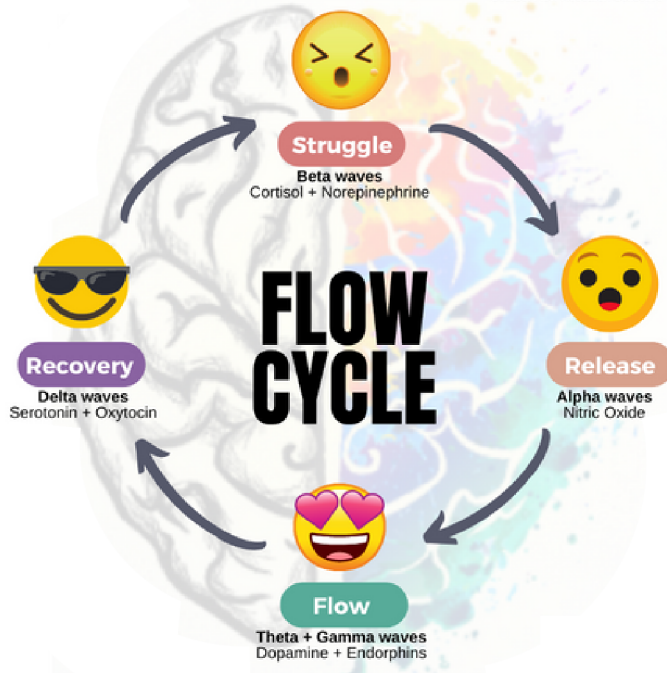
Make **adjustments and repeat** this scoring in several months.



Neuroscience tells us that when we are in a state of flow, our brains produce all five neurotransmitters of wellbeing, happiness and joy. We experience a feeling of selflessness, timelessness, richness, and effortlessness.

# creative flow

Source: Flow Research Collective



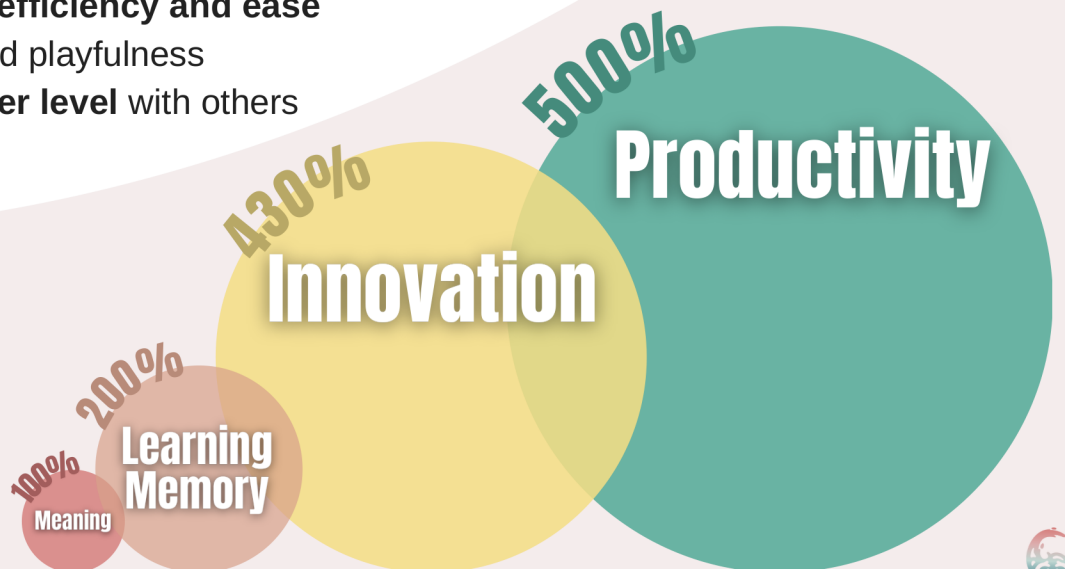
Most of the day, we utilize the executive (pre-frontal) cortex of our brain to analyze and make decisions. Meanwhile, our **creative (default) networks** of our brain are dampened. This means less spontaneous and effortless thinking happens when we are in a career that uses large amounts of executive functioning. Fortunately, our brains are **neuroplastic** and able to rewire new connections. We can learn and adopt the keystone characteristics of creative individuals and maximize our flow!

Regular creativity helps you

- ✓ make **decisions that align** with values
- ✓ improve **cognitive flexibility**
- ✓ live with **less stress**
- ✓ perform with more **efficiency and ease**
- ✓ have **more fun**, and playfulness
- ✓ connect on a **deeper level** with others

## #6thVitalSign

When you learn how to harness FLOW:



# The AHA™ method

## Retro-engineering burnout to create flow

Everyone will be touched by burnout at some point in their career and relationships. The opposite of burnout is flow. Applying this 3 step framework helps us prevent and process burnout by addressing the root causes of this condition.

### If burnout is...

Depersonalization  
and Cynicism



Low perceived  
Achievement



Emotional  
Exhaustion



### We solve with...

**Anchor** into personal  
mission and motivation

**Highlight** meaningful  
milestones

**Activate** embodied  
energy and flow

### Warm-up prompts to get started:



#### Anchor

- What do I want this (*my health, my career, this relationship*) for?
- Have my core values shifted so that my motivation feels misaligned?
- What do I want to be known for in 20 years? (see "Personal Proclamation")
- Who can I count on for support and community?



#### Highlight

- What small and big things am I proud of currently?
- What can I say "no" to that would open up more space in my life?
- What (*people, things, events*) am I grateful for that help preserve my wellbeing?
- When was the last time I felt immense pride?



#### Activate

- How do I move emotions through my body?
- When was the last time I felt "in the zone" or in deep flow state?
- How can I nourish my body to help dampen my stress and cortisol?
- Where in my day can I carve 5 minutes for free play?





Anchor your purpose and mission by writing your

# Personal Proclamation

## EXPLANATION

When we operate from our deepest core values, we create a life that we're proud of. We wake up with clarity and certainty as decisions become meaningful and congruent. We become anti-burnout. Revisit this exercise every time you pass a new milestone in life.

I chose a career in healthcare because I believe that humankind needs \_\_\_\_\_  
what draws you to medicine

I'm especially interested in helping those with \_\_\_\_\_  
describe your favorite patient type

find \_\_\_\_\_ so they can \_\_\_\_\_  
what will you help them with what can they do under your care

I understand the commitment it takes to pursue a career in the healing arts, and I accept the stress and sleepless nights as the price of admission. However, I will not forget my values of \_\_\_\_\_,  
core value #1

\_\_\_\_\_, and \_\_\_\_\_. Certainly, intelligence and  
core value #2 core value #3

resilience are important, but I will proactively seek opportunities for play and creativity, especially \_\_\_\_\_.  
what hobbies or activities are important to you

I'm dedicated to taking care of myself by monitoring for personal signs of burnout which feels to me like \_\_\_\_\_,  
where in your body do you feel sadness or grief

\_\_\_\_\_, or \_\_\_\_\_. When this happens,  
where else in your body do you feel sadness or grief

I'll remind myself to \_\_\_\_\_  
what can you do to feel better or more grounded

and I will contact \_\_\_\_\_ to get supportive  
person, club, or organization

accountability. I will work hard in this prestigious career, but I will not let myself disappear underneath it. Decades from now, I will be known as a person who was \_\_\_\_\_,  
adjective \_\_\_\_\_,  
adjective

and \_\_\_\_\_.  
adjective

Signed: \_\_\_\_\_

Date: \_\_\_\_\_





# Catalyst™ Flow Checklist

is your work/life masterpiece primed for flow?

## flow disruptors

- fragment your attention
- drain cognitive energy

- Frequent interruptions
- Excess external stimulation
- Lack of natural (outside) view
- No autonomy over schedule
- Non-nutritive food options
- No psychological safety
- External locus of motivation
- High volume of low value tasks
- Overloaded with tiny decisions
- Inefficient systems and processes
- Responsibility spread too thin
- Chronically stressful environment
- Chaotic sleep/wake patterns
- No reward for effort
- Detached from greater mission
- Indirect/passive communication
- Collaboration is discouraged
- Reliance on hyperproductivity
- Lack of regular check-ins

## flow enhancers

- produce dopamine
- reduce cognitive load

- Primary control over schedule
- Environment allows concentration
- Frequent completion of tasks
- Direct feedback of progress
- High self-efficacy and confidence
- Perception of being valued
- Gratitude is expressed
- Internal locus of motivation
- Clear goals defined
- Positive mood and affect
- Intermittent novelty
- Interoceptive embodiment expert
- Skills match the tasks at hand
- Well-formed automatic habit loops
- Clear systems of delegation
- Regular active recovery practices
- Open/respectful communication
- Upholds curiosity and flexibility
- Aligned to greater purpose/mission



# Additional resources to prescribe the 6th Vital Sign of Creativity

10 hrs of CME

Reclaim your inner creative Catalyst™! Learn the 3 step AHA! Method™ that combines tenets from the Flow Research Collective and the most effective cortisol-lowering modalities rooted in Functional Medicine and polyvagal psychology to emerge as a flow-channeled and anti-burnout physician and get **10 hours** of AMA PRA Category 1 CME credit(s)™ **Discount coupon!**

## Catalyst Reclamation™

Leverage the neuroscience of creative flow to rekindle your spark and find your joy again

10.00 hours  
AMA PRA Category 1  
CME Credits™



apply at checkout  
"KEYNOTE"



Let's play

## Podcast



## Socials

- @DrLaraSalyer
- @creativity.doctor
- DrLaraSalyer

## What's your Archetype?

Uncover your unique Catalyst Archetype and learn how to channel creativity and flow back into your work/life.)



My Book

#1 Best Seller

"Inspirational and heartwarming."

"Simply divine."

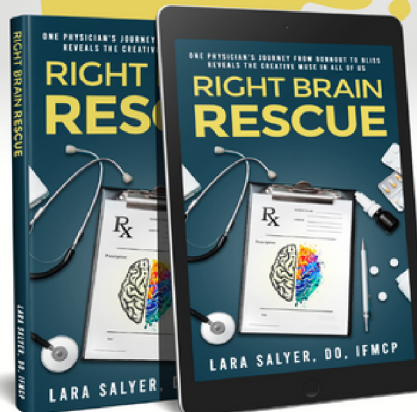
"Impossible to put down."

"I laughed, I cried. I kept on reading."

"Energizing and hysterical!"

"Required reading for every healthcare provider."

AVAILABLE on amazon



"This delightful book tells the quirky and intimate details of one brilliant, hysterical and observant physician's journey from wonder and glee to the black hole of burnout, and back again."

"Her writing style is delicious."

"Refreshing and honest."

"Laugh out loud FUNNY!"

"Authentic tale of physician burnout with a heroine you want to meet!"

"It's like she read my mind."





# You are a **CATALYST.**<sup>TM</sup>

As you **paint** your world  
in vivid colors of **originality**  
and **purpose**, you become  
a **masterful artist**  
who awakens this **magic** in others.

--Dr. Lara Salyer