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- THE VIRTUAL WESTERN CANADA MENTAL HEALTH SUMMIT -

# HELPING INDIVIDUALS THRIVE DURING TURBULENT TIMES

CO-SPONSORED BY SUNSHINE COAST HEALTH CENTRE,  
GEORGIA STRAIGHT WOMEN'S CLINIC & CTV

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WEDNESDAY, APRIL 21, 2021

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**GABOR MATÉ, M.D., MARGARET WEHRENBURG,  
PSY.D., JONAH PAQUETTE, PSY.D., DAVID BURNS, M.D.,  
CAROLINE BUZANKO, PH.D., R. PSYCH  
& DONALD ALTMAN, M.A.**



The Virtual Western Canada Mental Health Summit: Helping Individuals Thrive During Turbulent Times airing online April 21, 2021. This virtual conference will feature new interactive learning tools including digital handouts, polls and a live Q&A with the presenters. Join Gabor Maté, M.D., Margaret Wehrenberg, Psy.D., Jonah Paquette, Psy.D., David Burns, M.D., Caroline Buzanko, Ph.D., R. Psych & Donald Altman, M.A., LPC for this special event.



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April 21, 2021

Dear Fellow Conference Attendees,

On behalf of the entire team at Sunshine Coast Health Centre and Georgia Strait Women's Clinic, we do hope you will join us for ***The Western Canada Mental Health Summit*** being held the 21st of April, 2021. We are, once again, pleased to be co-sponsoring an event with Jack Hirose & Associates, Canada's premier psychotherapy conference organizer.

Now, more than ever, we at SCHC/GSWC recognize the importance of having a place to network with the psychotherapy community and train our staff. The pandemic has been challenging for us all—as individuals, as family members, and as members of the community. Change is often necessary during a crisis and we support Jack's decision to make this year's event virtual. Furthermore, we are excited that, for the first time, this year's event will be open to the public. Together, as committed stakeholders, I believe we can better address the growing challenge of mental health in our communities.

Thanks to all of you for your dedication. Whether you are personally or professionally invested in this important topic, I am confident that attending this event's slate of world-class experts will be a meaningful experience.

Thank you!

Melanie Alsager, MBA  
Chief Executive Officer



Georgia Strait | WOMEN'S CLINIC

8:15 AM – 8:30 AM	<b>INTRODUCTION</b>	<b>Maria LeRose</b>
8:30 AM – 10:00 AM	<b>THE ILLNESS &amp; HEALTH IN AN INSANE CULTURE</b>	<b>Gabor Maté</b> M.D.
10:00 AM – 10:10 AM	Break	
10:10 AM – 11:00 AM	<b>PANDEMIC ANXIETY:</b> Surviving Stress, Fear & Grief During Turbulent Times	<b>Margaret Wehrenberg</b> Psy.D.
11:00 AM – 11:10 AM	Break	
11:10 AM – 12:10 PM	<b>EMBRACING AWE:</b> The Mental Health Benefits of Wonder	<b>Jonah Paquette</b> Psy.D.
12:10 PM – 1:00 PM	Lunch Break	
1:00 PM – 2:30 PM	<b>FEELING GREAT:</b> You Can Change the Way You Feel!	<b>David Burns</b> M.D.
2:30 PM – 2:40 PM	Break	
2:40 PM – 3:40 PM	<b>GEN STRESSED:</b> Helping Kids & Teens Manage Anxiety	<b>Caroline Buzanko</b> Ph.D., R. Psych
3:40 PM – 3:50 PM	Break	
3:50 PM – 4:50 PM	<b>MINDFULNESS FOR THE 21ST CENTURY:</b> The Power of Unplugging to Reclaim Attention & Overcome Anxiety	<b>Donald Altman</b> M.A., LPC

All times are in Pacific Standard Time

There are no handouts for Dr. Maté's  
presentation: The Illness & Health in  
an Insane Culture



## Pandemic Anxiety: Surviving Stress, Fear and Grief During Turbulent Times

Margaret Wehrenberg, Psy.D.  
www.margaretwehrenberg.com

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### Pandemic Worries Are Many and Varied

- It is impossible to be unaware of the potential dangers of the virus.
- The results of isolation: anxiety, social isolation, and depression
- Stress of working at home and monitoring school/supervising children
- Stress of working in the community
- The stress of financial difficulty

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### Invite the Worry

- The model of “inviting not fighting”
- Natural follow up is “What is the worst that could happen?”
- Focus shifts to coping and resourcefulness – facing reality and recognizing skills (or planning how to develop skills)

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### Health Anxiety – Worry Well and Only Once

- Need to clarify the actual worry. Is there a legitimate health issue, such as whether a cancer may recur? Or waiting on test results?
  - If so, set up the steps that person can do to follow through with appropriate care.
- Is this hypothetical, “If I ever got sick...”?
  - Do not look for reassurance on the internet.
- Decide “When do I need to worry about this?”
- Decide whether you have enough information. If so, you are done worrying well.
- Then, between now and that date, when the anxiety arises, DO NOT rehearse all the reasons not to worry. Simply say “Stop! On this date \_\_\_\_\_ I will think about it!” and then distract.

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### Fear of Financial Outcomes

The fears of people facing real financial troubles can feel overwhelming to those who are listening

You do not need to have all the answers

- Help to differentiate projections of disaster from immediate concerns
- In imminent difficulty, help people list their resources and create a plan. (Help find resources if possible).
- If you were furloughed, can you explore new employment rather than waiting to see if the old job comes back?

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### Stop the Worry Tug of War: Make a Plan

- Separate Caution from Fear and know the difference between possible and probable
- Planning: define the problem and list action steps
- Decide what kind of new information or change in circumstance would warrant reviewing the plan
- Set a date to review the efficacy of the plan
- **Do not re-plan the plan**

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### Help to Stop Ruminating: Move Your Body, Move Your Mind

- “Shake it off” really works – it seems to reset the nervous system – from the work of Peter Levine Somatic Experiencing
- Have a daily dance party
- Walk, run, ride a bike
- Have a planned play time with children – outside as much as possible: hide and seek, basketball, tag, etc
- Move your activity to a different room in the house

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### Living with Purpose to Mitigate the Outcome of Our Turbulent Times

- Susan Kobasa who has researched hardiness for decades, describes the 3’Cs of becoming hardy in the face of adversity. Stress is manageable if people are resilient and find purpose in their lives even when things are not going well:
- Challenge
- Control
- Commitment

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### Managing the Out-of-Control Stress of Traumatic Times

- Acceptance – This is ‘what is’. Anger, frustration, fear are all emotional responses based on interpretations and assumptions. What are yours?
- Find ways to express emotional responses responsibly and then step back. Note what is catastrophic vs what is inconvenient
- What has not yet happened, and might not ever happen – when should you deal with it?
- What are your resources to cope with the challenges?

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### What Is in Your Purview?

- News is overwhelming – what is there that is in your sphere of influence?
  - Think globally, act locally
  - Parker Palmer's remarks about the dis-empowering effects of 24/7 ongoing tragic situations.
- What degree of control is possible?
- How about influence vs. control?
  - Is this a situation where no control is possible – can you let go?

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### Build Your Resilience – Identify the Challenge and Find Meaningful Action to Take

If you view stressors like isolation or disappointment as overwhelming or even paralyzing you will be less likely to take action!

- If you saw your current situation as a challenge, what steps would you take to deal with it. (Famous example of Christopher Reeves)
- Commitments give meaning to your life/actions and promote an active, problem-solving approach to life in the face of adversity.

What are you committed to? E.g., living fully, staying engaged in life? Supporting a beloved cause? Being helpful to others?

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### Look for Inspiration – Even on Netflix Stoic Philosophy Meets Positive Psychology

"Where or in whom do I see people facing adversity with persistence, optimism, and other positive character strengths?" Look around for:

- People you know. Who is carrying on in the face of adversity?
- What movies show situations of inspiration?
- What book characters have the hope I want?
- What video game heroes or Marvel Superheroes display positive character traits?

Imagine behaving like those people in the adversity you are facing.

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### Unremitting Stress of Work/School

- Pandemic has asked the impossible of parents in particular
- Work outside the home and manage children who are not in school.
- Families are doing it all inside the house. Working, educating children and supervising (entertaining) children, housekeeping, cooking
- Facebook can help/hinder parents – watch its impact
- Stay away from negative social media posts from people who foment agitation instead of patience

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### Reinstate Routines, Set Boundaries on Time and Space

- What activities were part of your everyday life before the pandemic? Deliberately reinstate them in a COVID-19 friendly way – like “Doughnut Friday” or a Wednesday girls’ night out
- Utilize calendars and reminders – electronics can be helpful!!
- Set boundaries on work hours and establish work spaces
- Establish time for kids’ activities and implement these

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### Diminish Social Media Stress

- The greater the need to be connected, the more important the use of social media becomes
- Facebook is a source of great ideas and great stress
- Identify if social media is helping or is raising anxiety. Social media communicates too fast about things that are untrue and frightening – remember what spreads on Twitter and why
  - If it is NOVEL or SHOCKING it gets retweeted faster and wider
  - Humans hear/read new information 3 times, even if they know the first time is suspect or possibly untrue, will believe it.

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### Parenting One Right Way

Millennial-age parents – excellent researchers and information-sharing users of social media.

They're more informed than prior generations but believe: ***There is one way to do this right and you must find it or risk ruining your child's chance of becoming a successful adult.*** How exhausting and scary!

Parents might consider if that belief could be false: Do you think that if people make mistakes, it is possible to repair them? Does that apply to you?

Also, can children develop resilience from an imperfect life that will help them face their unique challenges in life?

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### Anxious Parents and Family Time

- Relax about screen time for self and children, and separate schoolwork from fun time
- Separate passive scrolling from interactive or content creation time on screens.
- Establish family planned interaction time – include outdoor family activities and alone time

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### The Impact of Loss Can Look Like Depression – But Is It the Stress of Disappointment and Grief?

Don't leap to conclusions and don't immediately urge optimism on someone who is sad about a disappointment

#### *Validate Disappointment as Loss*

- Identify the loss, express it, sit with the loss – easier to do with a death than with a disappointment, but...
- Validate reality: not getting what you wanted is a loss
- Validate emotions: you would appropriately feel sad about any loss

Allow people to grieve what they never had as well as grieve the loss of a loved one

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Look Back and Look Forward  
Create a Ceremony to Replace the One You Lost

- Ceremonies (rituals) help us make transitions in life
- We review our process, accomplishments and effort
- We anticipate the future and are reminded of the hope we have
- Include community as witnesses and participants in supporting us

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Grieving Death: Create Your Own Ritual

1. Identify the loss – part of mourning is knowing what is lost. So, take time to reflect on this and even write it down. This is essential. Your loss is not like anyone else's because it is yours. What is it that you will most miss that you previously had?
2. Reflect on the things your loved one cherished in life, like a hobby or a place they visited.
3. Create a symbol of that loss to help you remember. It may well be an action you perform, such as cooking their favorite meal and sharing it with friends.
4. Write about how performing the ritual made you feel.

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Turn "Anguish Into Purpose"

- "The best way to bear loss and pain is to turn that anger and anguish into purpose." (Joe Biden in a speech on June 2, 2020)
- This echoes David Kessler, who, in his book *Finding Meaning: The Sixth Stage of Grief* (2019), describes how the process of finding meaning after the loss of someone you love can lead people out of mourning and into living with the memory of the loved one close in mind, but without debilitating daily life.

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Start Recovering from Turbulent Times –  
An Exhausted Person Has Nothing to Give!

Get A Burnout Buddy who will hold you accountable,  
and make any shift gradually:

- Make a self-care checklist and follow it
- Take a break from social media, constant news feeds
- Get support to tolerate the empty feelings when you  
slow down, rest or otherwise quiet yourself
- Plan fun and put it into your calendar

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**Embracing Awe**  
**The Mental Health Benefits of Wonder**  
**The Virtual Western Canada Mental Health Summit: Helping**  
**Individuals Thrive During Turbulent Times**

Jonah Paquette, Psy.D.  
 Author of *Awestruck*, *Real Happiness*, and *The Happiness Toolbox*  
 Assistant Director of Mental Health Training Kaiser Permanente, NorCal  
[www.jonahpaquette.com](http://www.jonahpaquette.com)




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### What do you feel when you...

Gaze up at the Milky Way?

See a beautiful sunrise or sunset?

Witness an act of great compassion or courage?

Watch a child learn to walk?

See a mind-blowing work of art?

Attend an incredible performance?

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### Core Habits of Well-Being

#### ❖ **Awe**

- ❖ Compassion
- ❖ Cultivating Strengths
- ❖ Meaning
- ❖ Connection
- ❖ Optimism
- ❖ Fostering Resilience

#### ❖ **Gratitude**

- ❖ Self-Compassion
- ❖ Health & Wellness
- ❖ Forgiveness
- ❖ Mindfulness
- ❖ Savoring
- ❖ Self-Care

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## What is Awe?

*The feeling we get in the presence of something greater than ourselves, that challenges our understanding of the world.*




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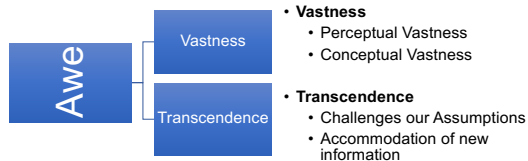
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## Defining Awe




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## I'M SICK OF REPEATING MYSELF.

-HISTORY

### A Brief History of Awe

- Origins of the word "awe"
- Awe as a religious state
- A shift to the secular
  - Edmund Burke
  - Immanuel Kant
  - Ralph Waldo Emerson
  - John Muir
- Awe in the field of psychology
  - William James
  - Sigmund Freud
  - Abraham Maslow
  - Viktor Frankl
- Modern understandings of awe

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## Who Experiences Awe?

- Personality factors
  - Extraversion, Openness to New Experiences
- Character Traits
  - Optimism, Gratitude, Creativity, Love of Learning, Appreciation of Beauty
- Spirituality and Religion
  - No differences found overall, though sources of awe may differ
- Social Class
  - Slight link to lower-SES individuals
- Cross-cultural research
  - Universal human emotion, though some differences in the experience

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## Why we experience awe

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## The “Why” of Awe

- Connection
  - Awe reliably increases feelings of connection with others (Shiota & Keltner, 2007; Bai, 2017)
- Compassion
  - Awe results in greater compassion and altruism (Piff, 2015)
  - Awe linked to generosity and kindness (Rudd, 2012; Prade, 2016)
- Curiosity
  - Experiences of awe make us more curious about the world around us (Smith, 2016)

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### Psychological Benefits of Awe

- Increased positive emotions (Joye, 2015)
  - Lasting boosts to mood (Stellar, 2017)
- Increased life satisfaction (Rudd, 2012)
- The "small self" effect (Bai, 2017)
- Decreased materialism (Rudd, 2012)
- Orients us to higher, more prosocial values (Jiang, 2018)
- Lower stress, including post-traumatic stress (Anderson, 2018)
- From time poverty to time wealth (Rudd, 2012)
- Increased humility (Stellar, 2018)

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### Our Brain and Body on Awe




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## Awe and Inflammation (Stellar et al., 2015)

### Short-Term/Acute

- Fights disease and infection
- Restores us to homeostasis
- Signals immune system to spring to action
- Heals and repairs damaged tissue
- Localized

### Chronic

- Persistent, low-grade
- Widespread (rather than localized)
- Linked to heart disease, stroke, Alzheimers, depression, and much more







## Awe and Inflammation

DPES Subscale	IL-6	IL-6
Awe	-0.33***	-0.33**
Amusement	-0.02	0.16
Compassion	-0.09	0.05
Contentment	-0.20*	0.04
Joy	-0.23*	-0.11
Love	-0.10	-0.07
Pride	-0.21*	-0.009

*Note.*  $\beta$  values for positive emotions predicting IL-6 and controlling for participant's BMI. In column 1, emotions are separately entered into regressions and in column 2 they are simultaneously entered.

\*  $p < .05$ . \*\*  $p < .01$ . \*\*\*  $p < .001$ .

## The impact of awe on our brain & body

-  Decreased chronic inflammation (Stellar, 2015)
-  Decreased activation of the default mode network (DMN)
-  Decreased activation of the parietal lobe
-  Decreased activation of the subgenual PFC
-  Unique brain wave "signatures"
-  Simultaneous PNS and SNS activation



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Verbal and Nonverbal expressions of awe

Vocal bursts: listeners able to identify “awe vocalizations” compared to other emotions (Simon-Thomas et al, 2009)

Similar verbal expressions across both Western and non-western cultures (Cordaro, 2016)

Facial expressions: widening of eyes, jaw slightly dropped, raised eyebrows common across cultures (Shiota, 2003; Campos, 2013; Anderson, 2017)

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Amusement	Disgust	Contempt	Surprise	Fear	Anger	Frustration
<b>Moderate to strong association (&gt; 50%)</b>						
AU6 – 85%	AU25 – 86%	AU6 – 56%	AU1 – 58%	AU6 – 79%	AU6 – 69%	AU6 – 70%
Cheek raiser	Lips apart	Cheek raiser	Inner brow raise	Cheek raiser	Cheek raiser	Cheek raiser
AU12 – 95%	AU26/27 – 80%	AU12 – 85%	AU14 – 56%	AU12 – 97%	AU12 – 84%	AU12 – 80%
Lip corner puller	Jaw drop/mouth stretch	Lip corner puller	Brow lowerer	Lip corner puller	Lip corner puller	Lip corner puller
AU25 – 81%	AU1 – 78%	AU24 – 60%	AU25 – 50%	AU25 – 50%	AU25 – 54%	35%
Lips apart	Inner brow raise	Lip pressor	Lips apart	Lips apart	Lips apart	Set up
AU26/27 – 68%	AU3 – 41%					AU24 – 60%
Jaw drop/mouth stretch	Upper lid raiser					Lip pressor
<b>Weak association (25 – 49%)</b>						
49%	AU27 – 27%	38%	AU24 – 38%	34%	AU55/56 – 49%	45%
Head bounce	Head forward	Head nod	Lip pressor	Bounce	Head tilt	Shoulders back
AU55/56 – 34%	AU25 – 26%	AU25 – 26%	AU2 – 37%	AU26/27 – 31%	AU43 – 26%	AU53 – 38%
Head tilt	Lips apart	Lips apart	Outer brow raise	Jaw drop/mouth stretch	Eyes closed	Head up
AU1 – 25%			AU55/56 – 37%			
Inner brow raise			Head tilt			
			37%			
			Forward lean			
			AU57 – 33%			
			Head forward			

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## The Dark Side of Awe




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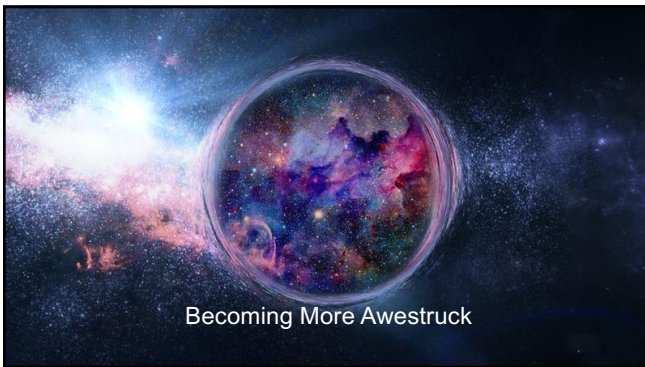
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## Pathways to Awe

- Awe in this moment
- Awe through courage & inspiration
- Reflecting on awe-inspired memories
- Awe through vastness
- The unlikelihood of existence
- Awe through nature
- Seeing the world through new eyes
- Mind-bending awe
- Awe through Connection

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## An Ancient Solution to a Modern Problem

People have never been more:

- Stressed
- Socially isolated
- Short on time
- Depressed
- Materialistic
- Polarized

Awe helps us to:

- Relieve stress
- Connect with others
- Feel "time rich"
- Improves mood
- Connect with deeper values
- Become kinder towards others

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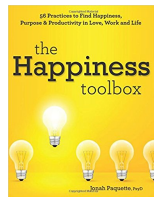
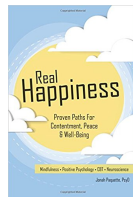
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Stay in touch

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Feeling Great:  
You Can **CHANGE** the Way You **FEEL**!

By David D. Burns, MD  
Adjunct Clinical Professor of Psychiatry Emeritus,  
Stanford University School of Medicine

FEELING  
GREAT

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Recent Surveys Indicate

- Depression and anxiety have doubled or even tripled since the corona pandemic
  - All ethnic groups
  - United States and worldwide

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How Many of You Sometimes...

- Struggle with feelings of insecurity, anxiety, and self-doubt?
- Rip yourself to shreds with self-critical thoughts, like "I'm not good enough," or "I should be better than I am"?
- Feel like a failure, in spite of your accomplishments?
- Have a friend, colleague or loved one who's struggled with feelings of anxiety or depression?

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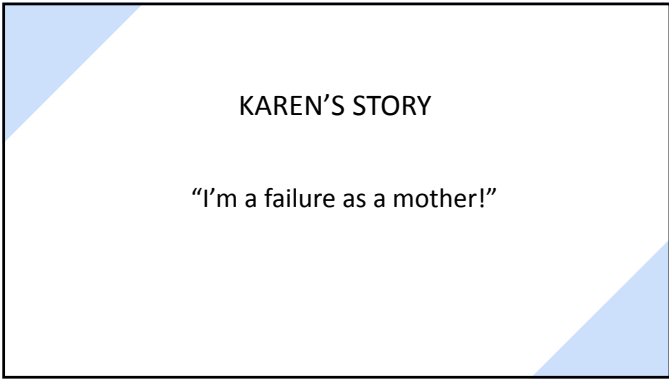
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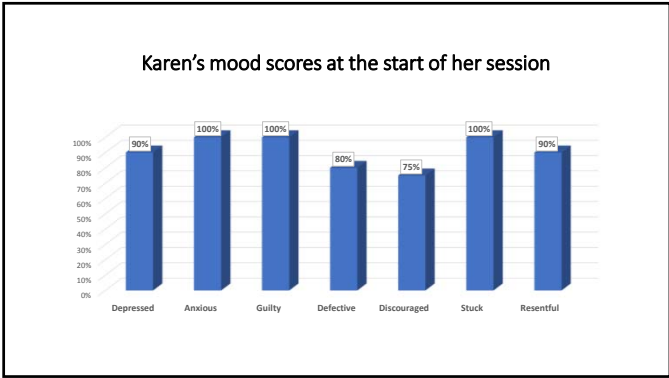
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KAREN’S STRUGGLES WERE SEVERE

Let’s see how she felt 90 minutes later.

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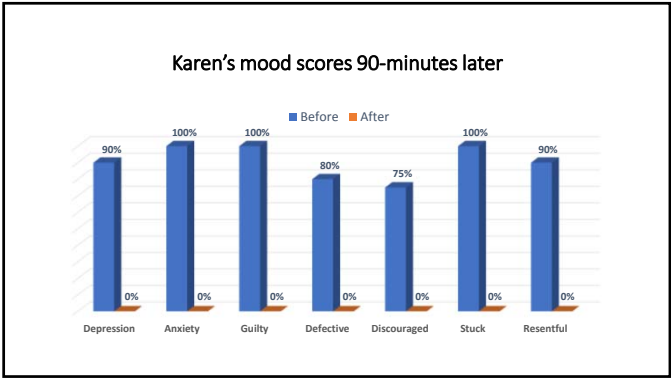
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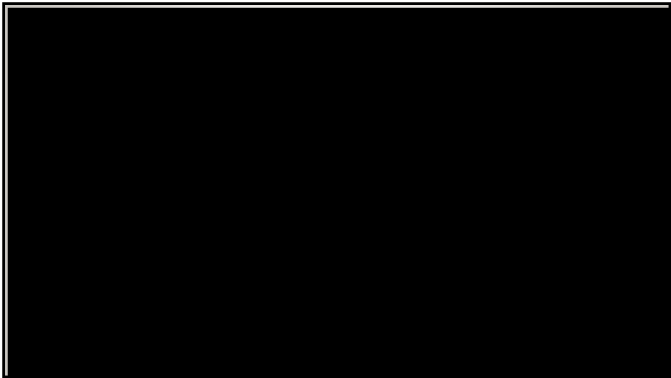
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Was it a Miracle?

Two powerful change technologies:

- Cognitive Behavior Therapy (CBT)
  - Developed at U. Penn in the 1970s
  - Challenge the distorted thoughts that trigger depression and anxiety.
- TEAM-CBT
  - Developed over past 20 years in my weekly training group at the Stanford Medical School
  - Reduce Resistance before challenging distorted thoughts

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TEAM-CBT

- T = Testing
- E = Empathy
- A = Assessment of Resistance
- M = Methods

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### What's Cognitive Behavior Therapy (CBT)?




You **FEEL** the way you **THINK**



Thoughts (e.g. cognitions), not events, cause **ALL** of your feelings



The thoughts that cause depression and anxiety are distorted and illogical



Depression and anxiety are the world's oldest cons

**When you CHANGE the way you THINK,**  
**You can CHANGE the way you FEEL!**

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### The Ten Forms of Twisted Thinking

*from Feeling Good: The New Mood Therapy*

All-or-Nothing Thinking	Magnification / Minimization
Overgeneralization	Labeling
Mental Filtering	Emotional Reasoning
Discounting the Positive	Should Statements
Jumping to Conclusions	Blame
◦ Mind-Reading	◦ Self-Blame
◦ Fortune Telling	◦ Other-Blame

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### Karen's Negative Thoughts

*I never should have let Ashley go out and play.*

*I'm a bad mom.*

*It's my fault her childhood was ruined.*

*I'm going to have to spend the rest of my life making it up to her.*

*I can never be truly happy when she's still suffering.*

*The people in the audience will judge me.*

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"I'm a bad mom."

Can You Spot the Distortions?

☐ All-or-Nothing Thinking

☐ Overgeneralization

☐ Mental Filtering

☐ Discounting the Positive

☐ Jumping to Conclusions

☐ Mind-Reading

☐ Fortune-Telling

☐ Magnification / Minimization

☐ Labeling

☐ Emotional Reasoning

☐ Should Statements

☐ Blame

☐ Self-Blame

☐ Other-Blame

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"I never should have let Ashley go out and play."

Can You Spot the Distortions?

☐ All-or-Nothing Thinking

☐ Overgeneralization

☐ Mental Filtering

☐ Discounting the Positive

☐ Jumping to Conclusions

☐ Mind-Reading

☐ Fortune-Telling

☐ Magnification / Minimization

☐ Labeling

☐ Emotional Reasoning

☐ Should Statements

☐ Blame

☐ Self-Blame

☐ Other-Blame

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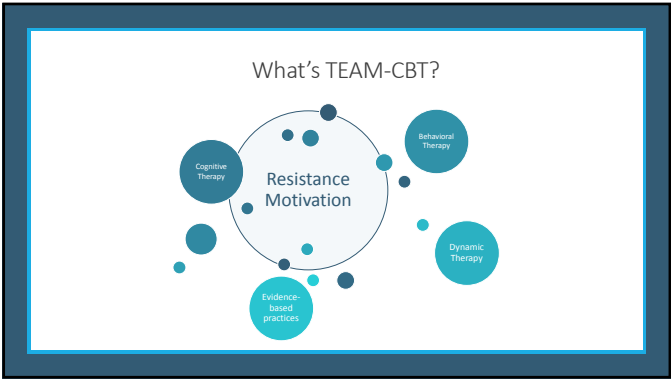
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Examples of Resistance

Mother with OCD

Binge eating

Relationship conflict

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MAGIC BUTTON

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Therapeutic Failure / Stuckness



Nearly always results from resistance that hasn't been addressed



TEAM includes powerful new techniques to eliminate resistance / boost motivation  
This makes ultra-rapid recovery possible

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1

Eliminate resistance

2

Crush negative thoughts

3

Feel *Great*

Three Steps to Change

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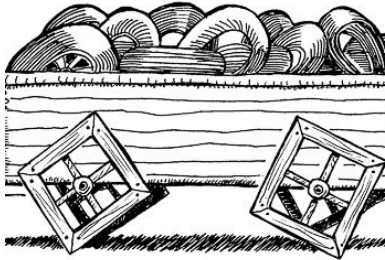
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Traditional View

Depression and anxiety show that there's something wrong with you, and that you need to be "fixed"

- Mental disorder (DSM-5)
- Chemical imbalance
- Personality defect

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### A Radical New Idea

Your depression and anxiety do not result from what's **WRONG** with you, but from what's **RIGHT** with you!

- But is this true in Karen's case?
- Is this true when you're upset?

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### Two Questions to Ask Yourself

What do my negative thoughts and feelings show about me that's positive and awesome?

What are some *benefits* of my negative thoughts and feelings? Are they actually helping me?

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What does Karen's guilt show about her that's beautiful, positive and awesome?



What are some benefits of Karen's guilt? How might the guilt help her?

### Example: Karen's Guilt and Self-Criticisms

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### Karen's Guilt and Self-Criticisms

- Are an expression of her intense love for her daughter, Ashley.
- Show that she's accountable, rather than blaming others.
- Result from her high standards, which have motivated her to do every conceivable thing to help her daughter.
- Show that she's humble and compassionate.

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Karen's **depression** shows her love for her daughter, Ashley.

Her **anxiety** makes her vigilant, so she'll protect her daughter.

Her feelings of **inadequacy** show that she's humble and honest.

Her **anger** is justified and shows that she's a fighter who won't give up.

Her **hopelessness** is realistic and protects her from disappointment.

Her **fears of being judged** show that she values warm, genuine and positive relationships with colleagues, including those in the audience.

### Positive Reframing

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### How Does "Positive Reframing" Help?

- Replaces feelings of shame with feelings of pride, so you start feeling better right away.
- No longer feels defective, inadequate, broken, or hopeless.
- Paradoxically, the resistance to change disappears.

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[illegible][illegible][illegible]

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Externalization of Voices (cont'd)

David and Jill will challenge three of Karen's Negative Thoughts

- "I never should have let Ashley go out and play."
- "I'm going to have to spend the rest of my life making it up to her."
- "The people in the audience will judge me."

Warning:  
What you're about to see may appear aggressive  
This technique is called "Externalization of Voices"

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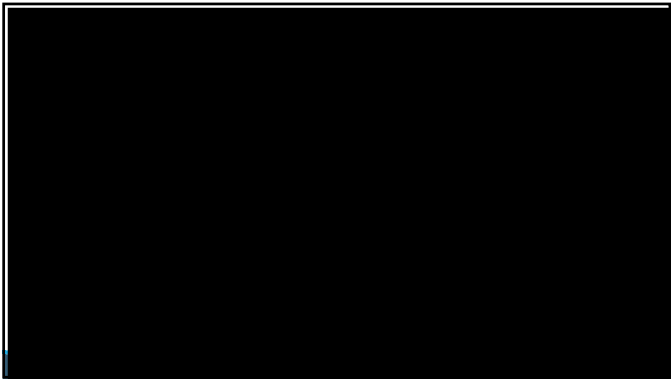
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Externalization of Voices (cont'd)

Example:  
"I'm going to have to spend the rest of my life trying to make it up to her."

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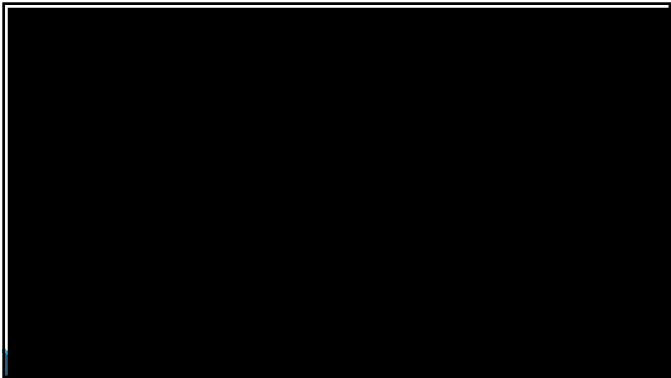
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Externalization  
of Voices  
(cont'd)

Example:  
"The people in the audience will judge me."

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“The Truth  
Shall Set You  
Free.”

Is it really *true* that people are judging her?  
How do *you* feel about her?

We will use another M = Method, the  
Survey Technique

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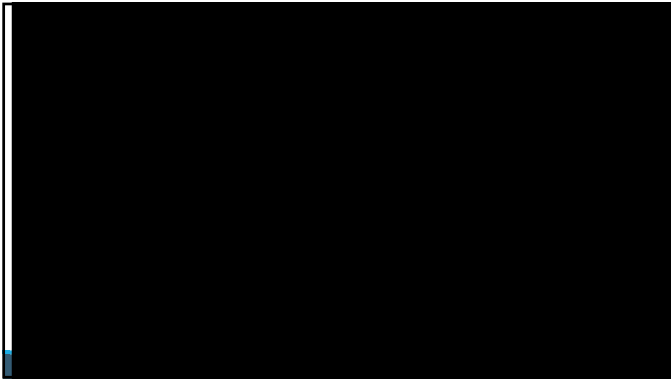
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Now You Know  
How TEAM-CBT Works

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It *feels* like a miracle . . .  
But results from practical, helpful tools you  
can learn to use in your daily life

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Were the  
Changes  
Real? Will  
They Last?

"The changes I experienced were  
*monumental* . . . I was *blown away*, and  
still am!"

- Karen, February 23, 2020  
(4 years after her session)

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1

Eliminate  
resistance

2

Crush negative  
thoughts

3

Feel *Great*

Remember the Three Steps

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How Often Does  
Rapid Recovery  
Happen?

40 CONSECUTIVE  
TRAUMA PATIENTS  
TREATED BY DAVID  
IN A SINGLE, TWO-  
HOUR TEAM  
THERAPY SESSION

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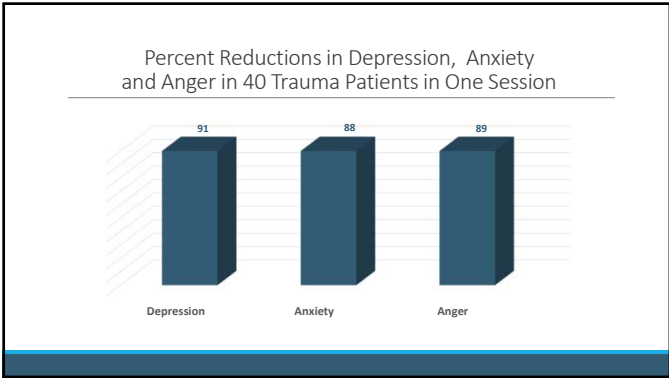
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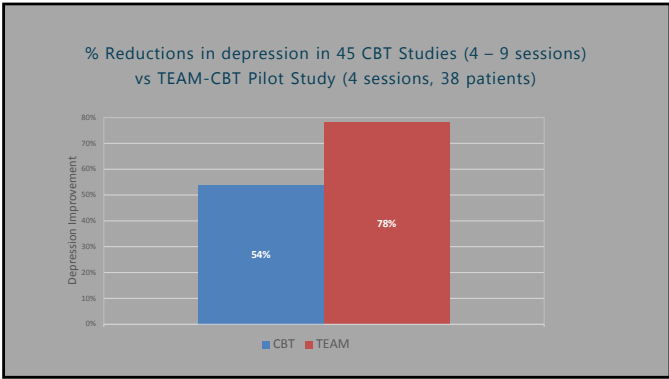
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Would You Like To Learn More?

The Feeling Good Podcasts:

- Approaching four million downloads
- For therapists and the general public

[www.feelinggood.com](http://www.feelinggood.com)  
Click on "Podcast"

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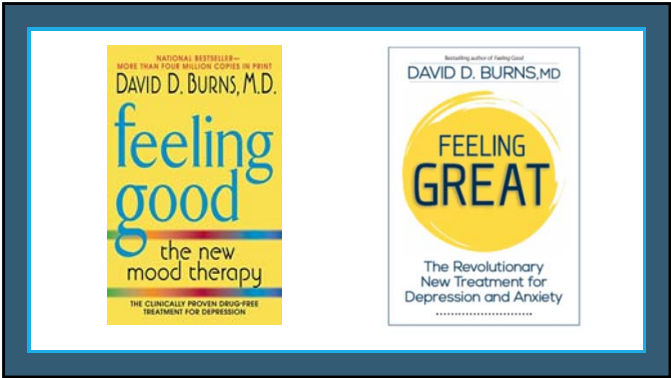
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Additional Resources for Therapists

Unlimited free weekly training for

- California therapists: Tuesday Group
- Therapists from around the world: Wednesday

Both groups are virtual

- Live group demonstrations
- Small group practice with immediate feedback from experts
- Check your ego at the door; philosophy of “joyful failure”

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Additional Resources for Patients and Therapists

Free depression and anxiety testing and classes at [www.feelinggood.com](http://www.feelinggood.com)

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# The Feeling Great App

To beta-test, sign up

[WWW.FEELINGGOOD.COM/APP](http://WWW.FEELINGGOOD.COM/APP)

THANK YOU!

DAVID@FEELINGGOOD.COM

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### Learning Objectives

- Understand the unique stress kids and teens face
- Differentiate normal from problematic worries
- Understand the nature of anxiety, how it shows up, and how it hijacks learning
- Explain the key pathways to anxiety and what maintains it
- Discuss the shortcomings of traditional approaches
- Create experiential learning opportunities
- Understand and individualize the Anxiety Compass



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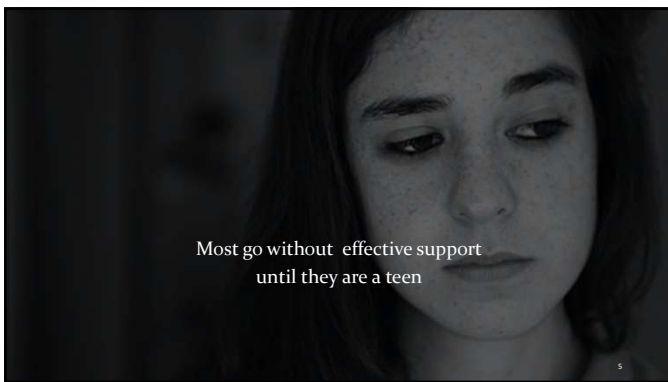
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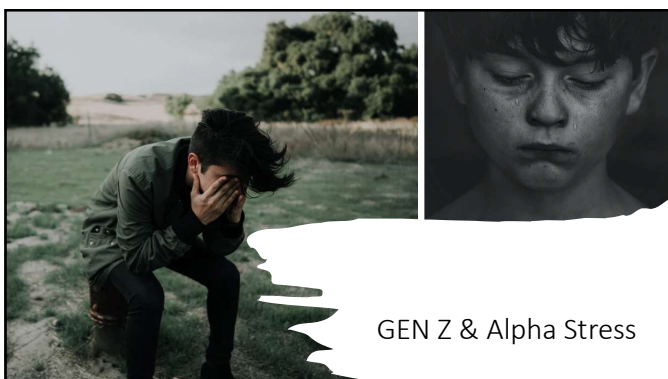
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Effortlessly Perfect

-  Overachieve academically
-  High expectations in all areas of life
-  Expectations to be happy



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Pressure and expectations

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### Self-esteem

False messages to avoid rejection

- So happy!
- So beautiful!

"Likes" worsens self-esteem

- Others won't like the "real" them.



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### Family Connection

Most important relationship for bonding and overall development

- Discovering:
- Self
- Values
- Personality
- World

### Technoference

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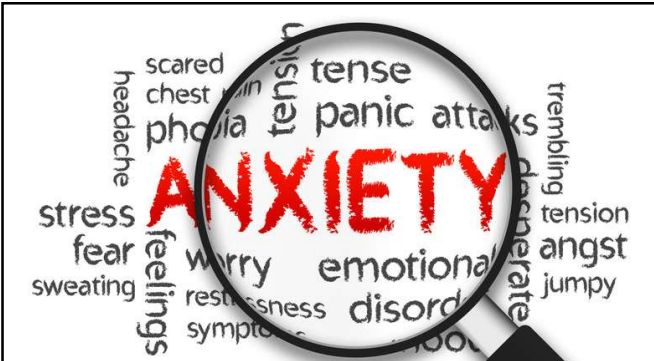
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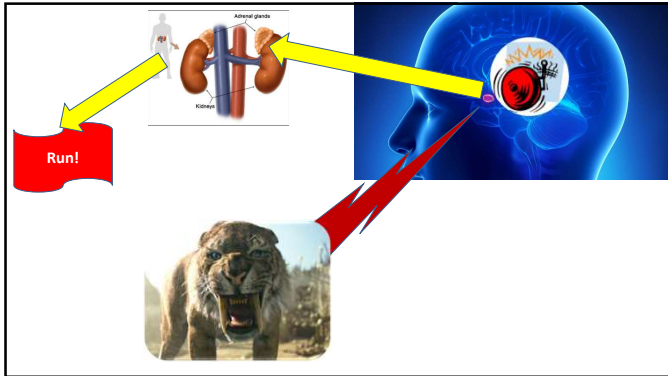
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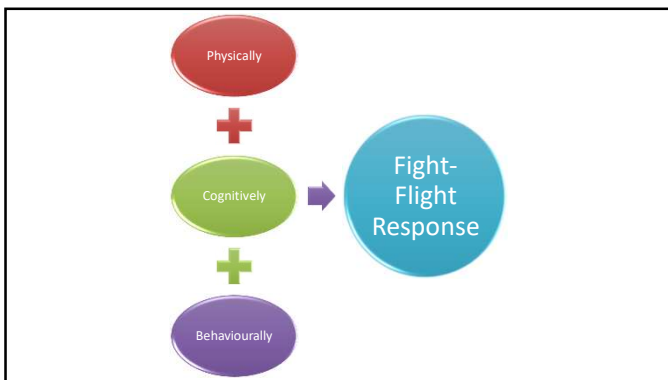
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**Worries are Part of Being Human**

- Normal, protective feeling
- Necessary for survival
- Helps us perform our best
- Helps motivate us



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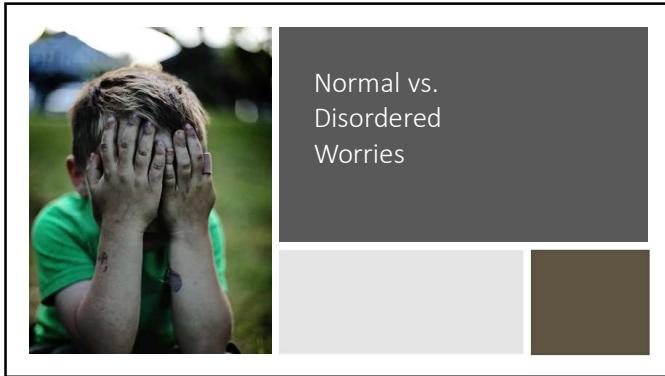
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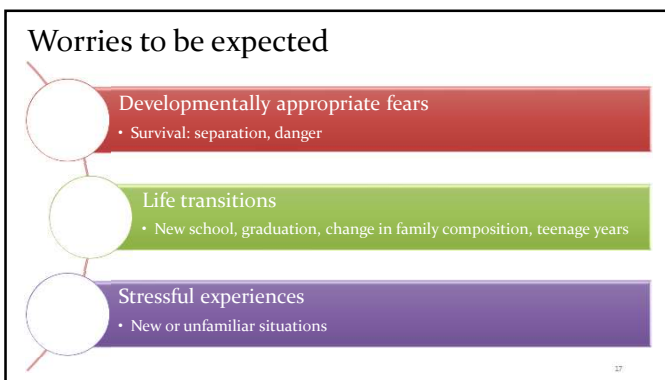
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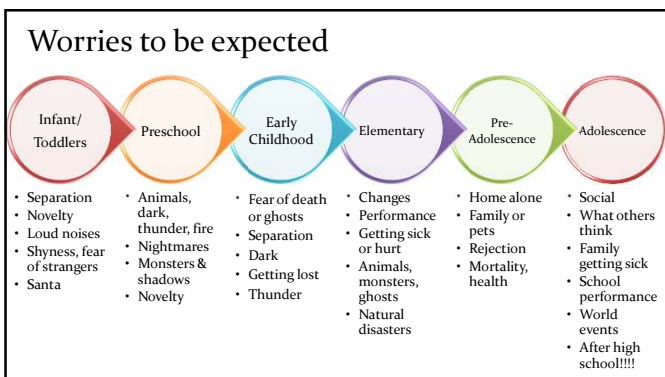
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Expect to worry!

- Temporary
- Do not interfere with functioning
- Students still successful in achieving goals

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BEGINNING

MIDDLE

END

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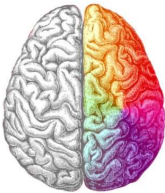
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THE BRAIN CANNOT TELL THE DIFFERENCE BETWEEN  
WHAT IT ACTUALLY SEES AND WHAT IT IMAGINES



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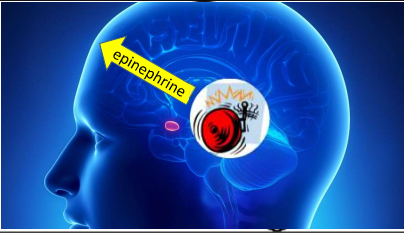
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*Expecting something bad to happen*

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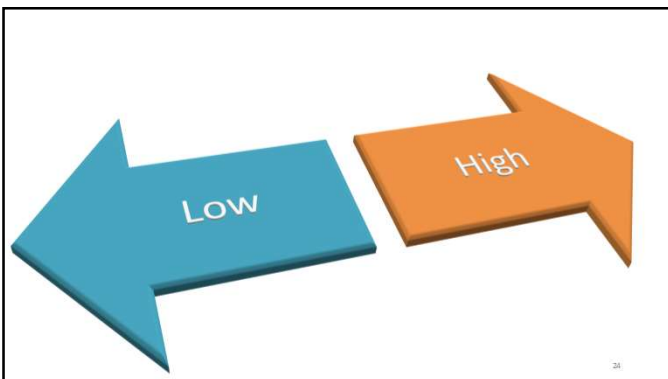
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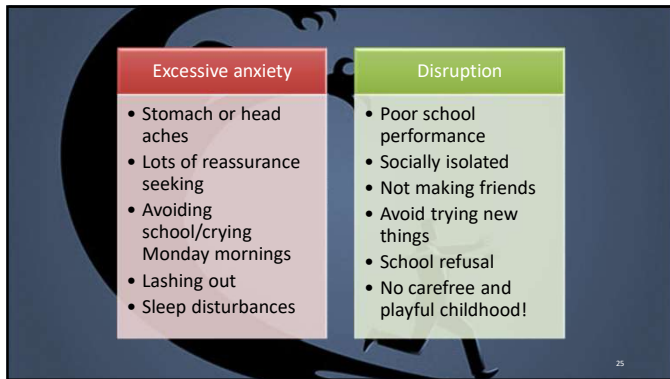
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Slide 25 features a dark blue background with a silhouette of a person's head and shoulders. Two colored boxes are overlaid: a red box on the left titled 'Excessive anxiety' and a green box on the right titled 'Disruption'. Each box contains a bulleted list of symptoms.

Excessive anxiety	Disruption
<ul style="list-style-type: none"> <li>• Stomach or head aches</li> <li>• Lots of reassurance seeking</li> <li>• Avoiding school/crying Monday mornings</li> <li>• Lashing out</li> <li>• Sleep disturbances</li> </ul>	<ul style="list-style-type: none"> <li>• Poor school performance</li> <li>• Socially isolated</li> <li>• Not making friends</li> <li>• Avoid trying new things</li> <li>• School refusal</li> <li>• No carefree and playful childhood!</li> </ul>

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Slide 26 has a light blue background with a white square on the left containing the text 'Anxiety Disorder'. To the right, two white boxes with icons define the disorder. The first box has a red icon of a person with a magnifying glass and text about significant interference. The second box has a green icon of a head with a brain and text about significant distress.

**Anxiety Disorder**

- Significant interference (home, school, social); anxiety starts to make decisions
- Significant distress that is more frequent and more extreme than that of peers

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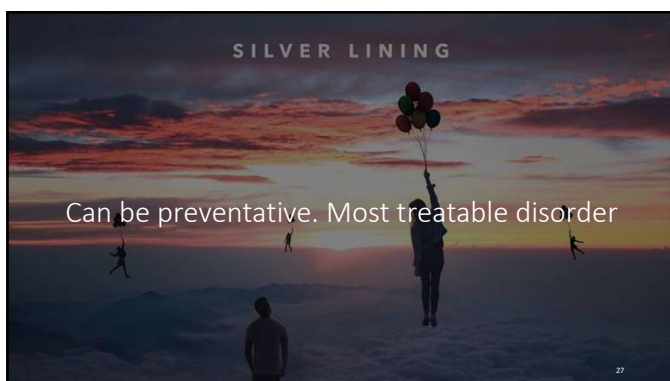
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Slide 27 shows a still from the movie 'Silver Lining' with a sunset background. Silhouettes of people are visible, including one holding a bunch of balloons. The text 'SILVER LINING' is at the top, and 'Can be preventative. Most treatable disorder' is in the center.

SILVER LINING

Can be preventative. Most treatable disorder

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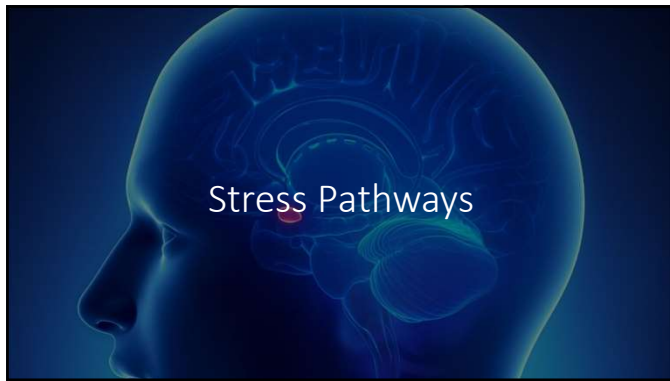
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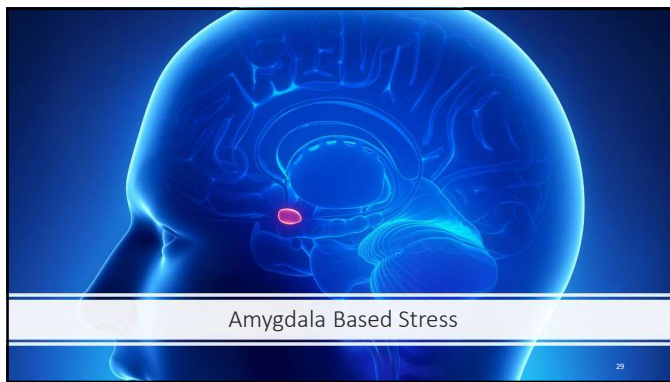
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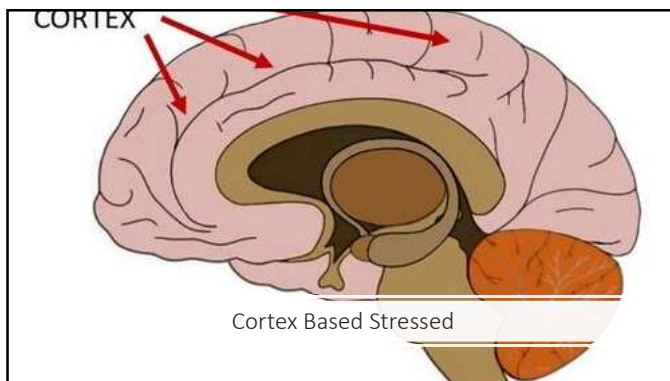
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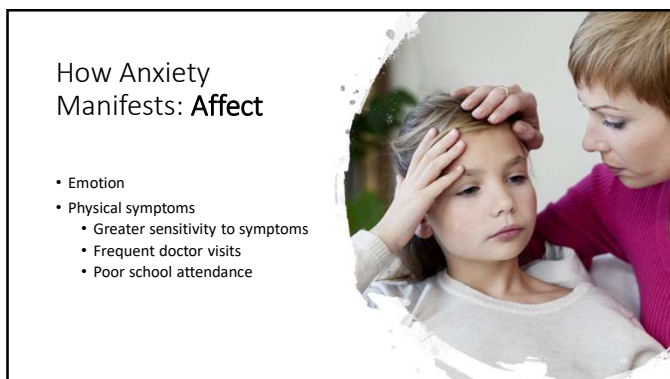
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How Anxiety Manifests:

**Thoughts**

- Unrealistic, extreme
  - What if's...
  - Everyone is going to laugh
  - The world is dangerous
  - Catastrophic thinking



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How Anxiety Manifests:

**Behaviour**

- Opposition and defiance
- Irritability, tantrum, explosiveness, moodiness, crying
- Avoidance, escape, procrastination
- Attention seeking
- Difficulty transitioning
- Perfectionism
- School refusal
- Phobia
- Substance use
- Fidgety, nervous habits (e.g., nail biting)
- Distraction
- Rigidity
- Give up easily



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### How Anxiety Manifests: Impairs Daily Functioning

- Sleep!!!
- Academics
- Social interactions
- Happiness and outlook
- Family relationships



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### How Anxiety Manifests: Limits Learning

Worry takes up a lot of cognitive space...

- Poor attention and concentration
- Unable to follow instructions
- Unable to transition between task

...therefore, superficial learning is happening...

- Forget things previously learned
- Cannot remember new concepts
- Cannot generalize knowledge
- Swiss cheese knowledge



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### Limits Learning

...and does not consolidate in long-term memory

- Trouble retrieving information
- Poor exam performance despite studying
  - Test anxiety can develop



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### Limits Learning

- Slow, limited productivity
  - May perform as well as others but a lot more effort to do so
- Perfectionism
  - Missed assignments
  - Procrastination
  - Work slowly
  - Delay transitions
- Rituals with checking
  - Rereading
  - Organizing materials
  - Rewriting

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### How Anxiety Manifests: Limits Executive Functions

- Attention
- Impulsivity
- Organization
- Planning
- Prioritizing
- Initiation
- Working memory
- Decision making
- Self-monitoring

\*\*Inconsistent performance



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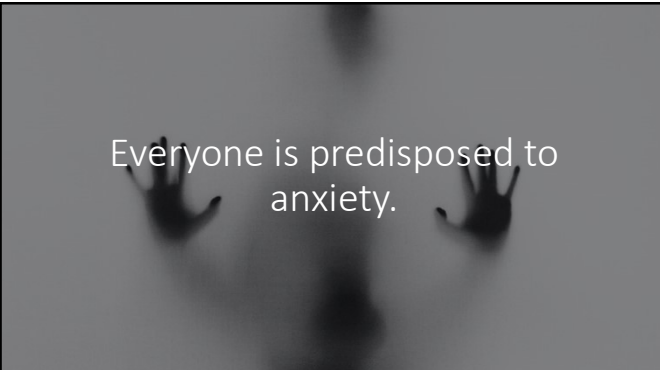
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Everyone is predisposed to anxiety.

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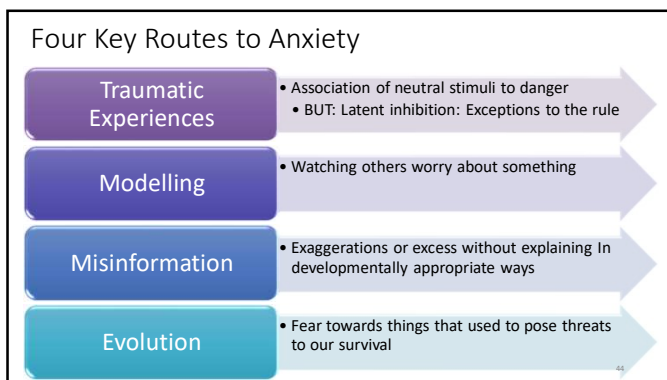
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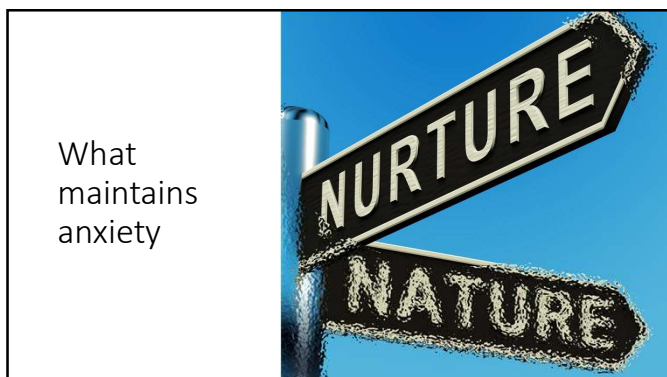
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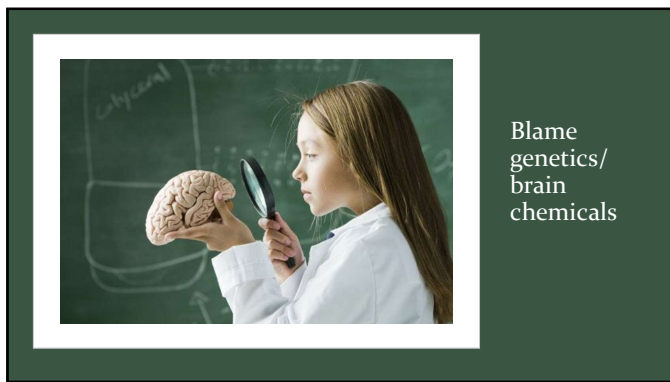
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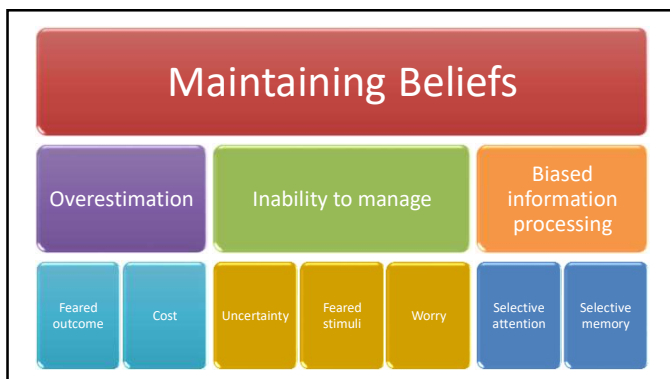
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There is nothing to worry about!

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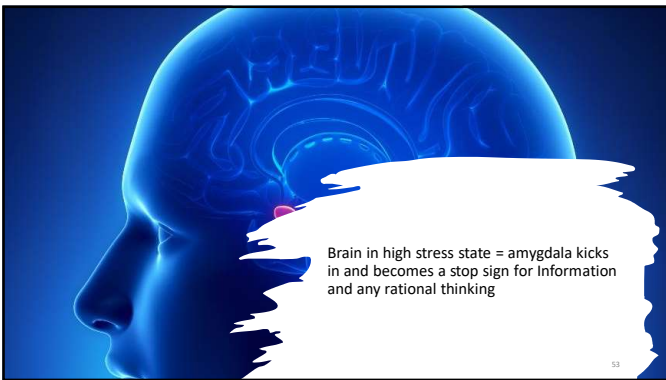
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Brain in high stress state = amygdala kicks in and becomes a stop sign for Information and any rational thinking

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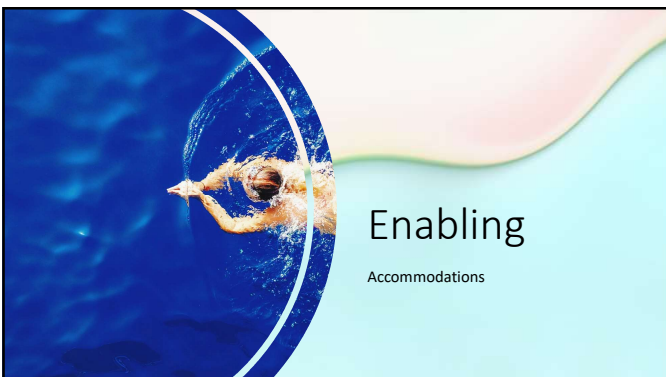
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Enabling

Accommodations

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Accommodations worsens anxiety long-term

- Allow them to be excused; slow-re-entry
- Distract them or stop thoughts
- Adjusting routines
- Fixed schedules and transition warning
- Alternate place for lunch



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YOU CAN'T HANDLE IT

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Safety Behaviours!



- Avoidance
- Excessive checking
- Seeking reassurance
- Rituals
- Safety aids

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Avoid traps

- Adults jumping in harms kids:
  - Changes brain development & ingrains anxiety
  - Makes kids vulnerable: no opportunities to experience manageable amounts of stress
    - Confidence and resilience stunted

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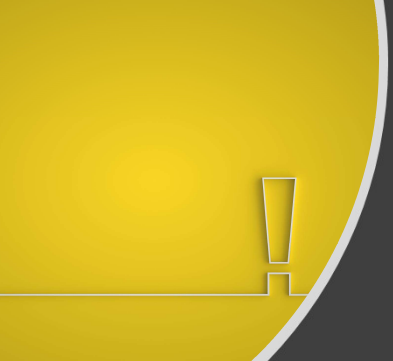
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Shortcomings

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Traps of traditional approaches

- Thought stopping
- Reframing thoughts
- Positive affirmations
- Habituation
- Fear hierarchies

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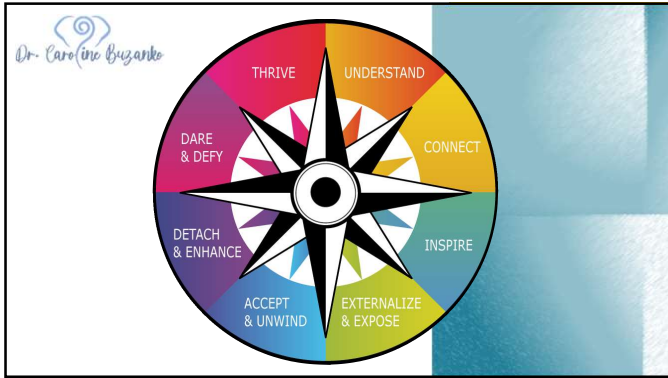
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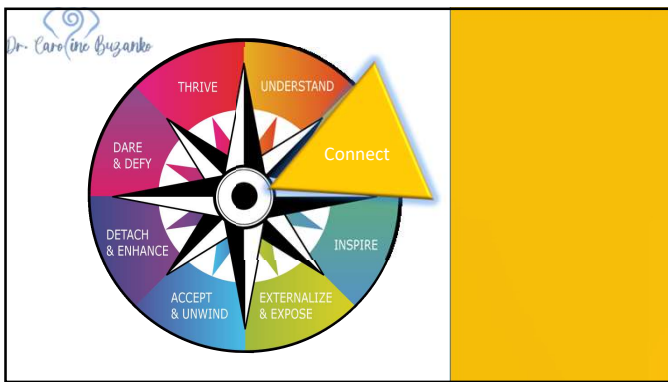
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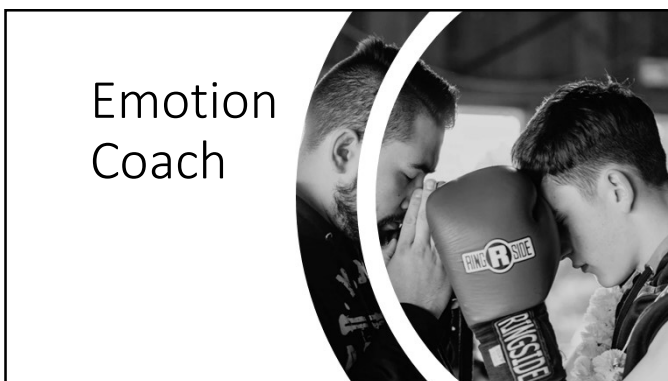
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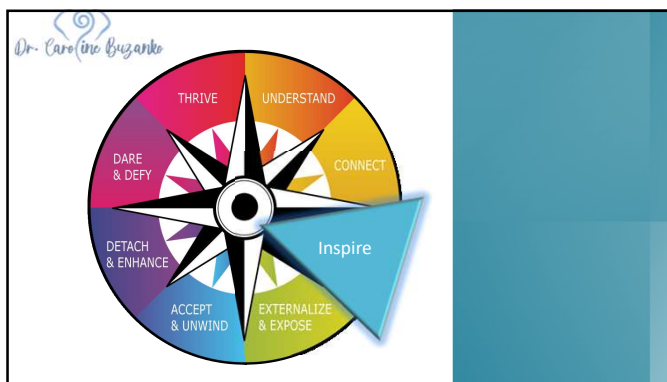
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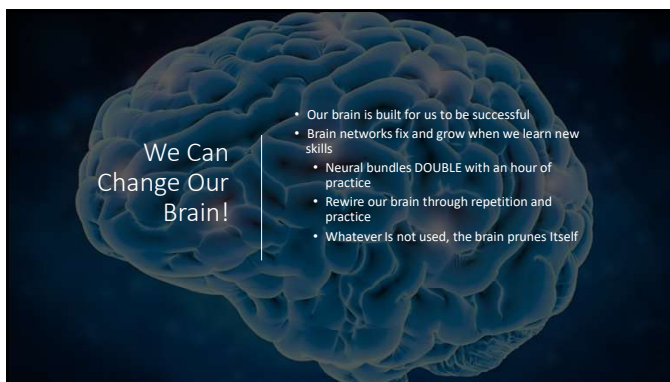
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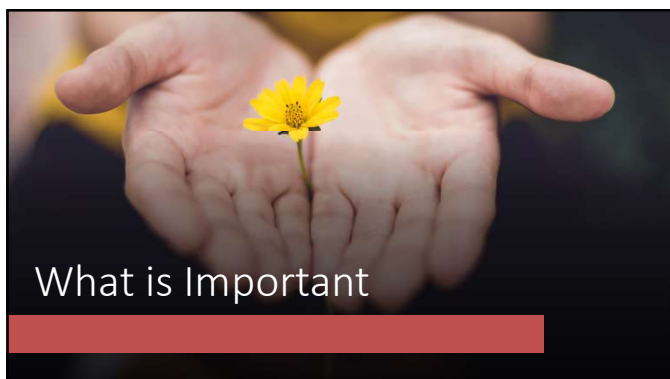
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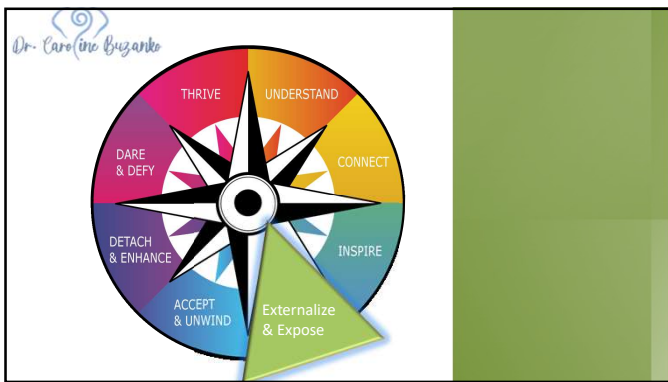
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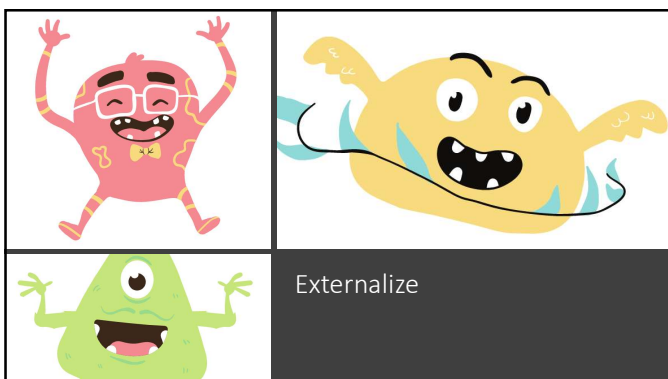
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### Expose it

- Remind how anxiety works
  - There's Bob, this is what he likes to tell me.
  - Wow, it is really working hard to make me think the worst today!
  - Yeah, I knew this story would show up. It really doesn't want me to go to my sleepover.
  - This gremlin really knows how to try to stress people out.

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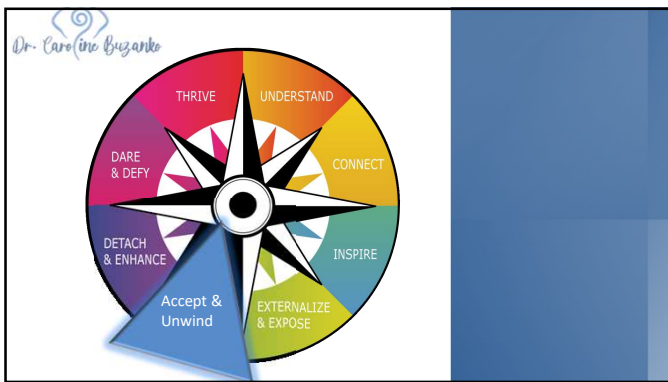
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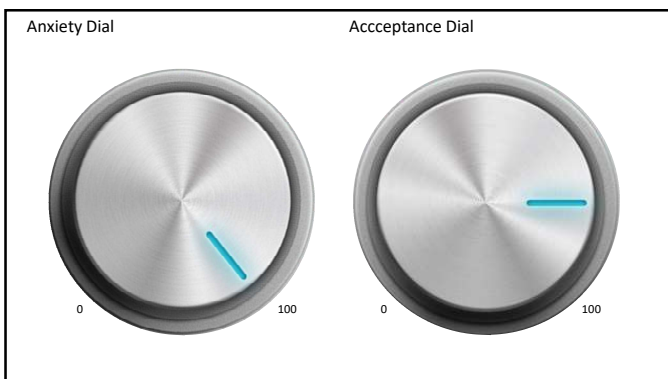
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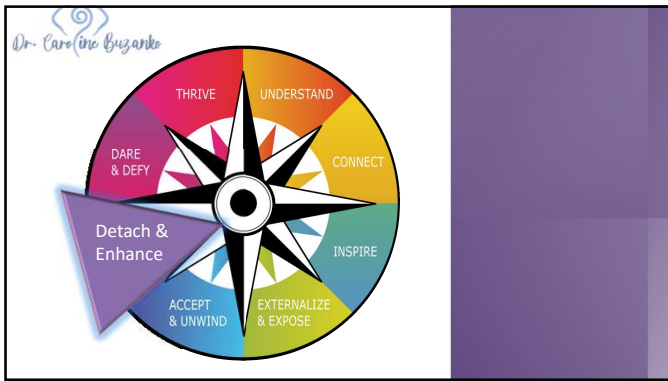
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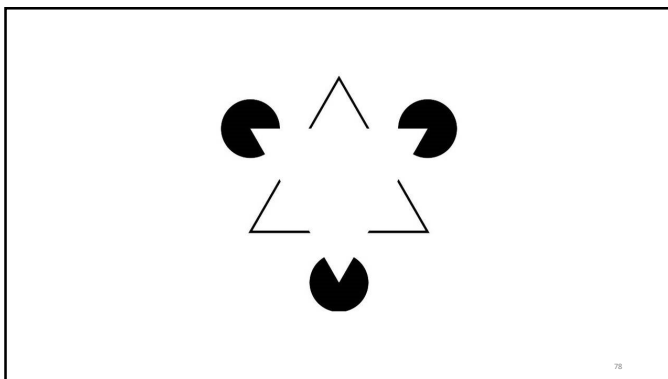
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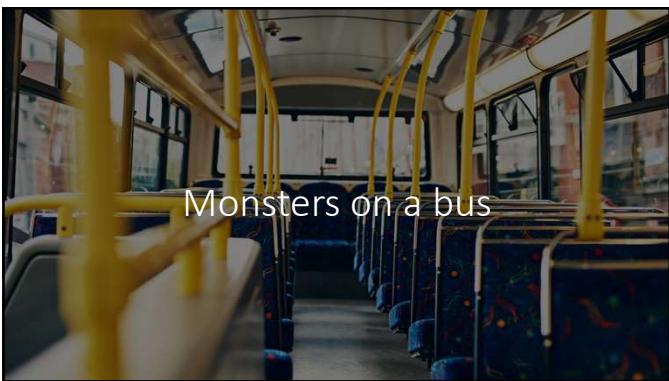
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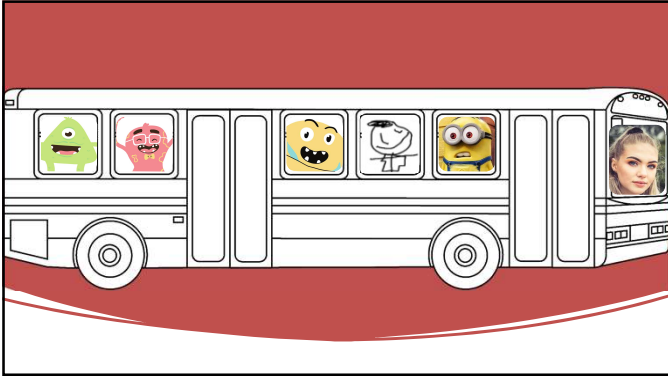
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### Avoidant

- I can't unless..., I don't want to, I am sick

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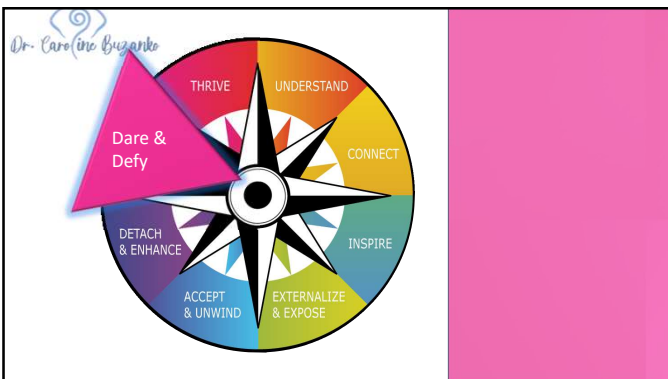
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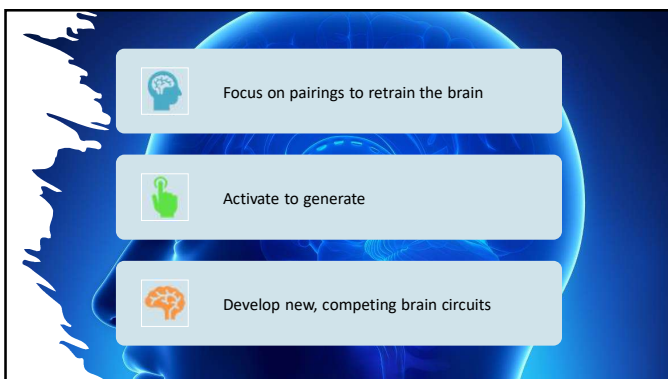
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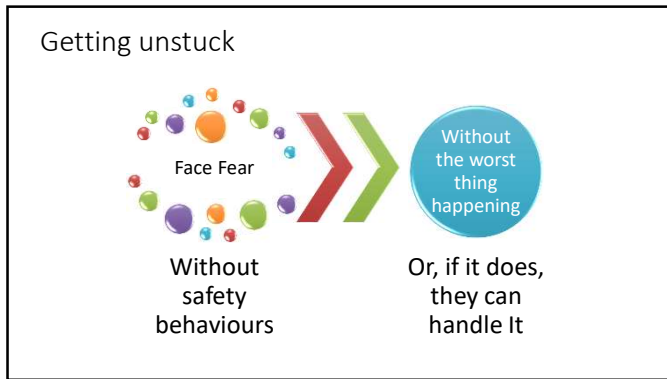
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### GOAL: Build Worry Tolerance

- NOT resist, control, or eliminate anxiety
- Anxiety is still there but I am going to do the opposite anyway

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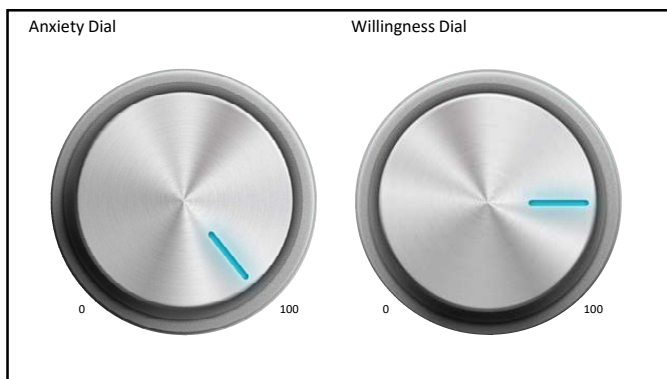
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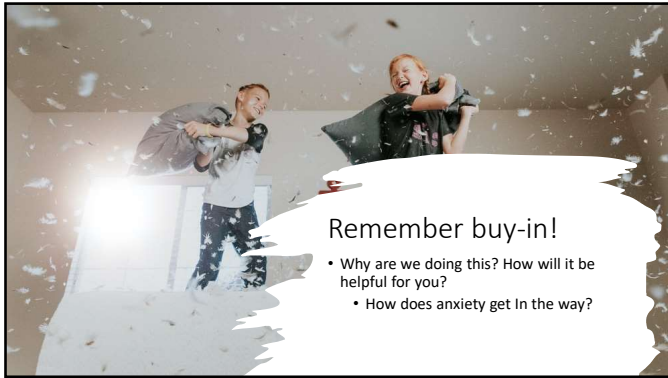
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### Setting up Exposure

- Rationale and buy-in
- Honesty
  - Anxiety is uncomfortable but normal, safe, and temporary



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### Setting up Exposure

- Remind: How anxiety works
  - Thoughts affect our body and behaviours and gets us stuck
  - No safety behaviours – response prevention!
  - Get unstuck and learn how to handle anxiety with exposure
- Collaborate: no specific order



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### Rate it



0  
• Easy Peasy

50  
• Hard. May or may not be able to handle it.

100  
• Impossible! Catastrophic!

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### Exposure

Collaborate – need to focus on things they WANT to and then figure out how

What should we start with?

Predict:

- What will worry say?
- How will your body feel?
- What will your parents do if you get sucked back in?
- What can you say if your parents get sucked in?
- What will happen if you move on when worry shows up?



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## Rate it

Antecedents (Triggers to anxiety)	Awfulness
Seeing a picture of a snake	50
Thinking about a snake	30
Someone talking about a snake	30
Seeing a snake in its cage	70
Seeing someone holding a snake	80
Seeing a snake on TV	60
Snake slithering on the ground in front of me	100
Knowing someone was going to bring a snake for show & tell	100

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## Rate it

Antecedents (Triggers to anxiety)	Predicted Awfulness	Actual Awfulness
Seeing a picture of a snake – staring at it for 5 min.	50	
Standing in front of the cage for 2 min.	70	
Seeing someone holding a snake for 2 min.	80	
Watching a snake on TV for 10 min.	60	
Snake slithering on the ground in front of me	100	
Watching it for all of show & tell	100	

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You are going to learn  
something new



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### Smash Patterns

- Change it up!
- Length of time
- Distance
- Time of day
- Places
- People



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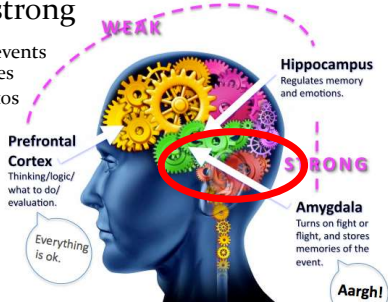
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### Worry can be strong

- Negative, worrisome events create strong memories
- Look through photos
  - Happy times
  - Learning
  - Successes



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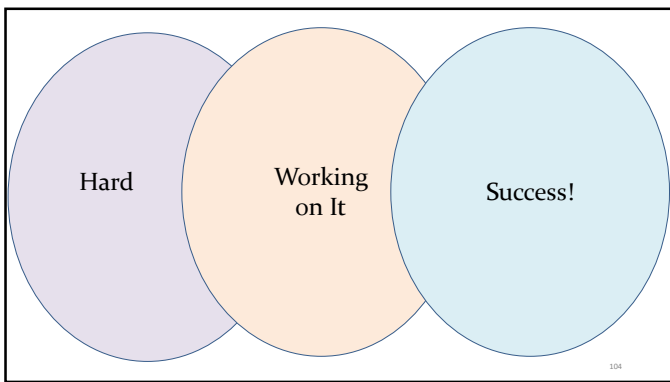
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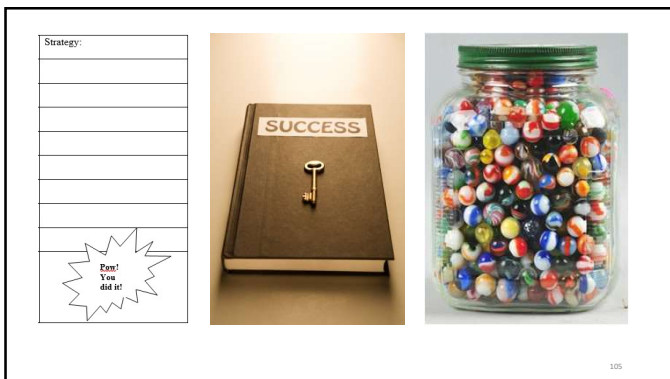
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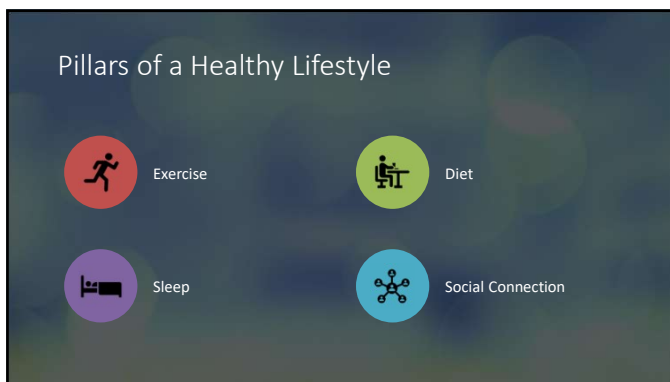
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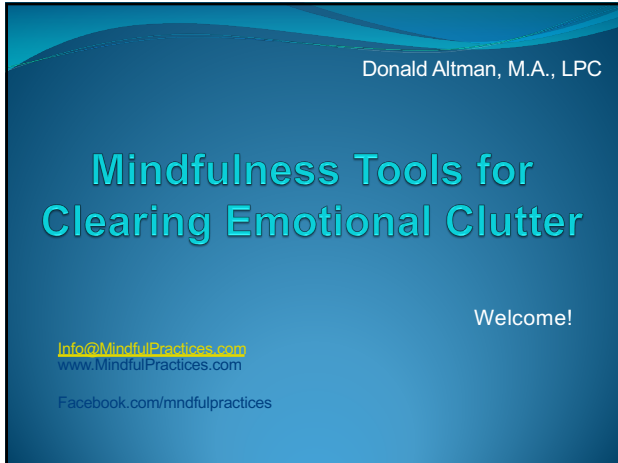
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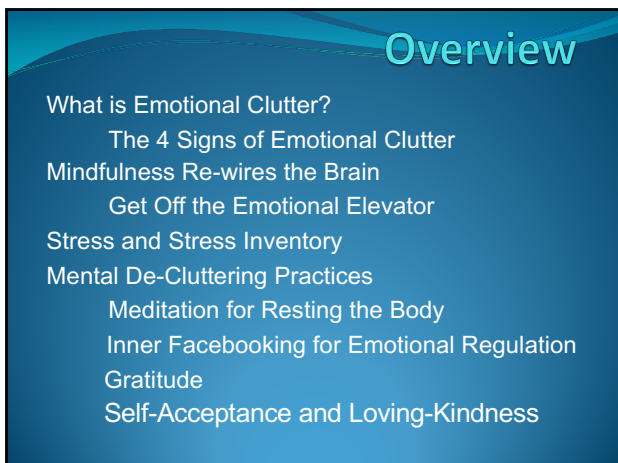
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## Is Your Mind Filled with Clutter?

*Don't own so much clutter that you will be  
relieved to see your house catch fire.*  
—Wendell Berry

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## What Are the Signs of Emotional Clutter?

1. Feeling overwhelmed; Distracted and unable to focus.
2. Lost in thoughts of the past; rumination and negativity.
3. Anxious thoughts, lost in worry about the future.
4. Identification with one's clutter. Clutter becomes part of one's self-identity, lowering esteem, confidence, and self-efficacy.

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## The Damage Caused by Emotional Clutter

1. Ineffective day-to-day. Loss of productivity and concentration.
2. Stuck on emotional elevator; Can't regulate emotions.
3. High level of stress damages immune system.
4. Loss of ability to be flexible.
5. Loss of joy in relationships, personally and professionally.

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## How Mindfulness Works in the Brain

- Where you place your attention changes the physical structure of the brain... and this can be done by practicing a few minutes a day.
- Brains that are active grow more grey matter.
- Helping individuals increase intentional and willful thought alters the brain's physical wiring and pathways in patients with obsessive-compulsive disorder.\*

\**You Are Not Your Brain.*—Schwartz, Jeffrey, and Gladding, Rebecca. (2011) Avery.

\*\*Massachusetts General Hospital, "Mindfulness Meditation Training Changes Brain Structure in 8 Weeks

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## Who or What Pushes Your Emotional Elevator Buttons?

- Elevator Moves UP and DOWN constantly.
- Chasing the UPS and avoiding the DOWNS.
- Leaves you feeling exhausted.
- Getting off the elevator invites feeling of equanimity and calm.

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## Get Off the Emotional Elevator

- Be in Control.
- Push your own buttons.
- Find peace and rest the mind in spacious awareness.

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## Stress-Related Illness

- 25 Million Americans suffer from a stress-related illness, including:
  - Chronic Fatigue Syndrome
  - Back Pain
  - Auto-Immune Disease
- 8 of 10 commonly used drugs treat symptoms of stress
- Cost is 30% of total US mental health services  
*Journal of Clinical Psychology, 1999*

10

## Stress Effects: Amygdala Activity Related to Cardiac Events

First study to link over active amygdala with arterial inflammation and heart disease—heart attacks and strokes— in a longitudinal study

“amygdalar activity independently and robustly predicted cardiovascular disease events” in 293 persons, median age 55

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)31714-7/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31714-7/fulltext) published Jan 11, 2017

11

### Perceived Stress Scale (PSS)

(Circle): 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

1. In the last month, how often have you been upset because of something that happened unexpectedly? ..... 0 1 2 3 4
2. In the last month, how often have you felt that you were unable to control the important things in your life? ..... 0 1 2 3 4
3. In the last month, how often have you felt nervous and “stressed”? ..... 0 1 2 3 4
4. In the last month, how often have you felt confident about your ability to handle your personal problems? ..... 0 1 2 3 4
5. In the last month, how often have you felt that things were going your way? ..... 0 1 2 3 4
6. In the last month, how often have you found that you could not cope with all the things that you had to do? ..... 0 1 2 3 4
7. In the last month, how often have you been able to control irritations in your life? ..... 0 1 2 3 4
8. In the last month, how often have you felt that you were on top of things? 0 1 2 3 4
9. In the last month, how often have you been angered because of things that were outside of your control? ..... 0 1 2 3 4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? ..... 0 1 2 3 4

PSS created by Sheldon Cohn, et. al, Carnegie Mellon University

12

### Perceived Stress Scale Scoring

1. Add up the numbers for questions 1, 2, 3, 6, 9, 10. **Write the total here** \_\_\_\_\_
1. For items 4, 5, 7, and 8 reverse the numbers (0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) and add these up. **Write the total here** \_\_\_\_\_
3. Add the two totals from steps 1 and 2. **Write total here for Overall Score:** \_\_\_\_\_

#### Perceived Stress Level Rating:

##### WOMEN:

0-7	Low
8-20	Average
21-26	High
27-40	Very High

##### MEN:

0-6	Low
7-17	Average
18-23	High
24-40	Very High

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## Palm the Present Practice

Drop into the body...  
and rest the weary mind.

Intervention for clearing  
out and managing the

#### RATS:

**R**-umination  
**A**-nxiety  
**T**-ransitions  
**S**-tress

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## Palm the Present Reflection

What was your  
experience with Palm  
the Present?

How could you use this  
practice with groups or  
individuals?

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## Mental De-Cluttering Practice: Inner-Facebooking

- 1) Average Facebook User is on Facebook over 50 minutes a day.
- 2) That is 1/16 of a person's waking time.
  - 1) Facebook has an effect on your emotions, and how you feel.
- 3) The other, more pervasive Facebook are the mental posts you put up in the mind each day.
  - 1) From 15-25 thoughts per second; over 20,000 inner Facebook posts each day.
- 4) How do these inner Facebook posts make you feel?

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## Breath Awareness For Regulating Emotions

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## Brain Integration and Stress

### Brain in the Palm of Your Hand

- Triune Brain

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## Your Brain on Stress

The stress response actually shunts blood flow away from the brain's "thinking" cortex. This more ancient brain system constantly scans the environment and can be "turned on" chronically through repeated stress or memory provoking events.

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## *Mindful Breathing Builds Resilience and Daily Effectiveness*

- Ability to stay in contact with the breath decreases mind wandering
- Watching breath reduced rumination, repetitive negative thinking, and depression
- Less fearfulness related to bodily sensations

Cognitive Therapy and Research Journal, 2011, April, Volume 35, Number 2, 179-185, The Healthy Quality of Mindful Breathing: Associations With Rumination and Depression, Jan M. Burg and Johannes Michalak

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## *Mindful Breathing Awareness*

**20-minutes of diaphragmatic breathing produced:**

- A reduction of negative feelings
- An increase in neurotransmitter serotonin for improved mood
- A higher concentration of oxygen in the pre-frontal cortex (mindful attention and higher level processing)

*International Journal of Psychophysiology* 2011, May, Activation of the anterior prefrontal cortex and serotonergic system is associated with improvements in mood and EEG changes induced by Zen meditation practice in novices; Toho University School of Medicine

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## Physiological Effects of Diaphragmatic Breathing

- Lungs increase by 10 times capacity; slower breathing and 10x more oxygen
- Stomach extends itself and presses on Vagus nerve
- Releases serotonin from stomach lining and intestines
- Reduces lactate in blood (reduces anxiety)
- Increases alpha brain waves (alert and in the zone)
- Lowers blood pressure, pulse rate, respiration rate

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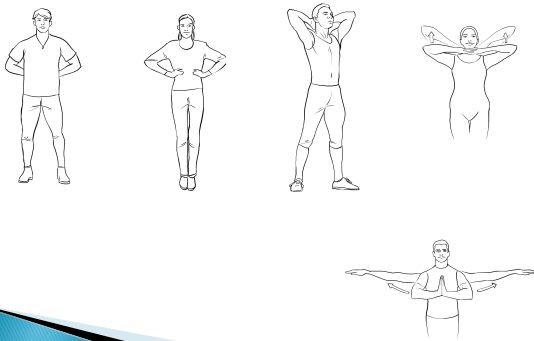
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## 5 Regulating Breathing Postures



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## Inner-Facebooking Meditation for Regulating Emotions

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## Harnessing Gratitude

- Practice: Take G.L.A.D. Snapshots Through the Day

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## Things We Sometimes Forget to Have Gratitude For...

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## Consistent Gratitude Practice

### PHYSICAL

- \* Stronger immune system
- \* Lower blood pressure
- \* Less bothered by pain
- \* Lower blood pressure
- \* Exercise more and take better care of health
- \* Sleep longer and feel more refreshed upon waking

### PSYCHOLOGICAL

- \* Increased positive emotions
- \* More alert, alive, and awake
- \* More joy and pleasure
- \* More optimism & happiness

### SOCIAL

- \* More helpful, generous, and compassionate
- \* More forgiving and more outgoing
- \* Feel less lonely and isolated

[www.GreaterGood.berkeley.edu](http://www.GreaterGood.berkeley.edu)

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## Three Gratitude Practices

**INTERPERSONAL PRACTICE 1:** Write down one thing you were grateful for in the past week and then tell the story behind that gratitude to another.

**INTERPERSONAL PRACTICE 2:** Write a Gratitude Letter about something positive that another person did for you, and present that individual with the letter.

**PERSONAL PRACTICE 3:** Make a Gratitude Bowl (or teacup) for the day or week, and put a penny in for each time you feel grateful for something. Track how many pennies you accumulate.

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## G.L.A.D. Daily Snapshots\*

*G.L.A.D. is an acronym for finding joy and balance using cognitive, behavioral and mindfulness skills*

**G** - find one **Gratitude** you're thankful for today

**L** - find one new thing you **Learned** today

**A** - find one **Accomplishment** you did today

**D** - find one thing of **Delight** that touched you today

*Journal or write these on an index card*

*\*The Mindfulness Toolbox by Donald Altman*

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## Resting in Self-Acceptance and Loving-Kindness

- Acceptance for things we cannot accept about ourselves, or our condition.
- Negative self-acceptance puts a lot of energy into resisting parts of ourselves or our lives.
- Cannot always choose what life gives us, but we can choose our attitude and how to respond
- Acceptance is not giving up, but opening and softening to life.
- Acceptance is a choice.
- Understanding suffering can help us grow in love and compassion for all.

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## Resting in Self-Acceptance and Loving-Kindness Meditation

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Breathing IN: (Choose any single phrase)

- May I be peaceful.
- May I be accepted.
- May I be loved.
- May I be well and healthy.
- May I be safe.
- May I be happy.

Breathing OUT:

- May all be peaceful.
- May all be accepted.
- May I be loved.
- May all well and healthy.
- May all be safe.
- May all be happy.

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