

RESILIENCE BUILDING

The stress reaction is our system's way of dealing with all forms of threat, danger or demand. The frustrating thing for us is that it is a "Primal Brain" (Mid-Brain) reaction, and that means it is beyond normal logic, and involves a part of the brain that doesn't hear words, so we can't tell ourselves to "calm down", or "kick ourselves out of it!" We must tell ourselves the truth about what we are facing.

The Primal Brain thinks it's helping us. It is our ancient brain, and only asks two questions; "Do we kill it or do we run away from it?" It doesn't ask for a chat or a cuddle – we must actually "click" our self out of the primal brain for the system to relax and unwind before logical thought begins again. It is designed to help but its still looking for sabre tooth tigers! We need to actually "trick/fool" it into relaxing the adrenal overload that it creates, as it will pump up our adrenals to run or fight with vigour. It is trying to help, and so relaxing muscles and giving it a paradoxical message tends to be the best way to manage and control it.

The best "paradoxical message" to bio-feed-back into the Primal Brain is the message of "Smile-Strength-Power-Relaxation". Just relaxing the forty facial muscles by a smile will stop the adrenals over-revving, and so a fake smile is often the best starting point to deal with anxiety-depression or burnout. Pulling tension sends a baffling message to the primal brain, as it has got you ready for fight or flight, and a smile is the opposite message. (Refer below the "5 P's")

To build resilience we are looking for what has been called the "optimal battle conditions" in the military. This means we are in the best place to "win".

1. Advancing on task
2. Good communications
3. Physically fit to fight or fly...
4. Good food and plenty of clean fluids
5. Content with our situation, comfort as far as possible
6. Overall good health
7. Sleep well each night
8. Confident of our team and the staff around us
9. In control of the details around us
10. Well supported and resourced.

All that can foster these things will build coping power in the team we have with us. CBT is the tool to use to deal with any dysfunctional people who are starting to rent space in our heads! (Below)

We want to eliminate or reduce the ten negatives, that guarantee defeat. They are, Defending/distracted by politics, Isolation, Unfit, Poor Diet, Lack of Plan, On the receiving end of things we cannot control, Sickness, Insomnia, Unpredictability, No Support.

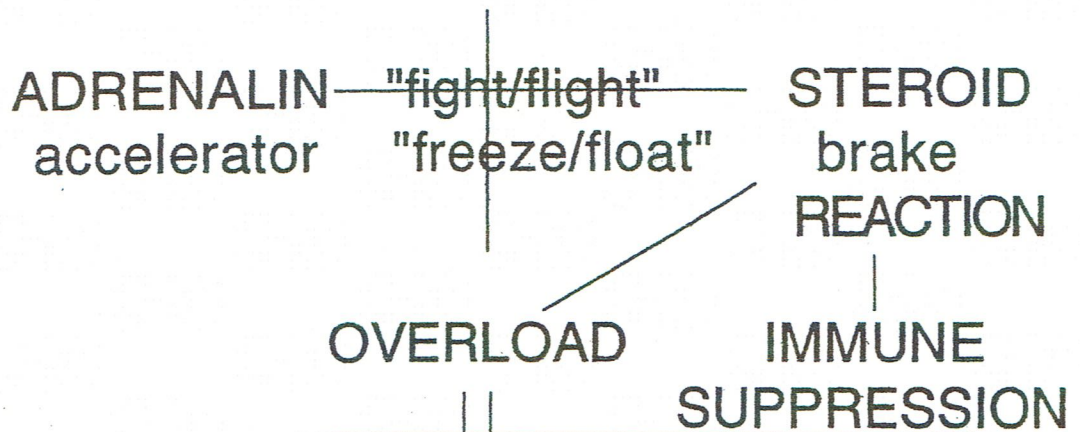
Authors to Read. Jim Collins, Michael Watkins, Chin Ning Chu, Sun Tzu, Musashi, Frankl....
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JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

(STRESSED - WHEN WE LOSE THE PLOT)

**WORRY TO MUCH CHANGE GENETICS HEALTH
TRAUMAGRIEFS O/WORK "DRIVEN" AGE/STAGE**

BODY'S RESPONSE



(Serotonin levels go down)
**MOOD SWINGS MEMORY FAILURE FLATNESS
DECISION CENTRE PERCEPTION THINKING "V"
ESTEEM CONFIDENCE LETHARGY ISOLATION
HEART LUNG SEX BOWEL MUSCLETENSION SKIN
NAILS BONES HAIR COLD SHAKES U.T.
SLEEP DISORDERS DARK CLOUD ESCAPISM**

(FOCUS/BALANCE BACK)

Sustainably

**EXISTENTIAL BREAKS GRIEFS RELATE
ENVIRONMENT R & R RECHARGE BOOST
DIET/MEDICINE PLAN THINK DUMP**



DR JOHN C MCEWAN 14 OCT 2002

JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

BURNOUT QUESTIONNAIRE

FOR EACH OF THE FOLLOWING QUESTIONS ASSIGN A NUMBER FROM 0 - 4, AS TO HOW YOU HAVE BEEN FEELING OVER THE LAST WEEK, FROM TODAY.

0 - NEVER TRUE 1 - ONCE IN A WHILE 2 - SOMETIMES
3 - FREQUENTLY TRUE 4 - ALWAYS TRUE

- 1. I feel tired. I feel fatigued rather than energetic.
- 2. I often feel dissatisfied for no apparent reason.
- 3. I feel sad for no apparent reason.
- 4. I am forgetful(short term memory fails me at times).
- 5. I am irritable and bite, snap and snarl at people.
- 6. I am withdrawn from others.
- 7. I am having trouble sleeping through the night, or am sleeping more but not feeling refreshed.
- 8. I am getting sick a lot with "little" or "big" complaints.
- 9. My attitude towards work is "who gives a toss!"
- 10. I get into conflicts with others at work and/or home.
- 11. I am aware that my job performance is not up to par.
- 12. I use alcohol and or drugs to feel better.
- 13. Communicating with others is a strain/tiresome.
- 14. I can't concentrate on tasks as I used to.
- 15. I am easily bored, yet cannot decide what to do.
- 16. I am working harder, or longer hours, but accomplishing less.
- 17. I feel frustrated with things in my life.
- 18. I find it hard getting up out of bed and going to work.
- 19. Social activities are energy draining, or have lost their old appeal.
- 20. Sex is not worth the effort.

----- TOTAL UP SCORE

00 - 25 You are doing well 26 - 39 Some things to watch
40 - 59 You are getting close 60 - 80 Burnout territory

This questionnaire is designed to be used on a three monthly basis to ensure that "Burnout" is not creeping up on you.

Revised 22 January 2003 Dr John C McEwan

JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

THE STRESS OF ADJUSTING TO CHANGES IN LIFE

EVENTS	SCALE OF IMPACT
Death of partner or child	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Serious personal injury or sickness	53
Marriage or establishing new relationship	50
Fired at work or made redundant	47
Marital conflict	45
Retirement	45
Change of health of close family member	44
Pregnancy	40
Sexual difficulties	39
Gain of new family members	39
Business or financial readjustments/changes	39
Change in finances	38
Death of close friend	37
Change in type of work	36
Change in type or number of arguments with partner	35
Mortgage over ones years income	31
Bank forecloses on mortgage	30
Change of responsibilities at work	29
Son or daughter leaves home	29
Trouble with "In - Laws" or children	29
Outstanding personal achievement	28
Partner begins or stops work	26
Begin or end schooling or major retraining course	26
Change of living conditions	25
Change of personal habits (giving up smoking, drink, start exercise....)	24
Trouble with boss at work	23
Change of hours or conditions at work	20
Change of house	20
Change in schools	20
Change in religious activities	19
Change in recreation	19
Changes in social activities	18
Mortgage of less than one years salary	17
Change in sleeping habits	16
Change in number of family get togethers	15
Change in eating habits	15
Going on holiday	13
Christmas	12
Minor trouble with the Law	10
TOTAL (over 250 in last 12 months=danger)	

JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

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. **CBT** must be applied into each anxiety causing situation – humour, celebration and relaxation of key muscles alone will loosen up anxiety causing M-B Reactions!
2. Avoid proximity with the Personality Disordered! 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!" CBT applied again with them – keep smiling and keep your back to the wall – "Smile and Wave" – tap your Penguin toy or \$5-00 Note! (Gold \$ Target.)
3. **POUR!** **Dynamic physicality four times a week** – 10,000 step program, or the gym, or swim, plus the Don Oliver slow upper body 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, and Relaxation" to the Mid-Brain.
4. **PULL!** **Regularly throughout the day pull tension** from the places tension builds (neck, shoulders, forearms/hands, and jaw). Every hour take FIFTEEN 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!
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 protein base, or pre-soaked muesli 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: Carbos Calm.)
6. **Take your 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.

DR JOHN C MCEWAN (Stress Consultant)
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JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

COGNITIVE BEHAVIOURAL TOOL FOR "THOUGHT STOPPING"

When an annoying person says something, or an unwanted thought occurs, we can allow them or it to "rent space in our head" and not be paying for it, except in misery to ourselves!!! All unwanted mental "clutter" weighs us down and can create great frustration within. It is often a result of our past life programming, our own fast mind, and an ever present reminder that we are all damaged by some experiences, with an easy tendency to over think, or run ourselves down.

This simple Cognitive Behavioural Technique (CBT) below may assist you to plan to deal with a specific behaviour or thinking pattern that really irritates you; for example, "crazy" drivers on the road, an annoying person, an anxiety or depressive "wave", or a dysfunctional thought/behavioural pattern you have within yourself coming from earlier or present trauma experiences. The good news is, this tool can be used to deal with our own childhood "software errors", our poor adult choices on top of what the old tendencies may have programmed us to do, as well as present challenges! This helps you label such things as "software errors", a "thing", as "not me", (that is, not my real nature, but a reflection of unhelpful soft-ware/events). This enables you to get control over them and re-program your responses to unbidden thoughts and behavioural impulses. As "Crazy as" is needed (AA factor).

First identify the situations where you find yourself responding in an unacceptable manner. Write these situations out, identifying the precipitating events, the thoughts you have, the feelings associated, and the things you then say or do that make you ashamed or annoyed. Programmed unhelpful reactions waste time and energy – and bluntly, life is just too short to waste. Primal Brain "rage", panic, or depressive responses to situations also hurt the people we love and need to be eliminated before they eliminate our relationships!!! Humour and Physiological relaxation alone relax the Primal Brain, **then, and only then** can CBT be applied to the cognitive part of the brain, (CBT=Smile Sandwich).

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

1. **WHAT LABEL CAN I USE TO PUT THE PERSON/SITUATION INTO A FUNNY or PROFESSIONAL BOX?** (Obtain emotional distance – "smile and wave"....).

Find a funny label (or at least a neutral one) for the annoying precipitating event, thought or person. This can be used when the event occurs and it will take the heat of your reaction out of it. You label it as a "thing" rather than accepting it as an integral and permanent part of yourself, for it is not!

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

"The truth is...." Think of a statement that powerfully expressed the reason why you will not let a "twit" or "idiot thought", "dumb behavior/words", "past event", rent space in your head, but rather you will walk your genuine and freely chosen **present** life path! Focus forward. Make these statements strong and absolutely truthful – "This is my chemistry....", "That was then, this is now"...., "The Big Picture truth in this is.....". "My Primal Brain is trying to help me...." etc.

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

Identify any action to **immediately** take to reinforce your true path in life rather than your old reaction which reflected any useless program. Worship, pray, exercise, relax, distract, breathe out, shoulder rolls, hug a loved one, distract yourself with a creative/expressive action that reflects you truly. Just tap a toy/ring/key-ring, bracelet, pendant (grounding tool) – with a chuckle.

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. 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, false priorities, and blindness to consequences of wrongful actions. Also, daily build the message of "Strength-Power-Relaxation" by both "flight" and "fight" exercises – but in a slow, relaxed and "yah hoo" way.