


A middle-aged man with glasses and a goatee, wearing a white lab coat over a dark suit and tie, is looking directly at the camera with a surprised expression. He is holding three large, bright orange spheres. One is in his left hand, one is in his right hand, and one is floating in the air to his left. A stethoscope is visible around his neck. The background is a blurred hospital hallway with fluorescent lights.

# SPHERES OF CONTROL

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RYAN A. STANTON MD, FACEP

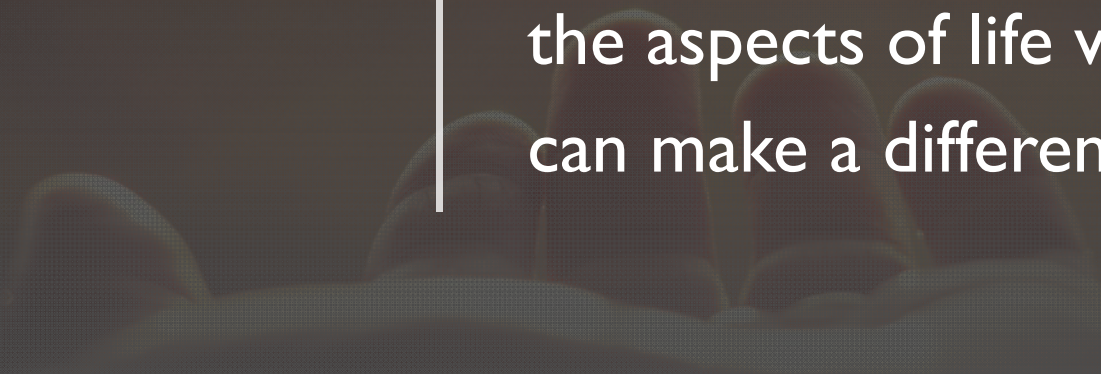


NO  
CONFLICTS...

# OBJECTIVES

- 1) Define the “3 spheres of control”
- 2) Look at examples of the extremes of “control”
- 3) Evaluate current state versus where we should be
- 4) “Control” strategies

- **“Worrying won’t change the outcome; it only steals your present joy.”** Sometimes, we stress about things **we can’t control**, forgetting that our focus should be on what we can enjoy in the moment. Worrying doesn’t alter the future, but it can ruin our today.

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- **“Let go of what you can’t control; focus on what you can change.”** Like trying to hold sand in your hands, some things slip away no matter how tight your grip. Redirect your energy towards the aspects of life where your efforts can make a difference.



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THE EXTREMES...



Control

Influence

No Control

THE EXTREMES...

TWEEN ENTREPRENEURS • THE YANKEES OF VIDEO GAMES

# Forbes

SEPTEMBER 30, 2018

**MORE LISTS!**  
TOP WEALTH ADVISORS  
AMERICA'S BEST COLLEGES  
HIP-HOP'S CASH KINGS  
MOST INNOVATIVE LEADERS  
2019 LUXURY CAR GUIDE

THE HOTTEST COMPANIES IN TECH'S HOTTEST SECTOR • THE CLOUD 100

BEZOS UNBOUNDED

AMAZON'S JEFF BEZOS  
"THERE ARE BUSINESSES WHERE THE MARKET IS LIMITED. WE DON'T HAVE THAT."

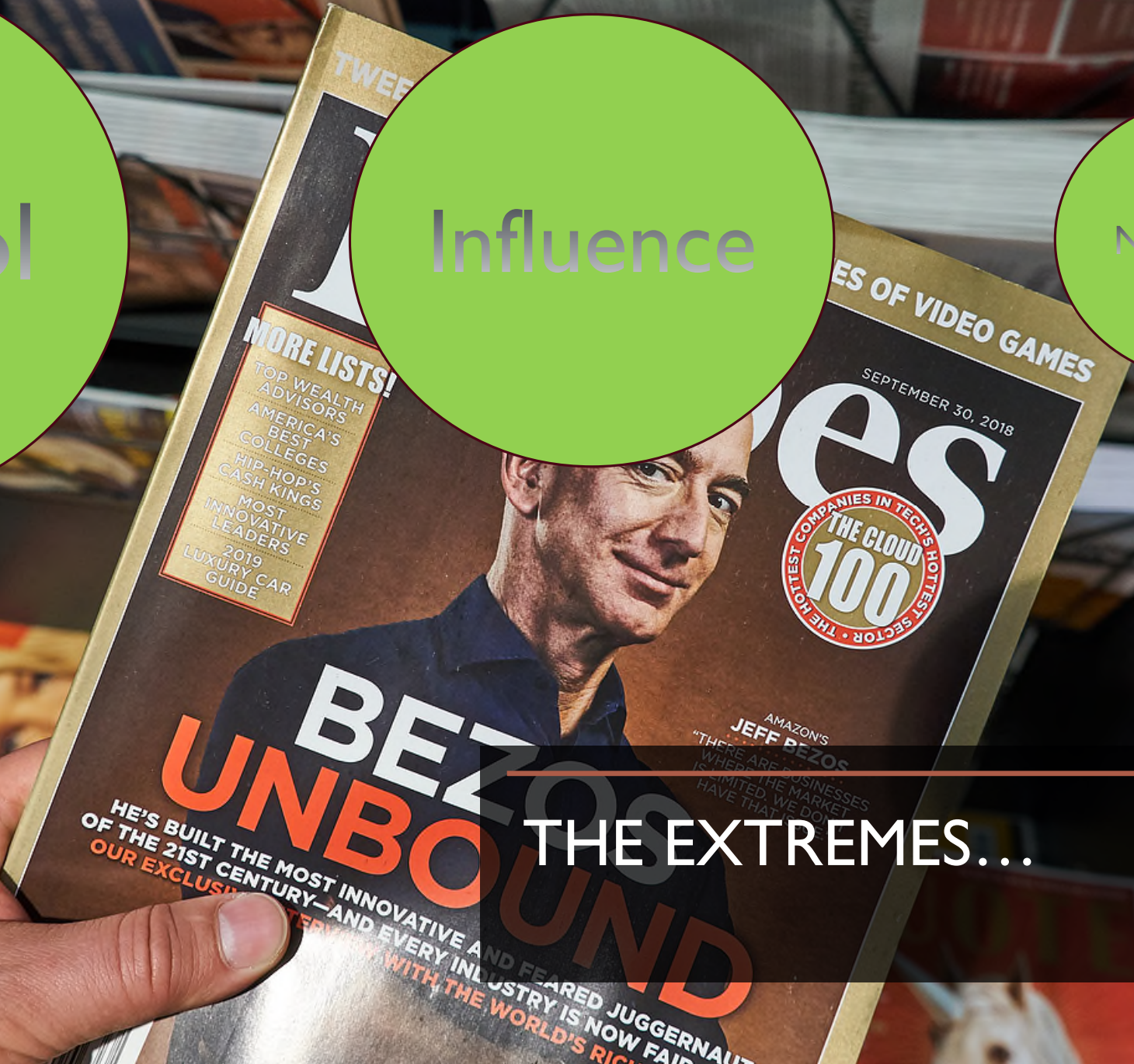
HE'S BUILT THE MOST INNOVATIVE AND FEARED JUGGERNAUT OF THE 21ST CENTURY—AND EVERY INDUSTRY IS NOW FAIRLY SURE HE'S HERE TO STAY WITH THE WORLD'S RICHEST

THE EXTREMES...

Control

Influence

No Control



THE EXTREMES...



**Somewhere in the middle...NCO**



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**SWINGING OVER YOUR WEIGHT CLASS...  
GIVE MORE...GET MORE**

# WHAT ABOUT EMERGENCY MEDICINE?

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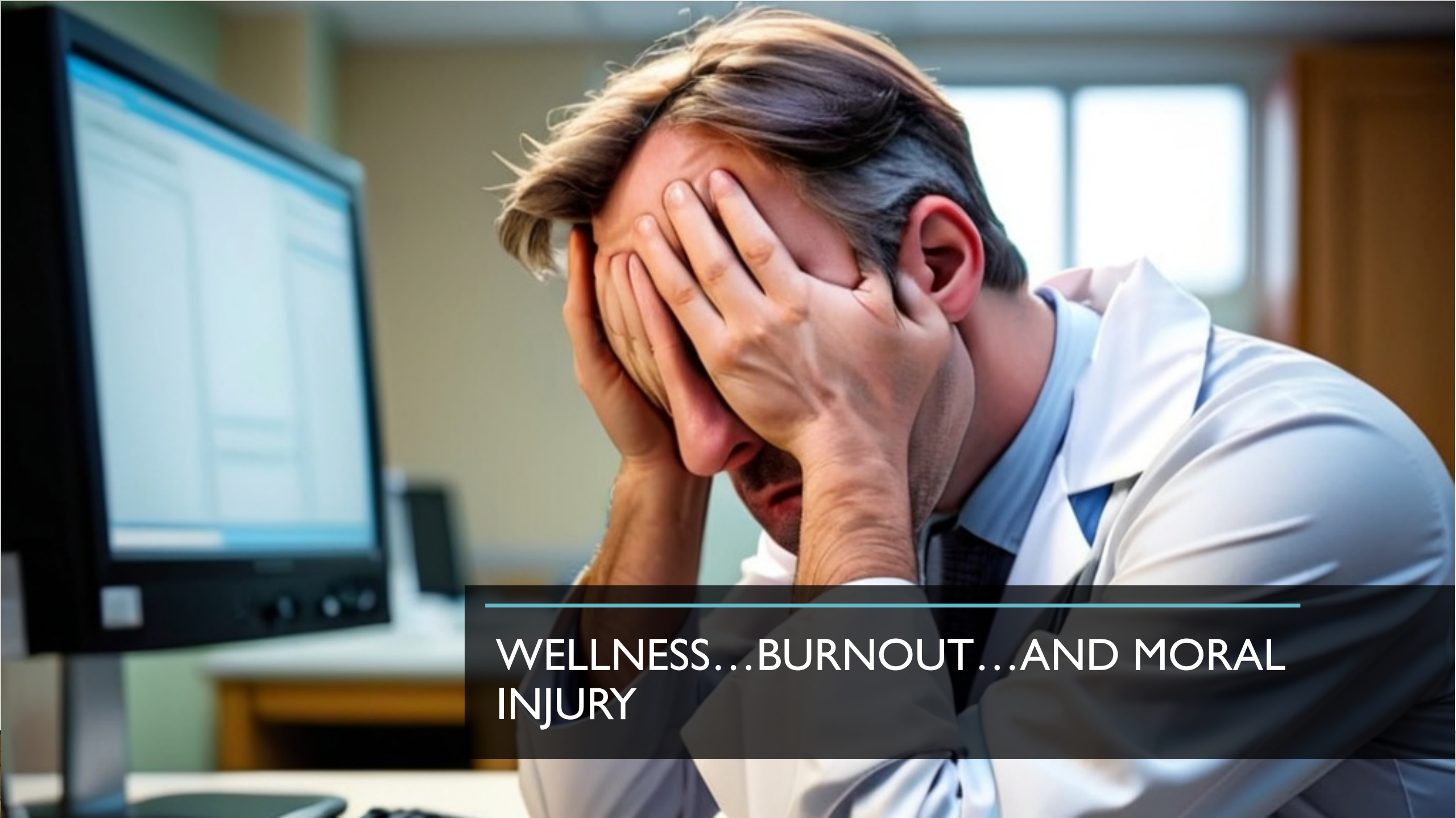
# WHAT ABOUT EMERGENCY MEDICINE?

- Control
  - Attitude, timing, clothing, responses, job
- Influence
  - Environment, throughput, experience, home, compensation
- No Control
  - Call-ins, staffing, patient flow, acuity, patient/family behavior, reimbursement

*"Do what you can, with what you have, where you are." - Theodore Roosevelt*

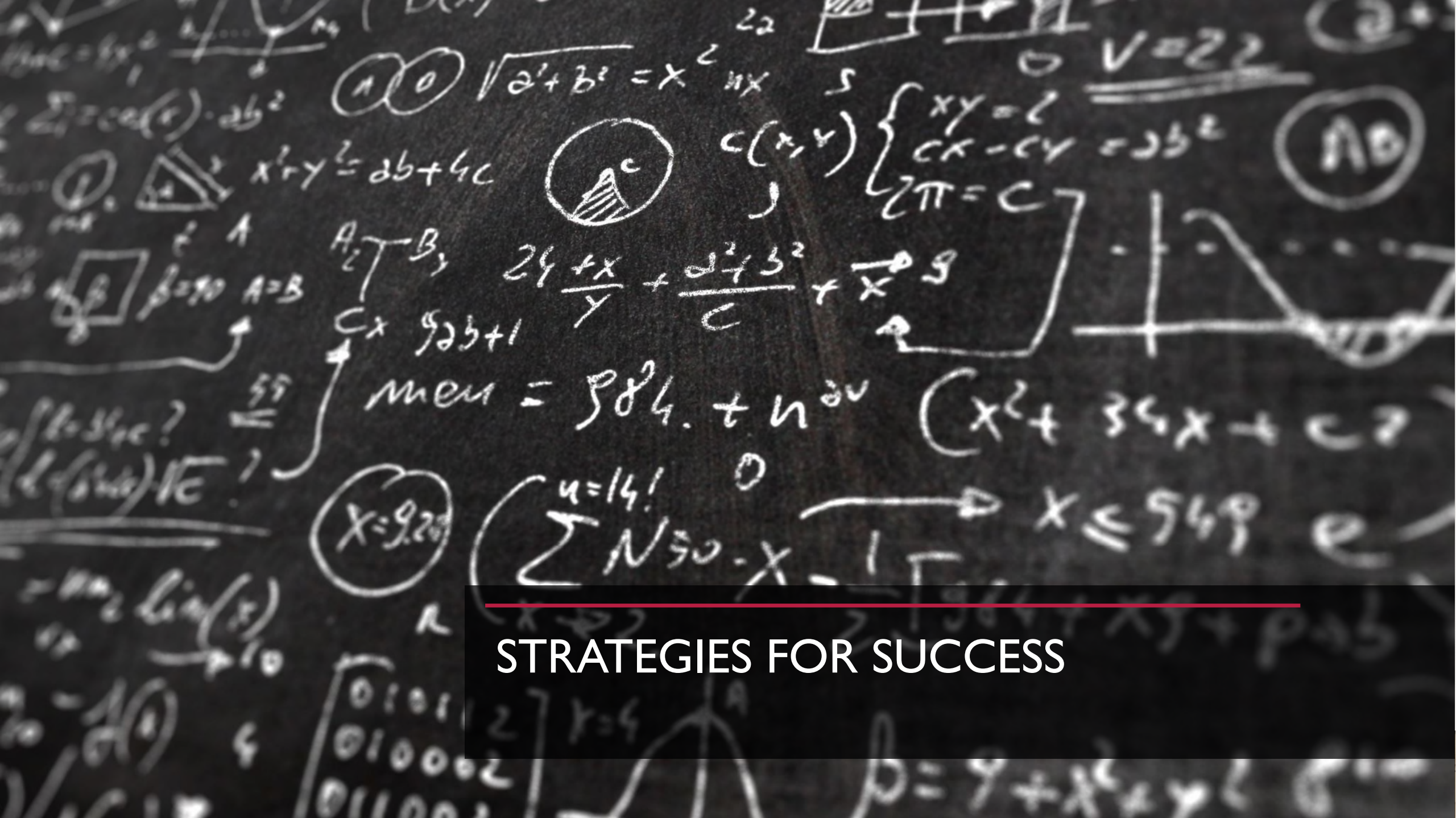
# SPHERES OF CONTROL IN EMERGENCY MEDICINE

- **Patient care**
  - Assessment, intervention, and disposition
- **Healthcare system**
  - The integral role of EM in the system, and yet often a misunderstood part
- **Environmental factors**
  - Emergency department and related healthcare environments
- **Corporate influence**
  - Vertical and horizontal integration of the healthcare system and how it impacts our careers



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WELLNESS...BURNOUT...AND MORAL  
INJURY



STRATEGIES FOR SUCCESS



# AWARENESS

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# STRATEGIES

- Identify
- Shifting Focus
- Mindfulness
- Conscious Breaks
- Reframing

# STRATEGIES

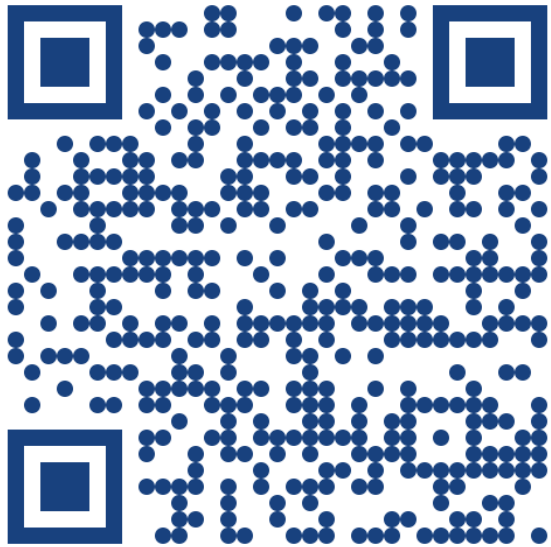
- Take Care of Yourself
- Family, Friends, and Hobbies
- Live for Today
- Control what you can, delegate what you need to, let go of things you can't.




CLOSURE...

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ACEP | Frontline  
with Ryan Stanton, MD, FACEP

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