

ALIGN, REFLECT, EVOLVE: A SELF-AWARENESS MODEL FOR THE DOSIMETRY PROFESSIONAL



*Building resilience through awareness,
intention, and action.*

Dayna Bodensteiner, CMD
Clinical Marketing Manager, Mirion Medical

AAMD Conference, Orlando June 2026



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AGENDA



-  **The Journey**
-  **Self Awareness**
-  **Accountability**
-  **Practical Advice**
-  **Breath Work**
-  **Habits**
-  **Self Care**

Feedback from 2025

- > "This presentation spoke to my soul!"
- > "Need more talks like this!! Very helpful and insightful."
- > "A very relative topic, thank you!"
- > "Great talk!! I wish it was an hour long! Please talk again!"
- > "Really great suggestions for all dosimetrists new and seasoned!"



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THE REALITY OF WHAT WE DO

Medical dosimetry is more than a job—it's a responsibility we carry every day.



TECHNICAL

- Complex planning.
- Critical thinking.
- Constant learning.



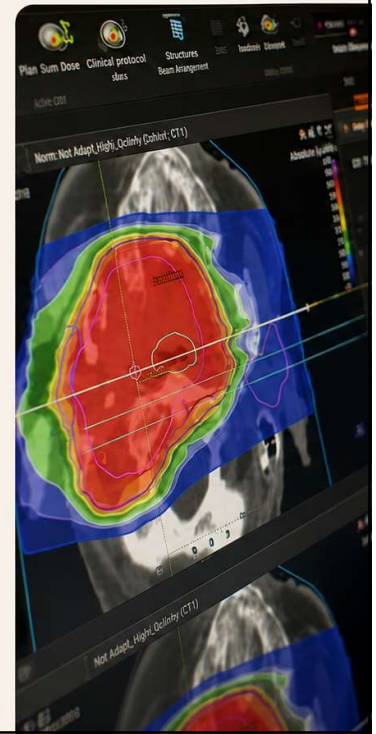
EMOTIONAL

- Cancer patients.
- Family dynamics.
- Difficult outcomes.



DEMANDING

- Deadlines.
- Workload.
- Responsibility.



We spend our careers caring for others.

Today's conversation is about learning to care for ourselves with the same intentionality.



3

OTHER RESPONSIBILITIES

The demands we carry beyond the workplace.



PARENT



PERSONAL HEALTH



AGING PARENTS



4

MY JOURNEY



The experiences that shaped my perspective.



Clinical Marketing Manager • Medical Dosimetrist • Radiation Therapist • Author • Yoga Instructor
Photographer • Mom • Grandma

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THE JOURNEY




Every transformation begins with a decision:

*To become aware of where you are...
and intentional about where you want to go.*



ALIGN • REFLECT • EVOLVE


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ALIGN

Know where you are.

Know where you want to go.




REFLECT

Develop self-awareness.

Examine your beliefs, habits, and patterns.

Get curious.

Be honest.



EVOLVE

Take consistent action through small, daily changes.

Grow intentionally.

Keep moving forward.

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FOUR AGREEMENTS



BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word to offer love, never use it to cause fear or pain in another (or yourself)

DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a result of their own dream or perception of their rules. We all make rules about how things should be, but when you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS

Find the quiet courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

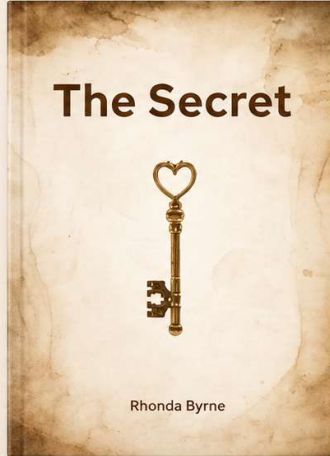
ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

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4

LAW OF ATTRACTION



THE SECRET



“You get to choose what you want, but you must get clear about what you want. This is your work.”

– Rhonda Byrne



ALIGN

Getting clear on where you are and where you want to go.



A CHOICE FOR NEW LIFE



Every ending becomes a beginning when we choose to grow.

SELF AWARENESS

- Know the signs of Burnout
- TAKE INVENTORY
- Finding Balance
- What fills your soul?

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BURNOUT IN THE WORKPLACE

“Burnout, defined by the presence of emotional exhaustion, depersonalization and decreased sense of personal accomplishment.”

“Key contributors to burnout within radiation oncology include”

- Imbalance of personal and professional lives including time with family and for self-care
- Unsupportive organizational culture
- Challenges with the radiation oncology workflow
- Limited education on wellness
- Fear of seeking mental health services

Your Burnout Is Trying to Tell You Something


ORIGINAL ARTICLE • Volume 20, Issue 5, P487-493, May 2023 [Download Full Issue](#)


Overcoming Burnout and Promoting Wellness in Radiation Oncology: A Report From the ACR Commission on Radiation Oncology

Sara Beltrán Ponce, MD[®] • Christina J. Small, MD[®] • Arya Amini, MD[®] • ... • Kilian E. Salerno, MD[®] • Naomi R. Schechter, MD[®] • William Small, Jr., MD[®] [Show more](#)

How do we address? →


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Address Symptoms

Improve resilience, self-awareness, and our ability to navigate life's challenges.





Address Root Causes

Examine the habits, beliefs, relationships, and choices that create imbalance.

Lasting change happens when we stop treating symptoms and start understanding causes.

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GIRL, WASH YOUR FACE

Stop believing the lies about who you are, so you can become who you were meant to be



REFLECT



- ✓ Take Personal Responsibility
- ✓ Stop Breaking Promises to Yourself
- ✓ Recognize and eliminate false beliefs about your worth, abilities, and identity.
- ✓ Embrace Imperfection
- ✓ Persevere Through Failure
- ✓ Stop Comparing Yourself

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TAKE INVENTORY


Awareness creates direction.

Where am I today?
 Where do I want to go?
 What needs to change?



ACTIVE LIFESTYLE
Integrate movement into routines

↓




STRENGTH & FLEXIBILITY
Keep the body strong and adaptable

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CONSCIOUS vs UNCONSCIOUS


Awareness gives you the power to choose.




CONSCIOUS

- Intentional
- Aware
- Empowered
- Purposeful
- Growth-Oriented

*You choose your thoughts.
You choose your actions.
You create your future.*



We can't always control what happens, but we can choose how aware we are.



UNCONSCIOUS

- Automatic
- Reactive
- Habitual
- Comfort-Driven
- Fear-Based

*You react to life.
You repeat patterns.
You stay stuck.*

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YOGA TRAINING

2018

A journey into how small daily actions can create lasting positive change for overall well-being.



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YOGA TRAINING

Intentional breath and movement as a means of stilling your mind...



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Atomic Habits
AN EASY & PROVEN WAY TO BUILD GOOD HABITS AND BREAK BAD ONES
JAMES CLEAR

ATOMIC HABITS
BOOK SUMMARY

“Success is the product of daily habits – not once-in-a-lifetime transformations.”
– JAMES CLEAR

THE POWER OF SMALL STEPS

EVOLVE
ALIGN • REFLECT • EVOLVE

- 1** MAKE THE CUE VISIBLE (Icon: magnifying glass)
- 2** MAKE THE HABIT ATTRACTIVE (Icon: heart)
- 3** MAKE THE STEPS EASY (Icon: hand pointing)
- 4** CREATE INSTANT SATISFACTION (Icon: gift box)

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Habit Tracker

FEBRUARY 26

- SLEEP
- SUPPLEMENTS
- WALK
- SHAKER PLATE
- GUASHA
- STRENGTH TRAIN
- YOGA
- WATER
- TAI CHI
- SAUNA

ACCOUNTABILITY

Setting goals is step one, making them attainable, but then how can you help ensure your success? Tracking can give you the big picture and hold yourself accountable...

Start Small

Simple actions are easier to sustain

Build Momentum

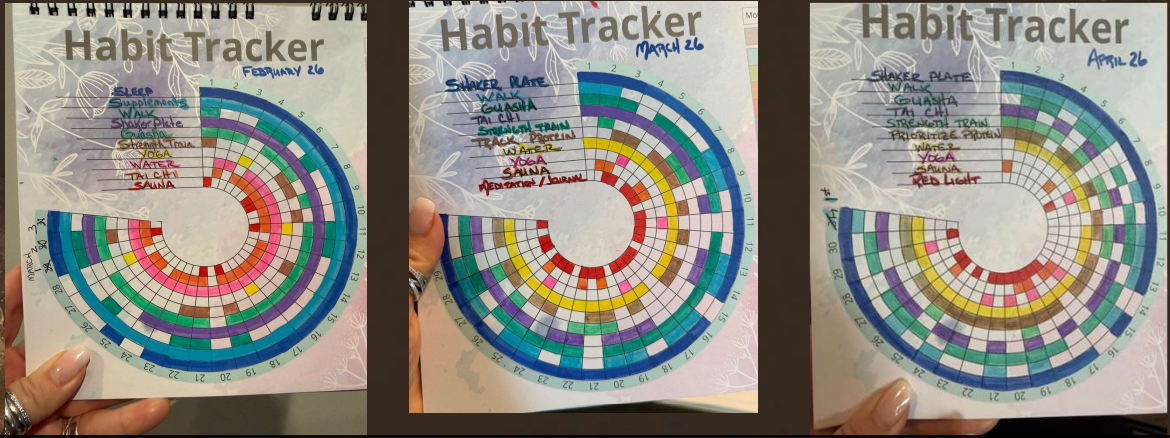
Small wins motivate larger changes

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ACCOUNTABILITY

Tracking habits gives you the big picture and helps you hold yourself accountable.



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WHO ARE YOU TAKING ON THE JOURNEY?

The people around you shape your habits, beliefs, resilience, and growth.



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RESILIENCE



The ability to adapt, bounce back, and grow through life's challenges.

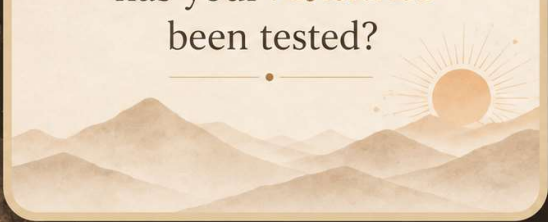



[Home - Ignitor Leadership Infusion](https://www.ignitor.com/leadership-infusion)

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FROM SURVIVING TO THRIVING

Where in your life
has your *resilience*
been tested?



✔ Husband's Death

What pulled you through?

- Faith
- Family
- Foundation of who I believed I was

✔ Workload

What pulled you through?

- Confidence in knowing I gave my best
- Ability to reframe failures to learn and grow from
- Striving for balance

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TAKE INVENTORY

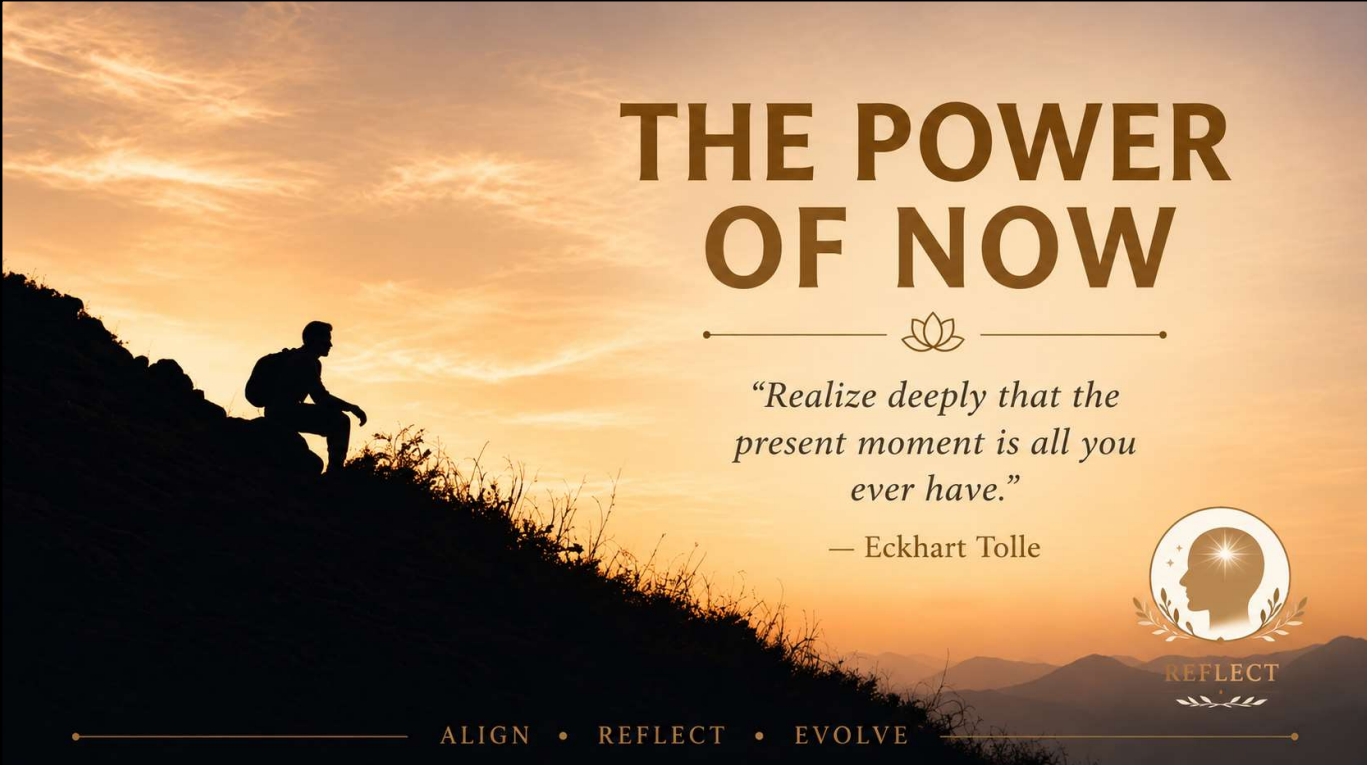
-  **THRIVING**
-  **COPING**
-  **SURVIVING**
-  **STRUGGLING**
-  **CRISIS**

Ask Yourself:

- How am I sleeping?
- How am I feeling emotionally?
- Am I reacting or responding?
- Am I making time for myself?
- What fills my soul?

Awareness is the first step toward change. [Assess Your Stress | University of Utah Health](#)


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THE POWER OF NOW

“Realize deeply that the present moment is all you ever have.”

— Eckhart Tolle



REFLECT

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PRACTICAL TIPS

MIND

- Breathwork
- Journaling
- Tai Chi

BODY

- Desk Stretches
- Exercise Snacks
- Sleep
- Supplements

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RETURN TO YOUR BREATH

The quickest path back to the present moment.

Breathing is the foundation of Yoga. EVERY class I teach, I say if you do one thing well today, make sure it is a focus on your breathing!

INHALE

EXHALE

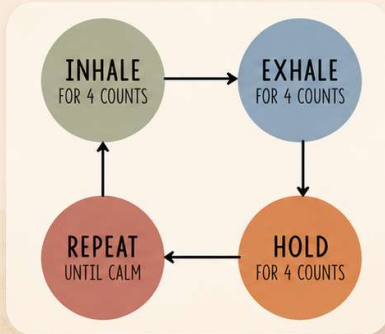
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RETURN TO YOUR BREATH

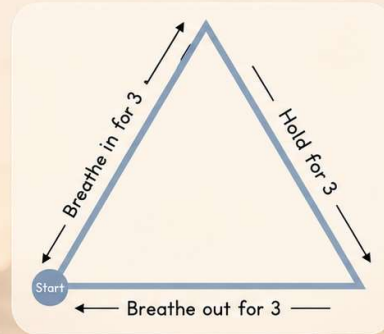


The quickest path back to the present moment.

BOX BREATHING

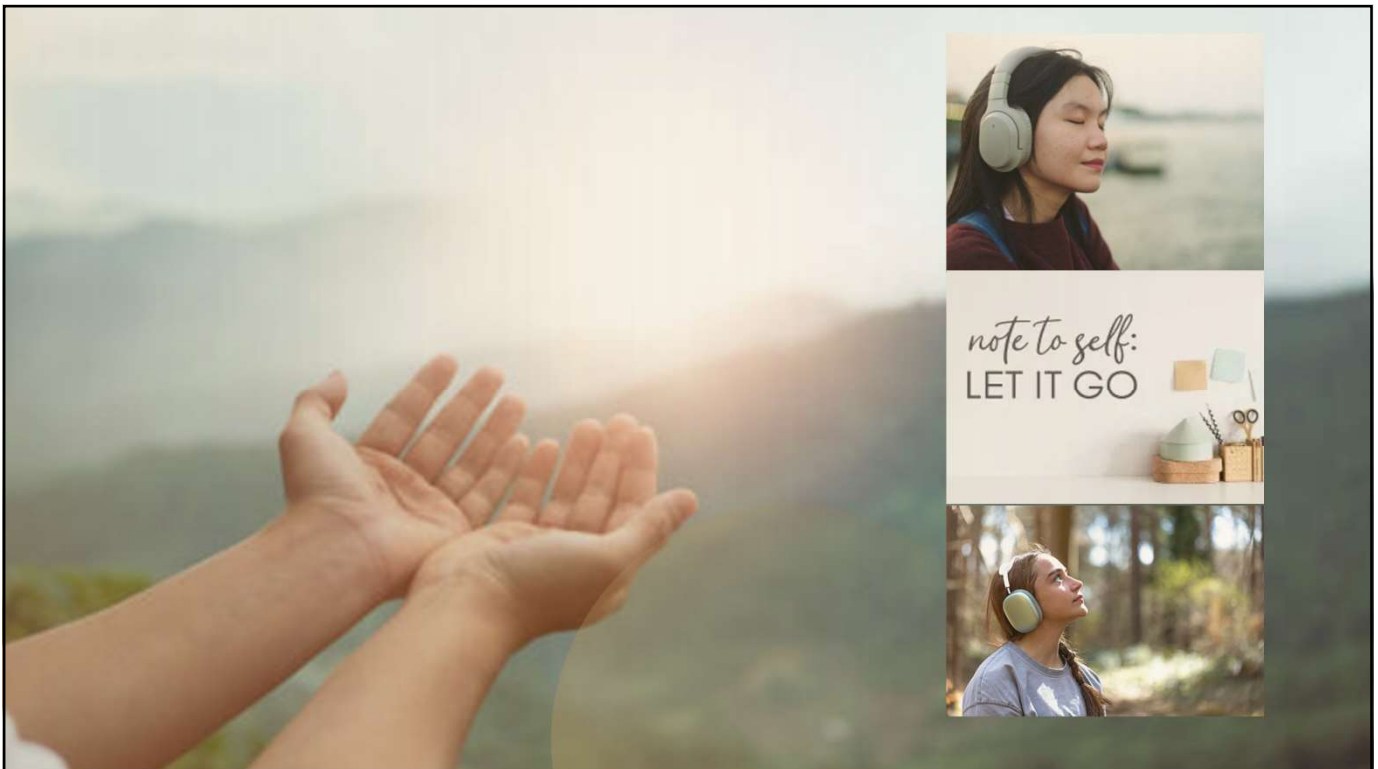


TRIANGLE BREATHING



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Sedentary Death Syndrome (SeDS) refers to a collection of health problems caused by prolonged physical inactivity, leading to serious health risks such as... heart disease, diabetes, and even premature death.

RECOMMENDATIONS:

- ✔ **Break up sitting time:** Stand up and move around for a few minutes every hour.
- ✔ **Engage in regular physical activity:** Aim for at least 20–30 minutes of moderate exercise daily.
- ✔ **Create an active workspace:** Use standing desks or take walking meetings to reduce prolonged sitting.

THE REALITY OF SITTING AT OUR DESKS ALL DAY...

CHOOSE YOUR HARD

Invest now to feel better later

”

Today I do what you won't, so tomorrow I can do what you can't.

”

[sedentary death syndrome](#)

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FROM THE DOSIMETRY COMMUNITY

Joshua Langer • 1st
Medical Dosimetrist
10mo •

<https://lnkd.in/g-XCa8gY>

I was inspired to dig deeper into workplace ergonomics after attending the insightful and energizing presentation "Navigating the Pressures, Finding the Outlet: The Reality of the Medical Dosimetry Profession" by @Dayna Bodensteiner, CMD, at the AAMD conference.

Alicia Wilson et al.'s 2020 study offers a valuable overview of the work-related musculoskeletal disorders (WRMSDs) that dosimetrists face. While a significant number of dosimetrists and employers have yet to adopt ergonomic practices, the study also shows that many are taking meaningful steps toward better workplace ergonomics.

As I prepare to begin my career as a dosimetrist, I'm hoping to build good habits from the start, including:

- 🖱 Switching between right- and left-handed mice (my own idea—I'll report back on how it goes!)
- 🪑 Using a sit/stand desk
- 👁 Taking regular eye breaks and following the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds)
- 🧘 Incorporating stretch and light yoga breaks

These ideas were inspired by Ms. Bodensteiner's talk and the Wilson et al. article.

#MindfulMovement
#AAMD2025
#MedicalDosimetry
#UVLacrosse

Incidence of work related musculoskeletal disorders in medical dosimetry
sciencedirect.com

ERGONOMICS MATTER

PUBLISHED RESEARCH

Dosimetrists report high rates of work-related musculoskeletal symptoms.

COMMUNITY FEEDBACK

Many dosimetrists acknowledge poor ergonomic habits and prolonged sitting.

TAKE ACTION

Be your own advocate. Movement is not a luxury— it is part of professional wellness.

Awareness creates change.

Small movement breaks can reduce strain, improve focus, and support long-term wellness.

ALIGN • REFLECT • EVOLVE [MedicalDosimetry_Ergonomics](#)

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SIMPLE MOVEMENT, BIG IMPACT

Small stretches. Less tension. More focus.

LET'S DO THESE TOGETHER | Each takes less than 30 seconds.



WRIST STRETCH



SHOULDER STRETCH



SIDE REACH

Additional stretches to reduce tension from prolonged sitting.



FORWARD HEAD POSTURE



THORACIC EXTENSION



CHEST OPENER

Movement doesn't require an hour at the gym.
 Small movement breaks throughout the day can reduce strain, improve focus, and support long-term wellness.

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SIX SIMPLE MOVES

Reset your body. Refocus your mind.

1



JUMPS
Two feet or alternating.

2



BODY WAVE
Low squat to standing with arms above your head. Can jump or even do a little back bend at the top.

3



ARM SWINGS
Can do trunk twists or swing arms, like a golf swing – GREAT for posterior shoulder opening!

4



MARCHES WITH KNEE GRAB
Single leg alternating, squeeze shoulder blades together as you switch legs.

5



TWISTING ARM SWINGS
Heavy arms, swing chest to let arms wrap around your body.

6



SINGLE ARM ANTERIOR LIFTS
Raise arm straight out in front of you, one at a time and alternate.



MOVEMENT

for your day


6 moves – 1 minute each

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EXERCISE SNACKS

Small moves. Big results.



10 BODYWEIGHT SQUATS / HOUR

Equivalent to approximately a 30-minute walk.



SHAKER PLATE

Build clarity, calm, and resilience.

— SUPPORTED BY RESEARCH —

> *Appl Physiol* (1985). 2022 Sep 1;133(3):777-785.
doi: 10.1152/jappphysiol.00748.2022. Epub 2022 Aug 11.

Walking or body weight squat "activity snacks" increase dietary amino acid utilization for myofibrillar protein synthesis during prolonged sitting

Daniel R Moore ¹, Eric P Williamson ¹, Nathan Hodson ¹, Slepphael Manzella ¹, Dionesh Kandwani ², Dinesh Kandwani ², Irena S Cinar ¹


BENEFITS

- ✓ Enhances muscle strength and tone
- ✓ Boosts circulation and lymphatic drainage
- ✓ Aids in weight loss and fat reduction
- ✓ Reduces stress and fatigue
- ✓ Improves thinking skills and cognitive function
- ✓ Supports bone health and density
- ✓ Enhances muscle recovery

[Link to my fav shaker plate](#)

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REFLECTION THROUGH WRITING




BENEFITS

- ✓ Supports mental and emotional health
- ✓ Helps manage stress and anxiety
- ✓ Encourages self-reflection
- ✓ Clarifies goals and priorities



GETTING STARTED

- ✓ Begin with gratitude
- ✓ Focus on consistency, not perfection
- ✓ Let it be your safe space
- ✓ There is no wrong way to journal

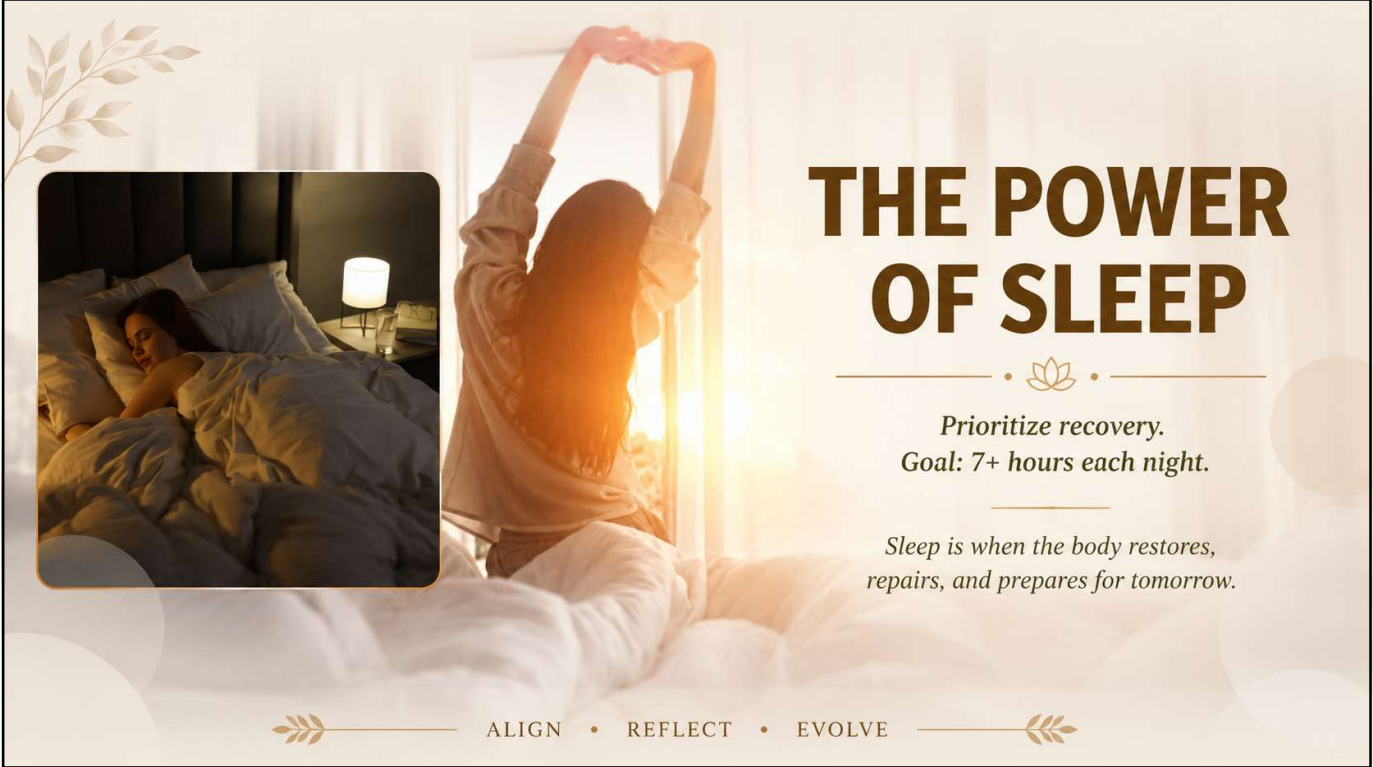


[5 Benefits of Journaling for Mental Health](#)


Awareness begins when we give our thoughts a place to land.

• ALIGN • REFLECT • EVOLVE •

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THE POWER OF SLEEP


•  •

*Prioritize recovery.
Goal: 7+ hours each night.*


*Sleep is when the body restores,
repairs, and prepares for tomorrow.*

—  — ALIGN • REFLECT • EVOLVE —  —

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SUPPLEMENTS

•  •

My current routine...

- Creatine
- Turmeric
- Magnesium
- Collagen peptides
- Fiber
- Probiotic
- Vitamin B Complex
- Vitamin D with K2
- And more...

—  — ALIGN • REFLECT • EVOLVE —  —

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FILL YOUR CUP FIRST

*Restoration is not a reward.
It is part of the process.*

45 minutes in our Himalayan Salt Cave is a Breathing Therapy



1 Incredible benefits for everyone of all ages with no harm side effects	5 Removes toxins from your respiratory system, sinus/clear for vital energy & longevity
2 Its tons of salt produces negative ions which help you feel calm, relaxed, & release negative energy	6 Enhances lung capacity
3 Improves your overall health and wellness	7 Improves the function and appearance of your skin
4 Reduces stress and helps you sleep better	8 Boosts your immune system



WHY IT MATTERS

- Reduces stress
- Supports recovery
- Creates space to recharge
- Helps you show up for others

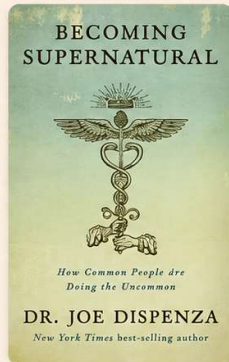
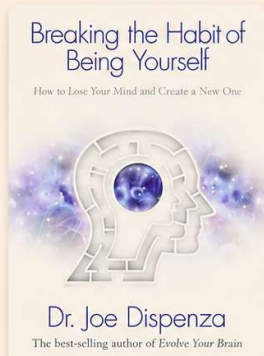
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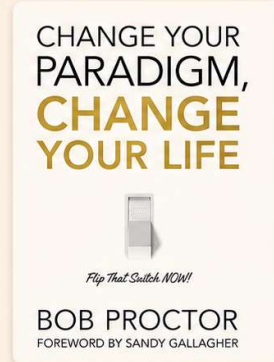
I'M READY FOR MORE

Expand your mind. Transform your life.

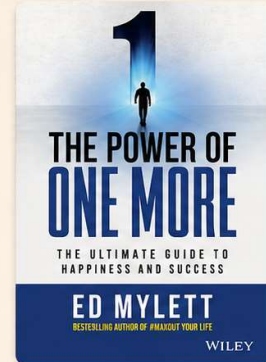
JOE DISPENZA



BOB PROCTOR



ED MYLETT



[How to overcome stress and heal yourself from within. Dispenza Mylett](#)

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SHIFT YOUR MINDSET CHANGE YOUR RESULTS

•  •

-  Shift your intention to a new outcome and align with it emotionally and energetically.
-  FEEL what you desire before it becomes reality.
-  YOU are the creator of your life!

— ALIGN • REFLECT • EVOLVE —

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THOUGHTS LEAD TO ACTIONS ACTIONS LEAD TO HABITS HABITS LEAD TO LIFESTYLE

— Tryon Edwards



ALIGN



ALIGN



REFLECT



REFLECT



EVOLVE



EVOLVE

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PURPOSE



*Purpose isn't something you decide.
It's something you discover.*

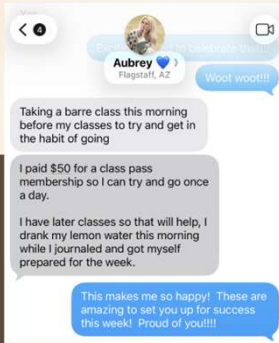


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MODEL for your family



6am hot room workout, guasha'd my face on luney's walk and now blow drying my hair while on the shaker plate. I fear I am my mothers child



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THE JOURNEY CONTINUES



Today- I am standing here in a much better place than I was in 2018.

I've prioritized myself; I've practiced everything I've shared with you today.

I've created new habits and boundaries. My work/ personal life balance is better!

AND- I'm only getting started!

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Namaste
THANK YOU

Align • Reflect • Evolve

 dboden22@gmail.com
 www.dbodenphoto.com
 www.thecancertreatmentjournal.com

Cancer
TREATMENT
JOURNAL