

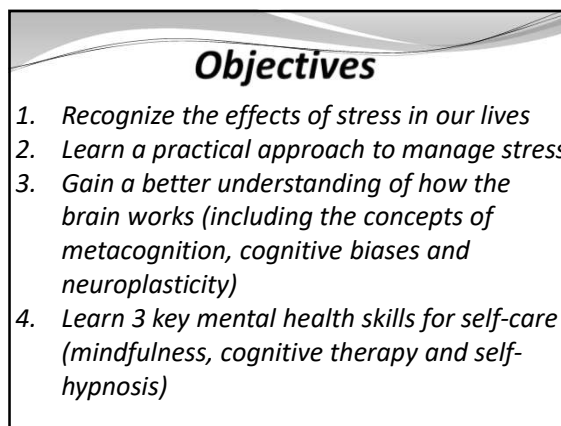
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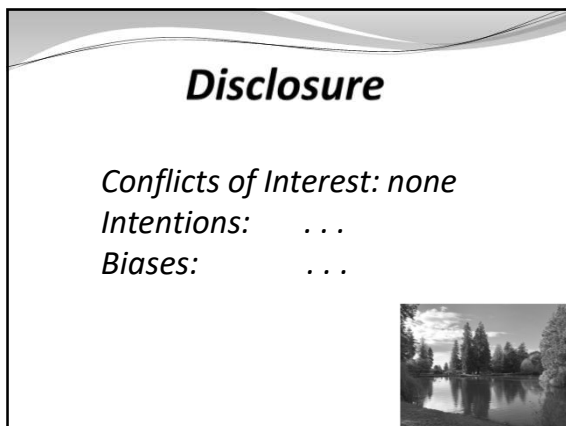
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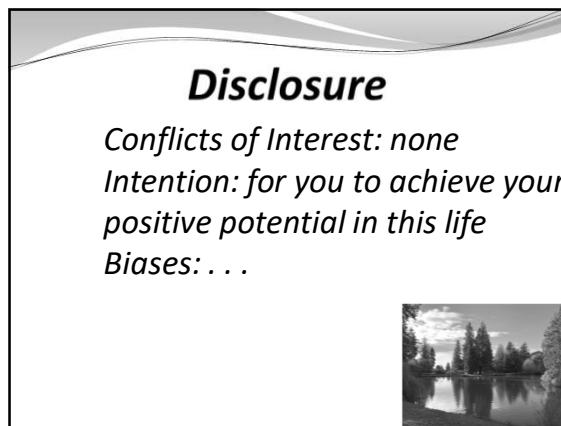
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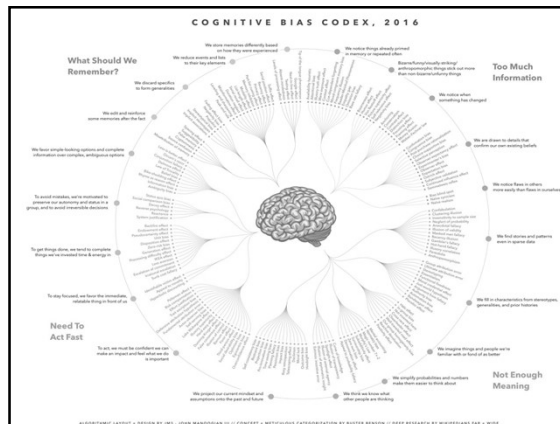
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Disclosure

*Conflicts of Interest: none
Intention: for you to achieve your
positive potential in this life
Biases: 188*



7

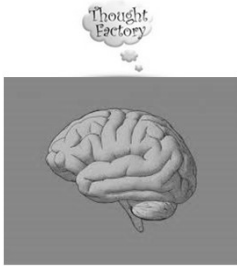


8

How Our Brains Work

9

Our brains are thought factories



10

Our brains are thought factories

*Your brain is constantly processing information
on both conscious
and subconscious levels*


It is constantly producing thoughts

- *some are true*
- *but many are not accurate*

*The thoughts we focus – and ruminate upon -
shape our emotions and perspectives*

11

The Negativity Bias



12

The Negativity Bias

Our ancestors survived by tuning into negative aspects in their world to identify potential danger

We need to see 5 positive thoughts to balance each negative thought

13

Emotions are part of being human

They've helped the human race to survive

14

Emotions are part of being human

Without desire, humans wouldn't reproduce.

15

Emotions are part of being human

Without sadness, we wouldn't avoid that which causes pain.

16

Emotions are part of being human

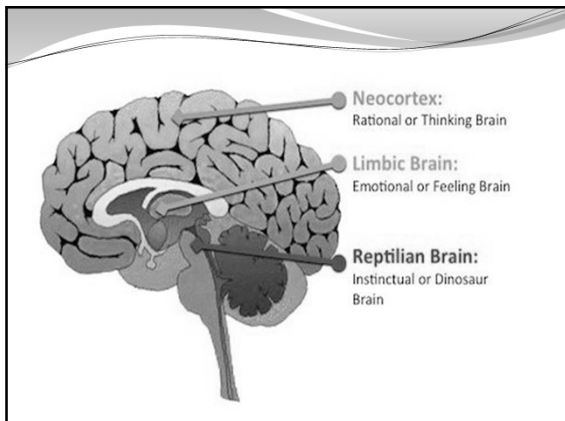
Without anger, we wouldn't defend ourselves or our loved ones.

17

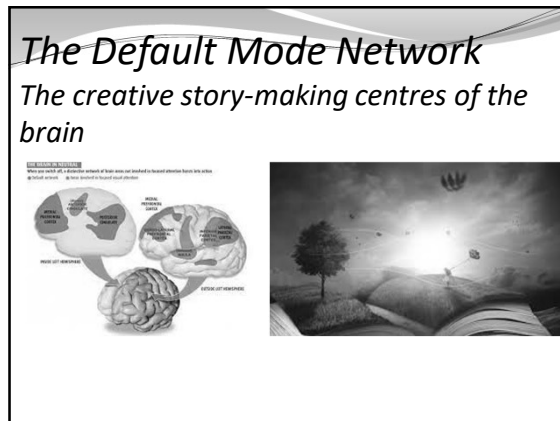
Emotions are part of being human

Without anxiety, we would never plan ahead, sound the alarm . . . or run away from a sabre toothed tiger!

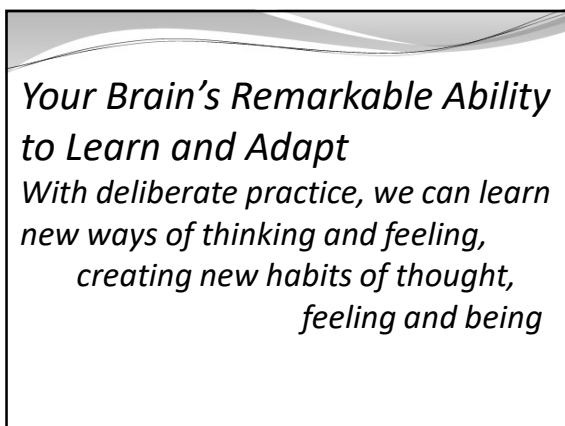
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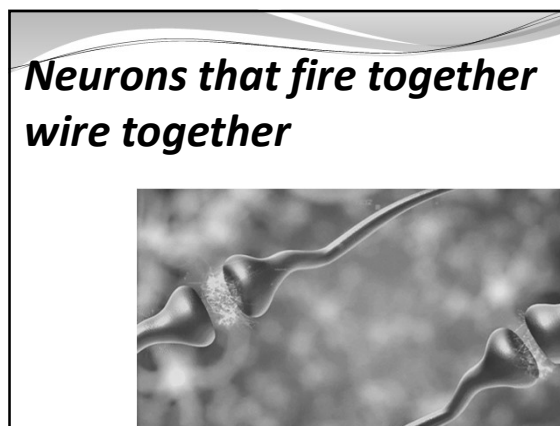
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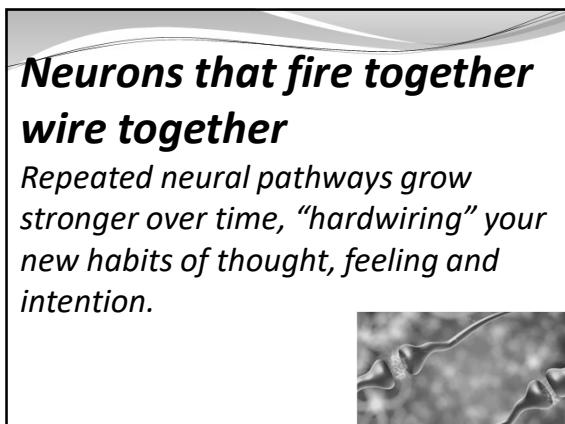
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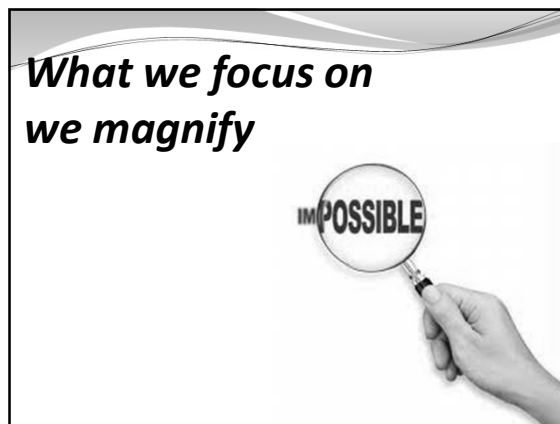
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23



24

What we focus on we magnify

Attention Density - or concentrated attention - solidifies your new habits of thought, feeling and intention




25

Evolutionary Neuropsychology

We recognize

- how we naturally focus on the negative in our lives,
- how emotions can take over our thoughts, and
- how repetitive self-defeating thoughts can perpetuate negative emotions in a perpetual vicious cycle



26

Modern Neuropsychology


Shows us the way out

- Utilizing the right prefrontal cortex with mindfulness, cognitive therapy and positive visualization
- Focusing on positive perspectives and emotional states, we strengthen them
- Our new self-affirming positive practices will become hardwired with repetitive daily practice

27

The Superpower

that you never knew you had



28

Metacognition!

The ability to recognize your own thoughts, beliefs and emotions and transform them!



29

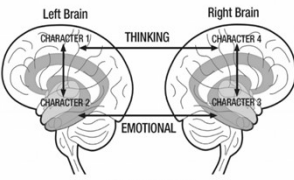
WHOLE BRAIN LIVING

"I learned the hard way that we each have four distinctive groups of cells, divided between our two brain hemispheres, that generate four consistent and predictable personalities. Neuroanatomically these four groups of cells make up the left and right thinking centers of our higher cerebral cortex, as well as our left and right emotional centers of our lower limbic system. Collectively I call these personalities the Four Characters. Getting to know them inside of your brain is a ticket to freedom." - Jill Bolte Taylor

Character 1: Left-Brain Thinking
Verbal, thinks in language, thinks linearly, past/future based, analytical, focuses on details, seeks differences, judgemental, particular, individual, concrete/practical, fixed, focus on ME, busy, conscious, structure/order, requires everything, categorizes well, is naturally mechanical, is not alone well, respects authority, critically judges right/wrong and good/bad, counts everything, is protective.

Character 2: Left-Brain Emotional
Conventional, right, cautious, brain based, stern, loves conditionally, doubts, bullies, righteous, manipulative, deceives, fixed and true, independent, egotistical, selfish, self-absorbed, self-righteous, self-promoting, critical, superior/inferior, right/wrong, good/bad, anger/nervous calling, feels guilty, internalizes shame, negative self-judgment, anxious, whines, blames, feels grudges or resentments, no respect for authority.

THINKING



EMOTIONAL

SLOW.W.CO

Character 4: Right-Brain Thinking
Nonverbal, works in pictures, thinks experientially, present moment based, kinesthetic/body, looks holistically at the big picture, seeks similarities, compassionate, fast in the flow of time, collector, on WU, available, unconscious, fluid flow, aware, expansive, connective, accepting, embraces chance, authentic, generous of spirit, clarity, intention, vulnerability.

Character 3: Right-Brain Emotional
Emotions, open, experiential, not caring, fearless, kindly, kind, empathic, loves unconditionally, forgiving, trusts, supports, grateful, playful, joyful, goes with the flow, sees triumph, curious, accepts/transforms, collective, sharing, equality, contentment, hopeful.

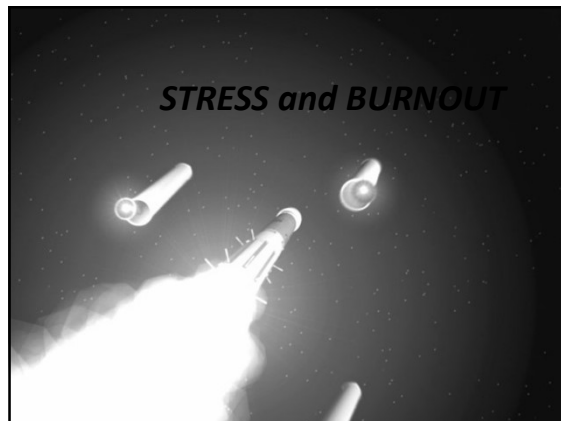
The habits of thought, belief and action of the Left Brain can be transformed from the perspective of the Right Brain

30

Key Emotional Health Skills

1. **Self-Care to Manage Stress**
2. **Mindfulness**
3. **Cognitive Therapy**
4. **Visualizing Your Goals**

31



32

Burnout:
an imbalance of challenge vs resources

When the **challenge** of our work or our lives is matched by our **resources** (abilities, support, time), we are in **flow**.

Challenge << Resources: Boredom
Challenge = Resources: Flow
Challenge > Resources:
 Stress/Anxiety (helplessness)
Challenge >> Resources:
 Burnout/Depression(hopelessness)

33

The Locus of Control

A key factor in the development of burnout is the feeling of a loss of control . . .

but in spite of the demands of our work, we often have more control than we think.

We must accept the things we cannot change while accepting our responsibility to change what we can.

34

Grant me the SERENITY
to accept the things I
cannot change,
COURAGE to change the
things I can, and WISDOM
to know the difference.

Reinhold Niebuhr

35

Not All Stress is Harmful

*Hans Selye distinguished
DISTRESS from EUSTRESS*

36

In her book “The Upside of Stress” Kelly McGonigil talked about alternatives to the classic Fight or Flight stress response


- **The Challenge Response:** can increase self-confidence, motivate us to act and help us learn from experience
- **The Tend and Befriend Response:** can increase courage, motivate caregiving and strengthen our social relationships

37

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.



38

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.




39

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.
3. **Go to bed.** Get enough sleep and take regular breaks.




40

The Daily Management of Stress

Be a good parent to yourself:

1. **Go out and play.** Have an exercise routine.
2. **Don't skip meals.** Schedule regular healthy meals.
3. **Go to bed.** Get enough sleep and take regular breaks.
4. **Go to the doctor.** See your own family doctor appropriately.



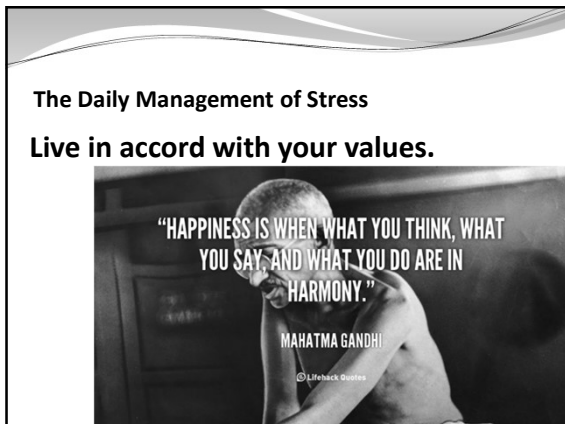
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The Daily Management of Stress

Express your emotions with those close to you, with a group of confidantes.

Form or join a support group.

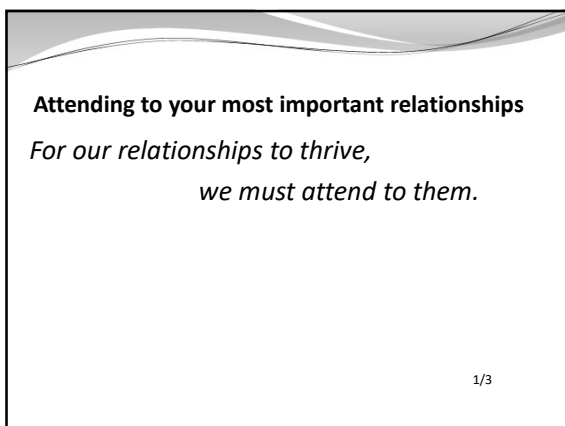
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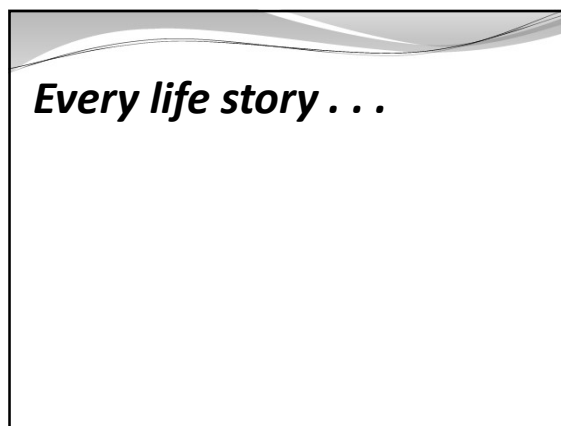
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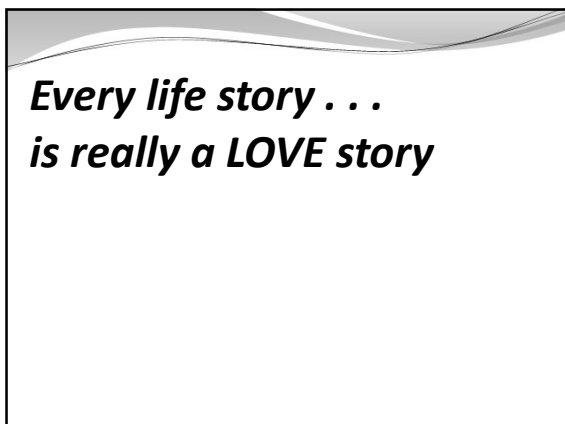
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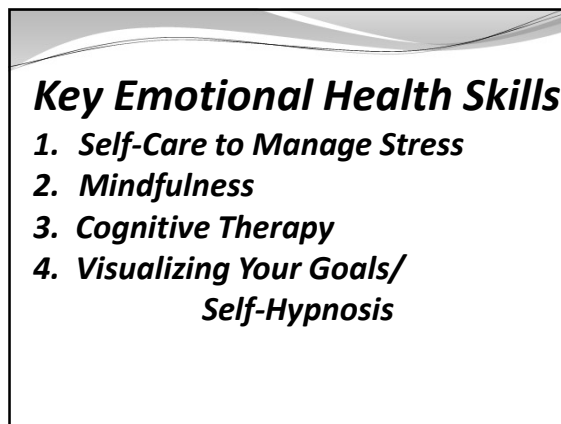
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48


Learning Mindfulness



49

Why Learn Mindfulness?


- *To centre the mind*
- *Increase our awareness*
- *Calm the nervous system*
that modulates how we experience
challenging situations, emotions,
thoughts and physical sensations



50

Why Learn Mindfulness?

- *We learn to be less reactive*
- *We become open to accept and experience every aspect of our lives*
- our experiences, ourselves and others -
without clinging, aversion or judgment



51

Mindfulness

more than just meditation

Mindfulness is popularly known as a form of meditation now in widespread use for the management of pain, stress, depression and anxiety.

Evidence-based practice established by Jon Kabat-Zinn at Harvard Medical School.

52

Mindfulness

more than just meditation

Mindfulness is awareness that arises through paying attention,
on purpose,
in the present moment,
non-judgementally . . .
and then I sometimes add, in the service of self-understanding and wisdom.

Jon Kabat-Zinn

53

Mindfulness

more than just meditation

It is popularly thought of as simply being in the present moment with a focus on the breath and physical sensations.

With practice, practitioners learn to experience all phenomena – physical sensations, sounds, sights, smells, thoughts, feelings – without judgment or identification.

54

Mindfulness
more than just meditation

The practitioner develops deepening concentration and expanding awareness, experiencing the changing nature of all phenomena.

To be mindful is to recognize all things as impermanent and experience everything in life just as it is without identification (i.e. not *I am sad or hurt; my pain; my anger*) and without resistance.

55

Mindfulness
more than just meditation

When we are mindful we are not carried away by our emotions and ruminations, or lost in a train of thought.

We recognize that our suffering comes from our reactions to phenomena – either aversion (anger, fear or hatred) or craving (desire, thirst or clinging).

56

Mindfulness
more than just meditation


The Goal of Mindfulness is EQUANIMITY
*to be empty of the ego
 and to accept all things unconditionally*

A Key Quality of Mindfulness is COMPASSION
Metta = unconditional love

We are much happier when we accept others and ourselves with compassion and without judgment

57

Creating the Mindfulness Habit



**to help you self-correct
 and stay on course**

58

Creating the Mindfulness Habit


1. Daily meditation practice



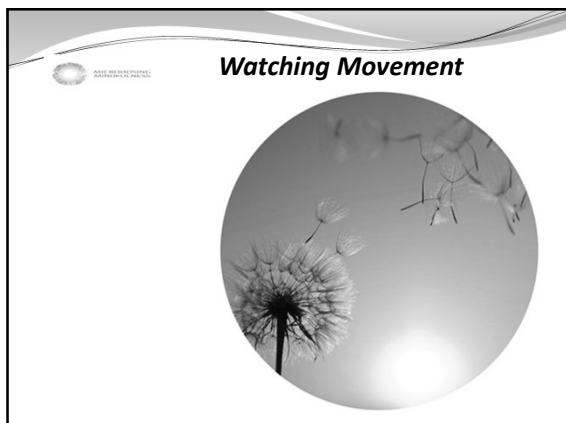
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Creating the Mindfulness Habit

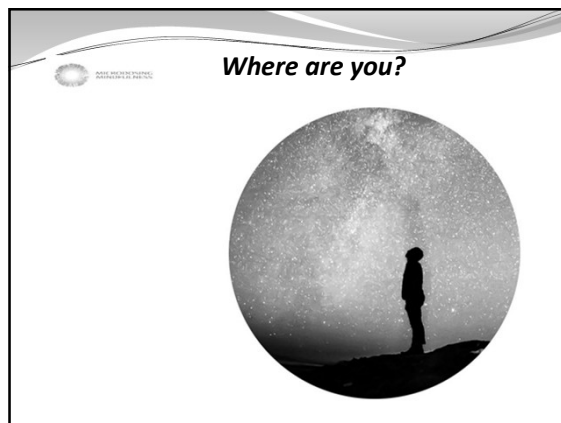
**2. Daily mindful breaks
 (when you eat, take your breaks,
 and go to the washroom)**



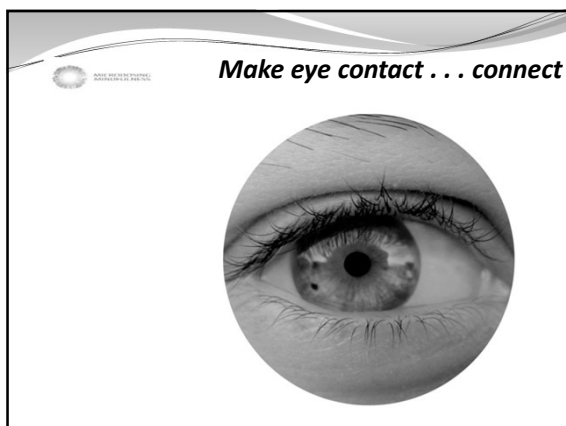
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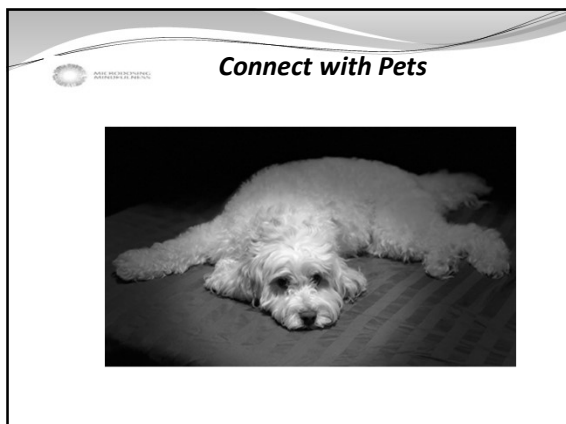
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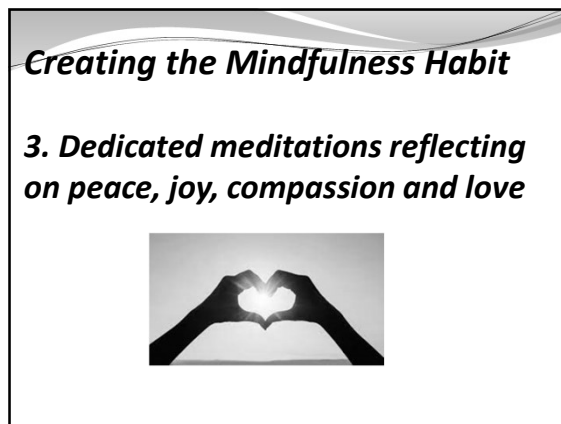
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64




65



66

Equanimity/Peace




Breathing in, I calm my body.
Breathing out, I calm my mind.
May I be balanced.
May I be at peace.

May I learn to see the arising and passing of all things with equanimity and balance.
May I be open and balanced and peaceful.

67

Joy


May you be joyful.
May your happiness increase.
May you not be separated by great happiness.
May your good fortune and causes of your joy and happiness increase.



68

Compassion

May you be held in compassion.
May your pain and sorrow be eased.
May you be at peace.



69


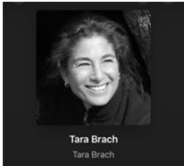
Lovingkindness
The Metta Meditation

May you be happy and healthy,
peaceful and safe



70

Creating the Mindfulness Habit
4. Listen to daily podcasts during your morning routine and on your commute

71

Mindfulness
Recommended authors (podcasts*)


Jack Kornfield*
Tara Brach*
Joseph Goldstein*
Thich Nhat-Hahn
Jon Kabat-Zinn
Rick Hanson

72

Creating the Mindfulness Habit
5. Welcome waits
*- traffic lights, bus stops,
line ups and elevator rides –
as opportunities to practice a
mindfulness meditation*

73

Creating the Mindfulness Habit
**6. When situations, negative
thoughts and strong emotions
seize your attention,
recognize them as meditation bells,
reminding you to ask:**
What am I thinking, doing and feeling?

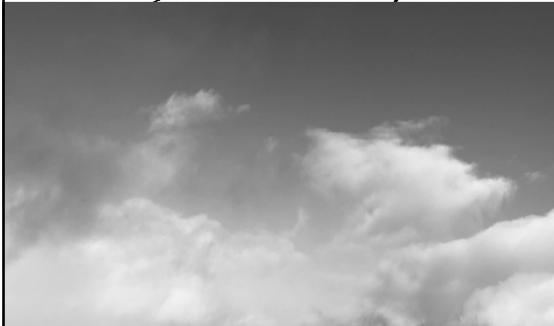


74

RAIN
*Recognize What am I feeling,
thinking, experiencing?
Accept without judgment, clinging,
pushing away
Investigate Observe. Note. Choose
an alternative helpful thought.
Nurture/Non-identify With
compassion, let it go. I am not my
thoughts. I am not this feeling.*


75

The Sky and Clouds Metaphor



76

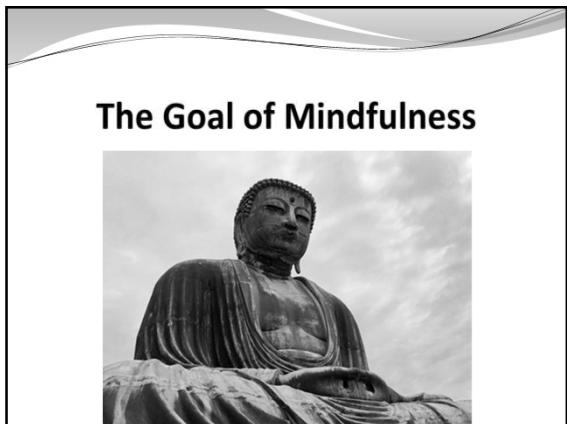
Creating the Mindfulness Habit
**7. Frame each day with your
intentions**
Gratitude
*Reaffirm your deepest values
Your mission in life*



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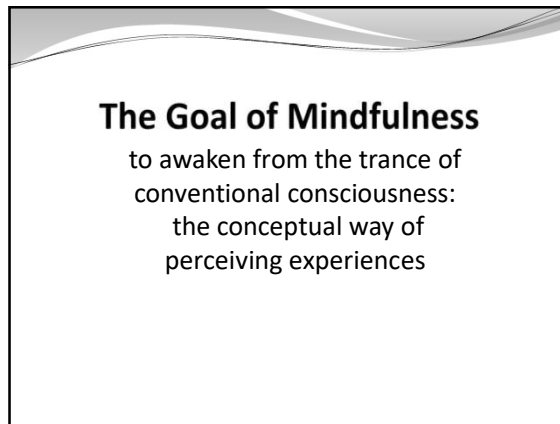
The Goal of Mindfulness

78



The Goal of Mindfulness

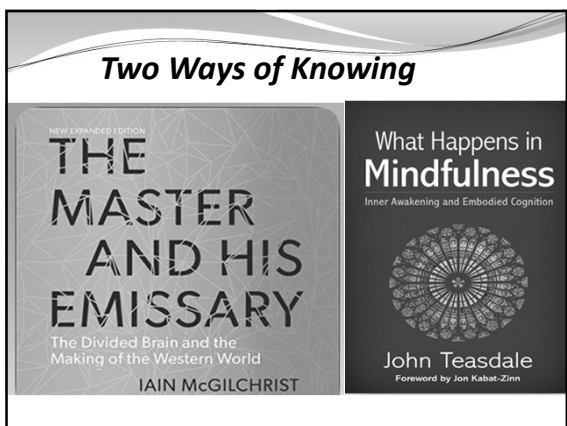
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The Goal of Mindfulness

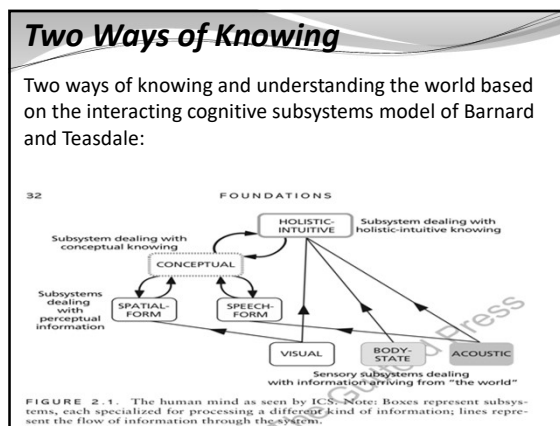
to awaken from the trance of conventional consciousness: the conceptual way of perceiving experiences

80



Two Ways of Knowing

81



82

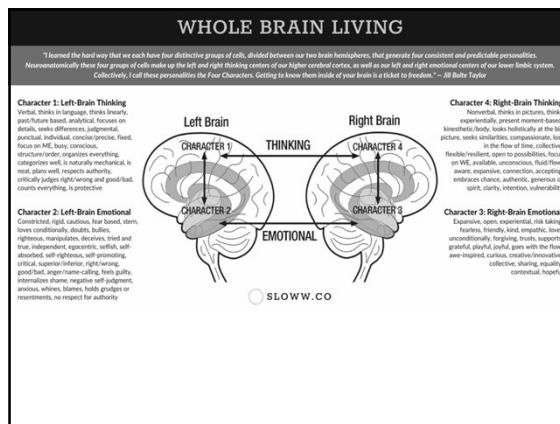
Two Ways of Knowing

Two ways of knowing and understanding the world based on the interacting cognitive subsystems model of Barnard and Teasdale:

- CONCEPTUAL KNOWING (the world of ideas we associate with the left hemisphere)
- HOLISTIC INTUITIVE KNOWING (associated with the right hemisphere)

It is the holistic-intuitive perspective that is developed through mindfulness.

83



84

Character 1: The Left Thinking Brain - The Persona

linear, external-focused, time-based, goal-driven, verbal, judging, structure and order, looks at the differences, competitive

85

Character 2: The Left Emotional Brain - The Shadow

deep dark emotions, compares present vs past memories, happiness based on external conditions, stress, pessimistic, fight, flight or freeze

86

Character 3: The Right Emotional Brain - The Anima/Animus

present moment focused, interconnected with universal flow, big picture, experiential, joy and gratitude, connection with the body, sees possibilities

87

Character 4: The Right Thinking Brain - The True Self

parallel processing, universal intelligence, awareness, boundless, open, accepting, deep peace and love, enlightenment

88

WHOLE BRAIN LIVING

"I learned the hard way that we each have four distinctive groups of cells, divided between our two brain hemispheres, that generate four consistent and predictable personalities. Neuroanatomically these four groups of cells make up the left and right thinking centers of our higher cerebral cortex, as well as our left and right emotional centers of our lower limbic system. Collectively, I call these personalities the Four Characters. Getting to know them inside of your brain is a ticket to freedom." - Dr. Bruce Taylor

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Verbal, thinks in language, thinks linearly, past/future based, analytical, focuses on details, seeks differences, judgmental, practical, individual, concrete/precise, fixed, focus on ME, busy, conscious, structure/order organizes everything, categorizes well, is naturally mechanical, is not often well respected/authority, critically judges right/wrong and good/bad, courts everything, is protective.

Character 4: Right-Brain Thinking
Nonverbal, thinks in pictures, thinks experientially, present moment based, kinesthetic/body, looks holistically at the big picture, sees interlinks, compassionate, best in the flow of time, collective, flexible/resilient, open to possibilities, focus on WE, available, unconscious, fluid/flow, aware, empathic, connection, accepting, embraces chance, authentic, generous of spirit, clarity, attention, vulnerability, contextual, helpful.

Character 2: Left-Brain Emotional
Concrete, right cerebral, has based, stems, loves conditionally, doubts, bullies, selfishness, manipulative, divisive, loud and vain, independent, egotistic, selfish, self-absorbed, self righteous, self promoting, critical, superior/inferior, right/wrong, good/bad, anger/inner conflict, high quality, internalizes shame, negative self judgment, anxious, witness, blames, holds grudges or resentments, no respect for authority.

Character 3: Right-Brain Emotional
Empathic, open, experiential, risk taking, fearless, friendly, kind, empathic, loves unconditional, forgiving, trusts, supports, grateful, playful, joyful, goes with the flow, awe-inspired, curious, creative/inventive, collective, sharing, equality, contextual, helpful.

SLOW.WO

89

We need both sides of the brain to survive and thrive in the world

The left hemisphere comes from the perspective of the individual separate self and functions to keep you safe from danger

90

We need both sides of the brain to survive and thrive in the world

The right hemisphere sees your world from the perspective of the whole and your connection with all life

91

Key Emotional Health Skills

1. **Self-Care to Manage Stress**
2. **Mindfulness**
3. **Cognitive Therapy**
4. **Visualizing Your Goals/ Self-Hypnosis**

2/3

92

Key Emotional Health Skills

3. Managing Your Thoughts

Our thoughts shape our emotions

93

Mind-Reading

Believing that you really know what another person is thinking.

“I know why she hasn’t called me.”
“She did that just to hurt me.”

94

Countering **Mind-Reading**

Believing that you really know what another person is thinking.

“I know why my friend didn’t call me back.”
“She did that just to hurt me.”
I should give others the benefit of the doubt, and maybe check things out.

95

Overgeneralizing

Making broad assumptions based on the facts on hand

“You can’t trust anyone.”
“They are all the same.”

96

Countering **Overgeneralizing**

Making broad assumptions based on the facts on hand

*"You can't trust anyone."
"They are all the same."
One rotten banana doesn't make the whole bunch bad.
Other people are individuals just like me.*

97

Polarizing

All or nothing, black or white, good or bad thinking

"This pandemic is a disaster. There's nothing good in this situation."

98

Countering **Polarizing**

All or nothing, black or white, good or bad thinking

*"This pandemic is a disaster. There's nothing good in this situation."
My situation is not so bad. I have support that others don't.
This challenge has brought out a lot of kindness from others.*

99

Personalizing

Taking things too personally

"He did that deliberately just to hurt me."

100

Countering **Personalizing**

Taking things too personally

*"He did that deliberately just to hurt me."
Maybe he's having a bad day. I'll let it go.*

101

Catastrophizing

Believing the worse things will happen

*"I'm going to fail and I'll never be a success."
"This really is the end of the world!"
"I'm going to get sick and die."*

102

Countering **Catastrophizing**

Believing the worse things will happen

*"I'm going to fail and I'll never be a success."
"This is the end of the world!"
"I'm going to get sick."*

*I'll prepare for the worst, but I know it's not likely to happen.
I know how to stay well, and where to get help.*

103

Disqualifying the Positive

Downplaying the positive aspects of the situation or minimizing the good that you have done

*"I was just lucky that time."
"There is nothing good in this situation."*

104

Countering **Disqualifying the Positive**

Downplaying the positive aspects of the situation or minimizing the good that you have done

*"I was just lucky that time."
"There is nothing good in this situation."
I'm learning and getting better.
Our family and community have really come together to help one another.*

105

THINK

*True Is this thought true?
Helpful Is this thought helpful to me and my situation?
Inspiring Is this thought inspiring me to positive action?
Necessary Is this thought necessary?
Is this thought meeting my needs?
Kind Is this thought kind?*

106

Reflect on the thoughts that trigger your emotions.

Is there another way of looking at the situation?

What would you say to a best friend if she had these thoughts?

107

Cognitive Therapy

FEELING GOOD: The New Mood Therapy
David Burns

MIND OVER MOOD
Padesky/Greenberger

AUTHENTIC HAPPINESS
Martin Seligman

HARDWIRING HAPPINESS
Rick Hanson

Bouncebackbc.ca

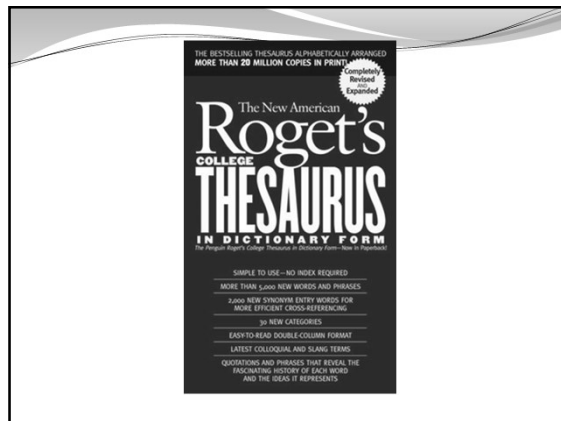


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Key Emotional Health Skills

1. *Self-Care to Manage Stress*
2. *Mindfulness*
3. *Cognitive Therapy*
4. *Visualizing Your Goals/
Self-Hypnosis*

109



110


**Visualizing Your Goals/
Self-Hypnosis**

Turn your problems into goals.

Instead of replaying the past or ruminating on the negative, think about what you want.


111

Hypnosis is a natural state
of focused attention, tuning out the immediate environment and tuning more deeply with particular states (feeling, sensations or ideas)



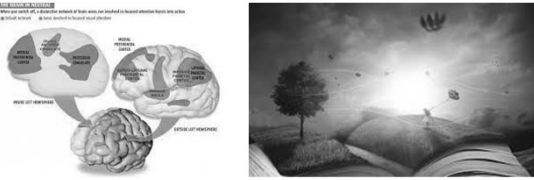
112

Hypnosis is a natural state
e.g. daydreaming, past trauma, medical emergencies, watching a movie, reading a novel



113

You are already in a trance



114

You are already in a trance
The DMN and conceptual cognitive system are absorbed with the self-identity and goal-directed behaviour and dissociated from the holistic, intuitive and connected self

115

You are already in a trance
They create a trance – a mental model, mindset and personal narrative that traps us within our own self-created and self-sustaining dream

116

The Default Mode Network
You may have accepted incorrect beliefs about the world, other people and your self.
These beliefs have shaped your world view and how you tell your personal story.

117

Unquestioned Assumptions and Core Beliefs
The limiting stories created by the thinking, judging mind in trance

118

Question your core beliefs
Where do your core beliefs – about yourself, others & life - come from?
Are you limiting yourself to the narrative created by your left brain?

119

Questioning Your Core Beliefs
Do they foster positive feelings (love, connection and peace)?
Do they foster positive actions (creativity, kindness and generosity)?

120

Limiting Beliefs
*"I'm not good enough."
 "I don't deserve success,
 happiness or love."
 "I am powerless."*


121

Limiting Beliefs
*"I have to be perfect to be loved."
 "I can't trust anyone."
 "Life is unfair."*

122

Hypnosis is a natural state

- When our attention is intently focused
- We dissociate from some outside stimuli
- And more readily create new associations and connections



123

Hypnosis is a natural state

Examples:

When you are engrossed in reading a novel or watching a movie, scrolling through social media, lost in thought while driving home, when you fall in love, when you're an impressionable child . . . or when you are a patient in the emergency department

124

Hypnosis is a natural state

You are more open to both positive and negative suggestions . . .


What you hear may have lasting effects on your thoughts, feelings and beliefs about yourself, your relationships and your health.

125

The Role of Therapeutic Hypnosis

We can awaken in stages of successive DEHYPNOSIS and DETRANCING


Creating ever more inclusive mental models & narratives, expanding your sense of self and deepening your felt connection with the world



126

Hypnosis is self-hypnosis

- *It is a skill you can use in a positive way to achieve your goals*
- *It is not something someone does to you*




127

Engaging your imagination

We allow the critical mind to relax and engage the creative intuitive mind with imagery.


We often start with deliberate relaxed breathing and progressive muscle relaxation.



128

In a deeply relaxed state, engage all of your senses and see yourself achieving your goals


to reinforce the new, more adaptive neural pathways that will enhance coping with life's challenges and allow you to visualize yourself mastering life and achieving your personal potential



129

Joy


In your imagination, bring to mind scenes from your memory that invoke selfless, timeless joy – moments of flow when your abilities match the challenge at hand, communing and connecting with nature, at play with children and sharing laughter among old friends, experiencing awe, moments in nature



130

Equanimity/Peace


Imagine yourself in your personal sanctuary of peace – hear the sounds that bring you peace (perhaps the sounds of nature, waves washing upon the shore, leaves rustled by the wind, water trickling over the rocks in a stream and serene music of Bach or Pachelbel), feel the sensations that soothe your body and mind, inhale the scents that calm your mind, and feel yourself in the presence of a person or being – real or imagined - who invokes timeless peace.



131

Metta/Unconditional Love

Feel yourself in the presence of a person or being who accepts and loves you just as you are. See yourself connected to the universal cycle of love – accepting the love you have received throughout your life and send that love to all whom you know and to all living beings.



132

Progressive Awakening with the Evolution of Mental Models
Like scientists constantly testing and revising theories to take in new information, we are continuously awakening, expanding our world views to accept more and broadening and deepening our conscious awareness. We are writing ever more expansive and inclusive life stories.

133

Evolving into Our Positive Potential

134

There is a positive potential to be realized in every day.

We must see, feel and act.

135

Your Positive Potential
I believe that we each have a unique potential in life;

it is our calling to realize that potential and help others achieve theirs.


136

We can all be Agents of Positive Change


*in our own lives,
in our community
and in our world*

137

THANK YOU
Healthcare Heroes!




Don't forget your SUPER POWER!



138

Metacognition!

The ability to recognize your own thoughts, beliefs and emotions and transform them!



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Where to find help

Canadian Mental Health Association cmha.bc.ca
courses, resources, cognitive therapy and support

Burnaby Mental Health at Burnaby Hospital
fraserhealth.ca (604) 453-1900
assessment, treatment, counselling, crisis intervention

Cameray Child & Family Services
203 – 5623 Imperial Street, Burnaby
(604) 436-9449 cameray.ca
counselling for children and families

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Where to find help

AnxietyBC
anxietybc.com
education, cognitive therapy courses

Mood Disorders Assoc. of BC
mdabc.net
support groups, cognitive therapy, wellness programs

SAFER
(604) 675-3985
education, support and counselling
for those who have suicidal thoughts, have attempted
support for family members

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