KEEP CALM AND JOIN US

4 steps to stay C.A.L.M. in times of stress
Lately have you been feeling like this?
Or this...
Or this...
you are not alone
A light in the darkness... Thank you
This is why I am here...

4 steps to staying C.A.L.M in times of stress
The three evolutionary layers of the **triune brain** are the very ancient brain (**reptilian**), the later mammal brain (**limbic system**), and, the more recent human brain (**neocortex**).

**Why is this so difficult?**
Why is this so difficult?

Triune Brain

- Survival Brain
  - Reptilian
- Emotional Brain
  - Limbic
- Thinking Brain
  - Neo-cortex
Why is this so difficult?
Pupils Dilate
Tunnel Vision
Constant Servellance of Surroundings
Breathing Becomes Fast & Shallow
Heart Beat is Faster and Noticeable
Increase Sweating
Insomnia
ADD/ADHD type Symptoms

Mouth Gets Dry
Inhibition of Erections

Neck, Shoulder and Arm Muscles Become Tense and Stronger
Leg Muscles Become Tense and Strengthened

Why is this so difficult?
Why is this so difficult?
What helps?
C.A.L.M

C (Cog Distortions/ Catastrophic thinking - STO P!)

A x 3 (Affirm, Adapt, Ascend)

L (Lean into Learning & Love)

M (Mastering Mindfulness)
C.A.L.M

C (Cog Distortions / Catastrophic thinking - STOP!)

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M (Mastering Mindfulness)
Cognitive Distortions — patterns of negative, irrational thoughts

Catastrophizing: seeing only the worst possible outcomes of a situation

Filtering/Disqualifying the positive: seeing only the negative aspects of a situation while ignoring the positive.
Cog Distortions / Catastrophizing - STOP!

All-or-Nothing Thinking: thinking in absolutes "always", "never", "forever", "every", "nobody"

Emotional Reasoning:

Shoulds
Albert Ellis: Stop "musterbating" and "shoulding on yourself"
C.A.L.M

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M (Mastering Mindfulness)
A x 3 (Affirm, Adapt, Ascend)

Affirm – skills & past successes
Adapt – to new surroundings
Ascend – above the chaos
C.A.L.M

C  (Cog Distortions / Catastrophic thinking - STOP!)

A x 3  (Affirm, Adapt, Ascend)

L  (Lean into Learning & Love)

M  (Mastering Mindfulness)
L – Lean into Learning & Love

What can you Learn?
Who or what can you Love?
Burnout Scores / Data collected from 778 US Healthcare Workers

Less than 2% of US Healthcare Workers are safe from burnout

83% of US Healthcare Workers are dealing with SERIOUS levels of burnout (score of 51+)

- 28-37 (2%)
- 38-50 (15%)
- 51-70 (45%)
- 71-90 (30%)
- 91+ (8%)
Take the
Are You Burning Out Survey*
every time you see your dentist (AKA 2x year)
See
www.PostInternationalinc.com & download

Also see Compassion Fatigue ProQOL
(google or email: Michelle@PostInternationalinc.com)

What have you done for YOU lately?
What do you do to care for yourself and IGNITE YOUR LIFE?

- Daily?
- Weekly?
- Monthly?
- Yearly?
Create a self-care contract
See www.PostInternationalinc.com & download

Ensure your self-care plan addresses your needs on various levels:

PHYSICAL
NUTRITIONAL
SPIRITUAL
SOCIAL
EMOTIONAL
FINANCIAL

Find an Accountability Partner
Musical playlist:

• What is your walk-up song?

• Create a list of
  • At least 10 songs
  • 30 minutes of music

• Play on shuffle while you walk for 30 minutes
Journal
Start a gratitude or self-reflection or self-coaching journal
Evaluate your environment

Space on your desk, office & car:

Mementos:
• Grover
• Funny Pens

Again, all things in moderation:
• Life Changing Magic of Tidying Up (on Netflix now!)
Learn a new skill...
• Create or Join a Mastermind Group
• Work with a Life / Career Coach
• Sign up for a virtual retreat

Bimonthly/ Monthly
Self Care Ideas:

www.PostInternationalInc.com
Who / What can you LOVE?

“When you don’t choose love, you choose fear” ~ Elizabeth Kubler Ross & David Kessler

“FEAR always finds a reason. Love always finds a way.”

“Fear and Love can’t co-exist”
Who / What can you LOVE?

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections.” - John Lennon
Who can you LOVE or be more loving to?

- Being of help (family, friends, neighbors, yourself)
- Volunteerism?
- Giving to Charity
C.A.L.M

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L (Lean into Learning & Love)

M (Mastering Mindfulness)
Keep your mind where your body is.

...And find little joys/gratitude
Quick Surveys: YOU ARE HERE! And YOU Matter!
M (Mastering Mindfulness)

Breathe
Alert-orienting activities:
- Pinch self
- Bite tongue
- Curl toes inside shoes
- Slap thighs
- Point toes toward head
- Say INSIDE “I’m HERE!”
C.A.L.M

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As Zen Master Thich Nhat Hanh explains:

“When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centered, it was enough. It showed the way for everyone to survive.”

On Doing and Being: If you can BE relaxed, peaceful, compassionate, that is a lot of action already.
6 A’s of Self-care and Solving Problems

1) Ask yourself if you have a problem – 5 5 5 5 5
2) Accept it is a problem. Stop spending energy on how you could have avoided it. You are there.
3) Attain Knowledge – research, mentors, reading, listening, reflecting
4) Attention split = 80% on solutions, 20% sharing
5) Action that into small, actionable steps
6) Amend – so that it does not repeat

On Purpose by Jay Shetty
37. Equation to Solve your Problem