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SURVIVAL GUIDE FOR PROFESSIONALS

1. **Win the battle for the mind.** Transform demands into recharges. In psychology this is termed, "cognitive reframing"; the mental process whereby we take a thing from the demands side of the stress ledger and place it on the recharge side. **CEBT** must be applied into each anxiety causing situation – humour and relaxation of neck, shoulders, face muscles alone will loosen up anxiety causing M-B Reactions!
2. Avoid proximity with the Difficult Personalities! Remember the old adage – "if you want to live forever – marry one of these – you won't live forever – it will just feel like it!" **CEBT** applied again with them – keep smiling and keep your back to the wall – "Smile and Wave" – tap your Penguin toy or \$5-00 Note – and keep moving!
3. **POUR!** **Relaxed Dynamic physicality four times a week** – "flight" msg am, walk/gym/yoga/pilates/swim, or the Don Oliver very slow light upper body "fight type" weights program after dinner. Take at least 20-40 minutes to physically pour out any excess adrenal power and send the age appropriate message of, "Strength, Power, Relaxation" to the Mid-Brain – McEwan principle of "equal knackeredness".
4. **PULL!** **Regularly throughout the day pull tension** from the places tension builds (neck, shoulders, forearms/hands, and jaw). Every hour take **SIXTY SECONDS** away from the public, then, pull your shoulders down, stretch your finger wide apart, and yawn for four seconds, then do three shoulder rolls forward and then backwards, then back into the fray! "Lion" in yoga...toilet stops.
5. **PUMP!** Eat a good breakfast; it may be the only meal you get on a busy day until the end, so make it full of goodness. Tea and toast will simply ensure you go "fuzzy" later in the day! A mixed grill, or pre-soaked rolled oats may serve you best. The first meal of the day is what your body burns through the day. If you are running on empty, expect to lose the plot! Also, keep your fluid intake up through the day between any meals. **PEE** your way thru the day!!! Eat foods that you know are safe for your genetic inheritance and life style/demands. (Proteins Pump: Carbo Calm. If in doubt about liver status, check it – "racist eating" – eliminate white carbs.)
6. **Take your micro-breaks** through the day, and one day off each week tech-free! Moses was right! If you do not rest and recharge you will lose the plot or your health, or (happy days) both! People who believe they can "work through" will lose their temper at least, their health, and relationships at worst! 1:7 days, 1:12 weeks off.
7. **POSITION.** Be hungry for rest-recharge of your serotonin batteries, with activities and/or people you love. Use Serotonin boosting activities whenever you have 20-40 minutes. Create, Celebrate, Show Love, Worship, Yahoo, Affirm Values and purpose and focus forward always, into the next meaningful activity on the list.

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COGNITIVE EMOTIVE TOOL FOR MENTAL CALMING

When any major shock/change has occurred many images, thoughts, doubts, fears, and smells are remembered and replayed by the both parts of the brain, as well as the biological surges of the primal brain through the adrenals, and each can feed off each other. Our target after any major change/trauma event is to identify what our system is doing and then target our strategy to calm the system, and build power and mastery back. Our focus is forward. We cannot change the event, only adjust intelligently to it, in both parts of our brain.

The basic Cognitive-Emotive Behavioural Technique (CEBT going right back to St Paul in the first century, or even to Solomon 1000 BC) may assist you to plan to deal with a specific behaviour or thinking pattern that is de-stabilizing you. We need to identify the time-sequence/hierarchy of thoughts to target. We start from the event, and thoughts associated with it, then the feelings and any childhood or previous "soft-ware errors" on our hard drive that have been triggered by the change/trauma. If there are significant pre-trauma events that were themselves traumas, and we haven't ever dealt with them, we will need to develop a sequence of CEBT type interventions over time, and clear away each "bit of soft-ware error", and it is best done with professional help.

Firstly identify the visual and other memories that are distressing, the associated thoughts and blaming statements. Remember the "Mental Skills" principle; Humour and Physiological relaxation **alone** relax the Primal Brain, **then, and only then** can we work with the cognitive part of the brain, (Tool = a "knowing Smile" Sandwich after relaxation has opened the channel).

Once you have your "hit list" of symptoms, ask the following questions of each.

1. WHAT LABEL CAN I USE TO PUT THE MEMORY/THOUGHT/SITUATION INTO A PROFESSIONAL BOX? (Obtain emotional distance – event : yourself).

You label it as a "thing" rather than accepting it as an integral and permanent part of yourself, for it is not! It is a thing that happened – you move onwards – aim = stronger as a result.

2. TELL YOURSELF THE TRUTH. (Sitting with the big picture/consequences/truths).

"The truth is...." Think of statements that powerfully express the truths about this event, then affirm that you will walk your genuine and freely chosen life path with power! Focus forward. Make these statements strong and absolutely truthful – "This is my chemistry....", "That was awful, but once it occurred we did what we could"...., "The truth in this is.....". "My Primal Brain is trying to help me...." "I believe..... I have a good plan....." etc.

3. TAKE ANY IMMEDIATE ACTION TO REINFORCE THE TRUTH. (Grounding tools)

Identify any action to **immediately** take to reinforce your true and chosen path in life rather than any previous reaction which reflected any useless past program or choices. Trauma changes our values – affirm the positive values changes.

Then - Worship, pray, exercise, relax, distract, breathe out, shoulder rolls, hug a loved one, distract yourself with a creative/expressive action that reflects you truly. Also - tap a toy/ring/key-ring, bracelet, pendant (grounding tool) – with a smile to remember what matters in the light of death and the shock of confronting our mortality.

EXPERIMENT with these steps and test yourself in all problematic situations. End with physicality and creative celebration or worship in which you acknowledge the truth and celebrate your embracing of it, relaxing into it.

Review with your counsellor, mentor, coach, or friend. Build strength in this by daily feeding upon activities and reading/research that will build your hold on the truth that will always set you free from all deception, "bull", false priorities, and blindness to consequences of wrongful actions. Develop new Protocols for the rest of your life.

Also, daily build the message of "Strength-Power-Relaxation" by both "flight" and "fight" exercises – but in a slow, relaxed and affirming way. BAFFLE the Mid-Brain into relaxation.

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