



## **Sarah Samaan, MD, FACC Thriving Amidst Chaos**

Dr. Sarah Samaan is a cardiologist and 1988 Vanderbilt University School of Medicine graduate. She is also a registered yoga teacher and a physician coach with additional certification in mindfulness coaching and time management skills.

Dr. Samaan did her residency in Internal Medicine at the University of California, Irvine, and her cardiology fellowship at the University of New Mexico in Albuquerque. After serving on the UNM faculty and pursuing additional training in echocardiography and nuclear cardiology, she moved to the Dallas area where she practiced cardiology until 2022. After over 27 years in cardiology, she retired with the intention of pursuing her other life passions, including coaching other physicians, studying the arts, and competing in the equestrian sport of dressage.

Dr. Samaan practiced at the Heart Hospital Baylor in Plano, Texas, a tertiary care cardiovascular hospital in the Dallas area. She has served as Chief of Medicine and Chief of Cardiology at other busy hospitals in her community, and was a Physician Partner at the Heart Hospital.

Dr. Samaan is the author of three nationally acclaimed books for the lay public, including most recently the DASH Diet for Dummies, now in its second edition.

She is currently enrolled as a full-time Bachelors of Fine Arts student through Arizona State University, and plans to pursue a masters degree in Fine Arts after graduation. After completing this phase of her education, she hopes to teach the humanities to medical students and others in healthcare.

# Thriving Amidst Chaos:

Prioritizing Health, Self Care, and Mindfulness

Sarah Samaan, MD, FACC, FACP, FASE

Mindful Physician Coaching

# About Me



## Cardiologist

- Graduated in 1988
- In practice from 1994-2022
- Retired to pursue my other life passions

## Author

- Four books on heart health and diet
- Writer for GoodRx

## Yoga Teacher

- Discovered yoga in 1997 after a riding accident
- Mindfulness coach since 2021

## Physician Coach

- Master certified Physician Development Coach
- Expertise in Time Management



# Thriving Through Self Care

Why stress matters

Diet, exercise, and lifestyle

Mindfulness

Creating an action plan



# Sources of Chaos for Practice Managers

- Physicians
- Employees
- Patients
- Corporate Management
- Regulations
- Hospital scheduling





# The Impact of Stress

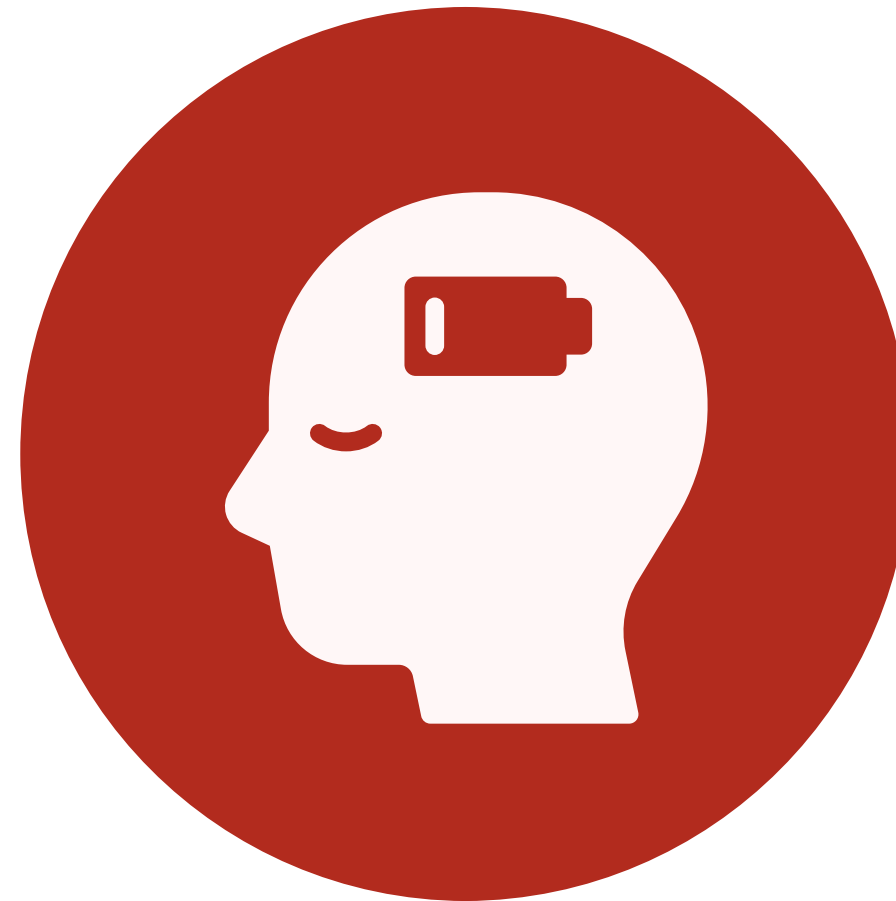
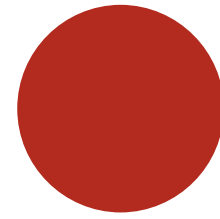
- Positive Stress
- Negative Stress



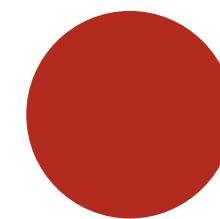


# Signs Of Burnout

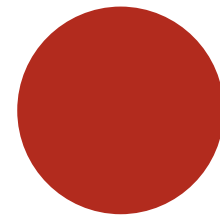
Exhaustion



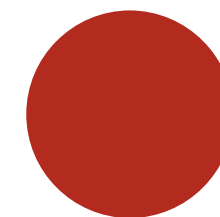
Loss of motivation



Cynicism



Frequent illness







# Burnout

- 74% of healthcare executives in 2022 felt burned out
- 80% of healthcare leaders reported increased stress
- 93% reported negative effects of burnout on their organizations

Sources: MGMA and WittKiefer Survey



# Burnout and the System



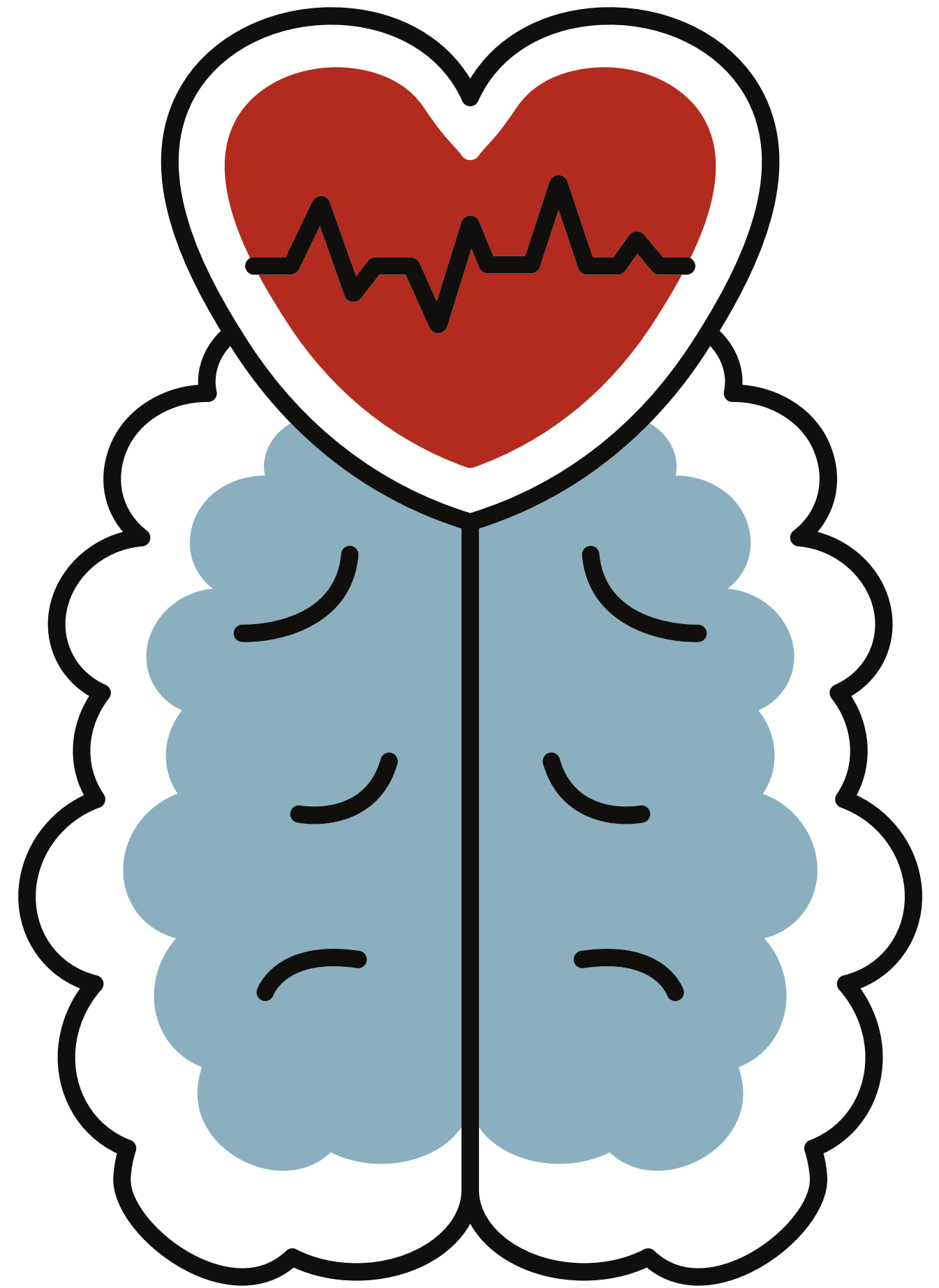


# Self Care

- Enhances focus
- Improves relationships
- Reduces stress
- Less burnout

# Acknowledging the Mind-Body Connection

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# Diet Impacts

- Health
- Mental clarity
- Energy levels
- Stress



# Ultra-Processed Foods: Nutritional Psychiatry

- Increased anxiety
- Sleep disturbance
- Depression
- Food addiction
- Alcohol use disorder
- Increased inflammation

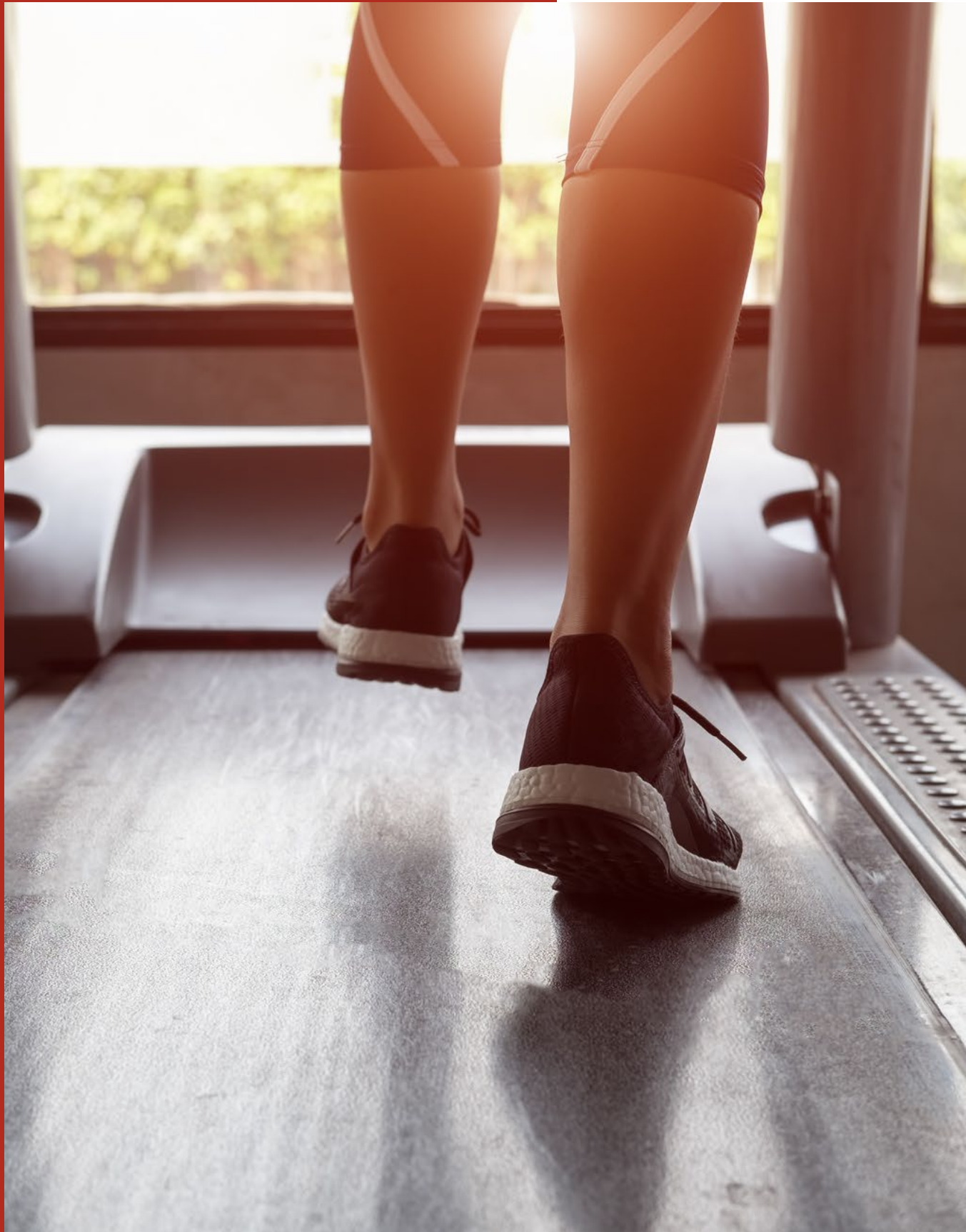






Caffeine?





# Exercise and health

- Lower risk of
  - heart disease
  - cancer
  - bone disease
  - dementia



# Exercise and Well-being

- Less anxiety
- Better sleep
- Improved immune function





# Are You Tired But Wired?

Stress, Burnout, and Sleep







# Poor sleep

- Caffeine too late in the day
- Stress
- Lack of exercise
- Alcohol
- Sleep apnea
- Poor quality diet



# Thriving Through Self Care

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Do I have to  
do yoga and  
meditate?!











"Mindfulness is the  
awareness that arises  
when we nonjudgmentally  
pay attention in the  
present moment"

Jon Kabat-Zinn, PhD.

- Professor of Medicine Emeritus at the University of Massachusetts Medical School
- Creator of the Center for Mindfulness in Medicine, Healthcare, and Society (1979)



# Mindfulness

1

Nonjudgment

2

Paying attention

3

Being in the  
present moment



Mindfulness is  
undistracted  
attention.







- A shift in mindset
- A tool for engagement
- A way to improve stress and health





# Health benefits of Mindfulness

Healthier lifestyle choices

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Less stress and anxiety

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Greater parasympathetic tone

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Better cardiovascular health

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Improved immunity

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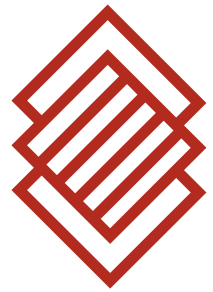


# Getting started with Mindfulness

- Set aside 3-10 minutes of quiet time.
- Observe the present moment as it is.
  - Sensations
  - Sounds
  - Breathing
- Notice thoughts and let them go.
- When your mind wanders, simply return to the present.



# Mindfulness Techniques



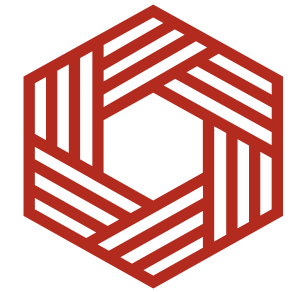
Breathing  
exercises



Body scan



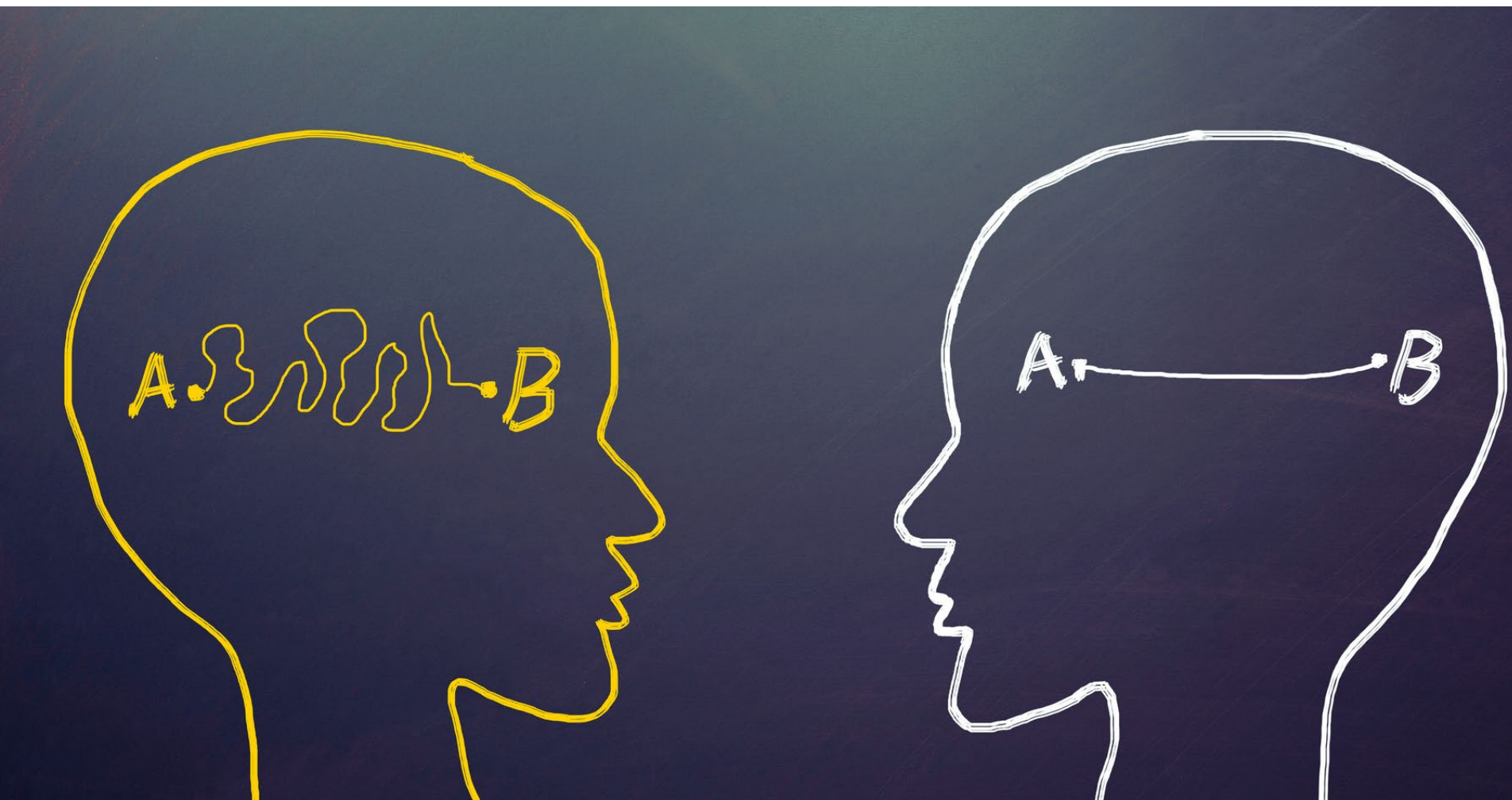
Joy and  
Gratitude



Meditation



# Mindful Communication



- Clear and compassionate
- Active listening
- Nonjudgment
- Practice gratitude



# Mindful Decision Making

- Take a pause
  - nonjudgment
- Define the question
  - paying attention
- Reflect
  - being in the present moment



# Mindful Time Management

- Prioritize tasks
- Single tasking
- Take a transitional pause
- Time blocking
- Reflection





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# Create your own plan

- List your realistic goals
- What are you doing well?
- What changes will you make?

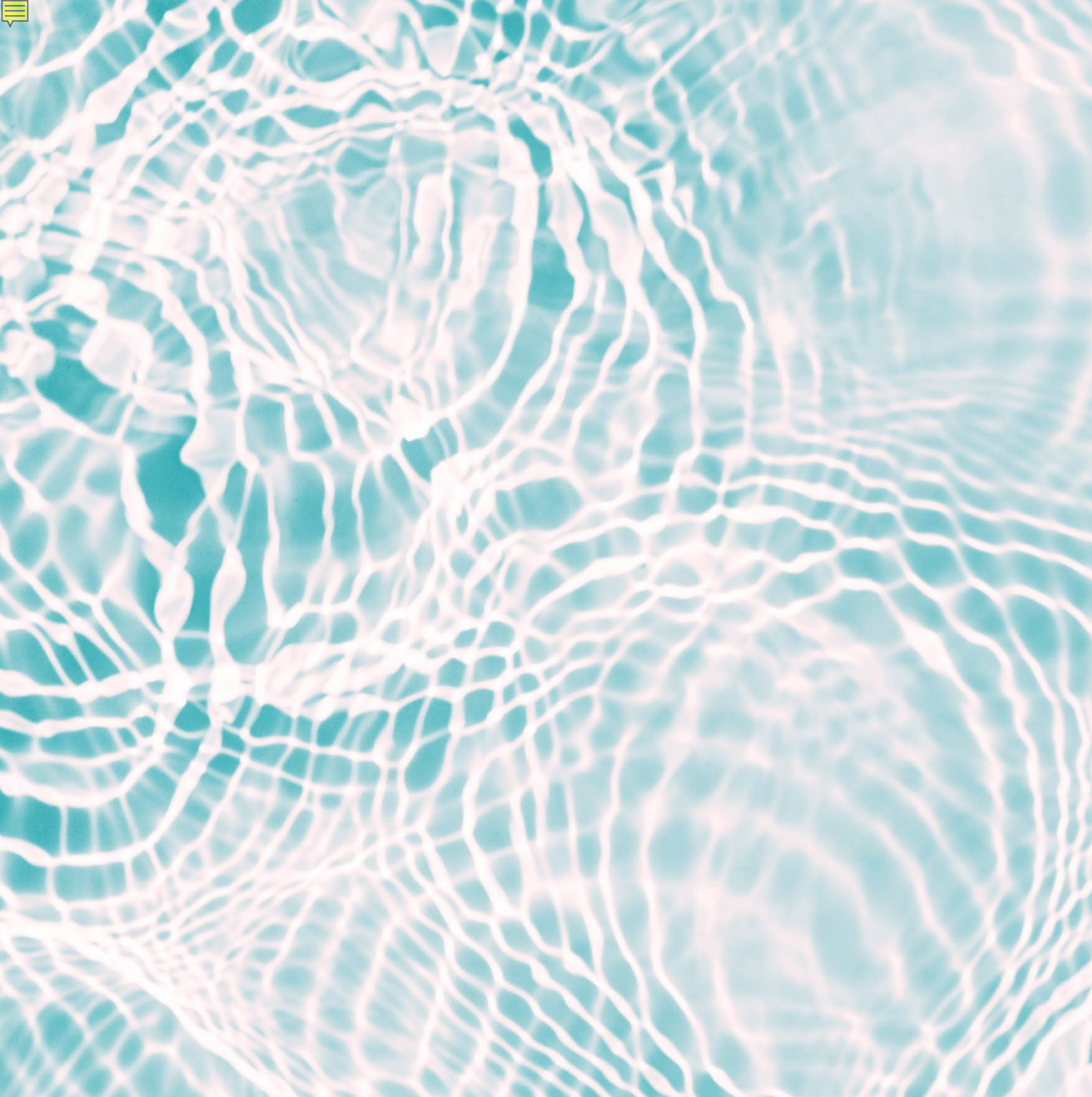




# Establish Accountability

- How will you track your progress?
- What and who will support you?
- Check in daily, weekly, and monthly





# The ripple effect

- Energy
- Creativity
- Compassion
- Relationships
- Teamwork
- Satisfaction



Thank you



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