Diagrams and tables to support

**Inner Balance for an Effective Life**
For Health Professionals

Presented by Dr Andrew Tresidder MBBS Cert Med Ed MRCGP (1989)

[www.healthandself.care](http://www.healthandself.care)
Foreword

Welcome! We hope you enjoy the audiobook on Health and Self-Care. This pdf accompanies the book as a resource.

To use a metaphor: when it comes to their own health, professionals learn about car crashes, not how to avoid them. They aren’t taught about sensible driving, vehicle maintenance, good navigation or road design - they learn all about illness, not about health.

The book contains lots of material we wished we’d learnt much earlier in our careers, about Health and Self-Care in many aspects of life. It covers aspects of physical health, emotional health, mental health, and health as harmony of being. We look at topics ranging from Physical Health and the Stress Response, to the Drama Triangle, How Life Works, coping with Change and Loss, and Inner Stillness, amongst others. Sometimes, we have to re-examine what we have learnt in the past and revise our thinking - ‘un-learning’ a tightly held emotionally cherished belief is a greater challenge than learning a new one.

The material aims to stimulate thinking about important topics, and has been recorded for all professionals. There are a couple of short sections that particularly apply to doctors, but the principles there apply to us all. If it looks as though, a doctor myself, I have been preaching to my colleagues, please forgive me - sometimes you have to be in the same tribe to share a message that could be useful.

Please enjoy the listening, we hope you find it of interest and thought-provoking.

Just a caution: there are five short sections on relaxation or inner peace. Please do not drive a vehicle, use machinery, or engage in any task which needs your full attention for these short sections - they are all signposted.

Thankyou for reading this - and we hope the book and diagrams help you.

Printed copies of the full book are available on Amazon amzn.to/3bybsNt

www.healthandself.care
19.2 What if..?
19.3 Hurt Feelings
19. Emotions table
20.1 Life Cycle
20.2 Turning Points as you adjust to change
20. Loss Action Word Sets
22. Jung’s types correspondence with medieval humours
22. Three Doshas
22. Honey and Mumford Learning Styles
24.1 Human Wholeness (Dr Jeremy Swayne)
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36. Turning Points as you Adjust to Change
03.1 Wheel of Life

03. Patterns from Nature
05 Health and Self-Care

05.1 Chakras, Indian Culture

- Crown Chakra
- Third Eye Chakra
- Throat Chakra
- Heart Chakra
- Solar Plexus Chakra
- Sacral Chakra
- Root Chakra

- Spirituality
- Awareness
- Communication
- Love, Healing
- Wisdom, Power
- Sexuality, Creativity
- Trust, Safety

05.2 Meridians of information, Chinese Culture
09.1 The Yerkes-Dodson Performance–Stress Curve

- **Healthy Pressure**: (improves performance)
- **Optimal Performance**: (period of maximum efficiency)
- **Hyper-Reactive Stage**: Emotional and Physical Exhaustion
- **Perception Change**: Increased Resilience
- **Damage to Health and Breakdown**

09.2 The effects of stress on the body

**BODY**
- headaches
- breathlessness
- muscular twitches
- raised blood pressure
- frequent infections
- skin irritations
- fatigue

**MIND**
- nightmares
- hasty decisions
- impaired judgement
- muddled thinking
- negativity
- indecision
- worrying

**EMOTIONS**
- anxiety
- more fussy
- irritability
- loss of confidence
- alienation
- depression
- apathy

**BEHAVIOUR**
- insomnia
- restlessness
- increased smoking
- increased alcohol
- chaotic lifestyle
- reduced eating
- loss of libido
Heart Rate: the Difference Between Chaos and Coherence

09.3

Incoherent heart rhythm pattern

TIME

09.4

Coherent heart rhythm pattern

TIME

09.5 The Chemistry of Resilience

Cortisol

Negative Emotions

Submission/despair
Pessimism
Maladaptive behaviours

DHEA

Positive Emotions

Success/well-being
Optimism
Adaptive behaviours

Vicious Cycle

Virtuous Cycle
11 Relationships: Growth and Attachments

11.1 The Solihull Triangle

General Adaption Syndrome (Selye 1936)

- Alarm
- Resistance
- Exhaustion

Normal level of resistance

Containment

Reciprocity

Behaviour Management
### 13.1 What happens when people meet?

- They share energy fields!
  - Energies flow between them.

- Sometimes people carry bad 'weather'...

- And when people meet, they can share it.

- Furthermore, they can steal your good energy too.

### 13.2 Weather and Energy Flows

1. **Accept it**
   - Often, if you accept a negative energy, it will dampen your mood

2. **Reflect it**
   - If you reflect a negative energy (like a mirror) then you will act negatively as well.

3. **Deflect it**
   - The energy shoots past you, not having any affect.

4. **Transmute it**
   - You change energies with tact, diplomacy or humour.
14.1 Transactional Analysis (after Eric Berne)

- **You are okay with me**
  - I am not OK
    - You are OK
    - The 'one-down' position
    - "I wish I could do as well as you do."
  - I am OK
    - You are OK
    - The 'healthy' position
    - "Hey, we're making good progress now."

- You are not okay with me
  - I am not OK
    - You are not OK
    - The 'hopeless' position
    - "Oh, this is terrible - we'll never make it."
  - I am OK
    - You are not OK
    - The 'one-up' position
    - "You're not doing that right - let me show you."

14.2 / 14.4 / 15.1 The Drama Triangle (after Karpman and Gill Edwards)

- Rescuer
  - 'parent'
  - Victim
    - 'child'
- Persecutor
  - 'parent'
- Anxiety-based
  - Problem-focused

14.3 The Empowerment Dynamic (after David Emerald)

- Creator
  - Passion-based
  - Outcome-focused
- Challenger
  - Coach
19.1a Life’s Learning Cycle

experience = event + emotion (our reaction)
experience = facts + feelings

19.1b What happens if we get stuck?

reflection gets stuck
Life is a Journey of Learning

Each experience = event + emotion or = facts + feelings

We learn attitudes, skills and knowledge

Wisdom
Human beings are successful learners millions of times 10^8 adds up to...

Experience

Coping strategies
1. resolve or 2. externalise or 3. internalise

Thrown at somebody else

Reflection gets stuck

Baggage pile

Description:
- If baggage pile too full, either explodes or drop down into despair

Despair
- Fears
- Worry
- Hurt
- Upset

Support is from:
- ‘life’
- People
- Nature
- Pets
- Music
- Telling our story
- Exercise
- Washing up (left brain busy, cannot be critical)

Yin/Yang styles
1. Projection (Yang)
2. Blot out (Yang)
3. Distraction (Yin)
4. Comfort behaviour (Yin)

Fine (Denial)

Description:
- Fearful
- Insecure
- Neurotic
- Emotionally imbalanced

Habits

Addictions
19.1c Yin and Yang

<table>
<thead>
<tr>
<th>Yang</th>
<th>Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>(externalizes or deletes)</td>
<td>(palliates the inner hurt)</td>
</tr>
<tr>
<td>projection</td>
<td>distraction</td>
</tr>
<tr>
<td>Throwing the problem at someone/something else</td>
<td>Using many different mechanisms</td>
</tr>
<tr>
<td>blot out</td>
<td>comfort behaviour</td>
</tr>
<tr>
<td>Using alcohol, illicit substances, devices, screen-time</td>
<td>Classically using food, but there are others</td>
</tr>
</tbody>
</table>

19.1d Coping Mechanisms

- Mechanisms
  - Habits
    - Addictions

CoreFeelings of Hurt
- Fear
- Shame
- Sadness
- Abandonment
- Envy
- Loneliness
- Indignation
- Hatred
- Anger

Fear underpins most of these. Fear is countered by love.

19.1e Reflection
Feelings felt during bereavement

<table>
<thead>
<tr>
<th>Hurt</th>
<th>Pain</th>
<th>Shock</th>
<th>Fear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>Numbness</td>
<td>Apathy</td>
<td>Worry</td>
</tr>
<tr>
<td>Sadness</td>
<td>Guilt</td>
<td>Resentment</td>
<td>Despair</td>
</tr>
</tbody>
</table>

19. Bereavement path of progression

Shock
Numbness, Denial
Anger
Distress, Guilt
Bargaining
Sadness, depression
Eventual resolution and reconciliation, acceptance

19. Bereavement thoughts and questions

thought → resolution
thought + a little emotion → partial resolution coloured by emotion
thought + lots of strong emotions → turmoil, upset potentially clouded judgement

19.2 What if..?

What if? If only... persist → PESTER → FESTER → Turn to POISON
<table>
<thead>
<tr>
<th>Emotion</th>
<th>Means</th>
<th>Useful Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shock, numbness</td>
<td>‘I can't cope’</td>
<td>Stop! Find a safe place to review your resources</td>
</tr>
<tr>
<td>Denial</td>
<td>‘I can carry on as if nothing has happened’</td>
<td>Put the issue aside for now so I can use my energy for immediate needs</td>
</tr>
<tr>
<td>Anger</td>
<td>‘I want to prevent the loss of something important to me’</td>
<td>Anger transformed becomes creativity</td>
</tr>
<tr>
<td>Guilt</td>
<td>‘What if I had done…? Did it cause the loss?’</td>
<td>Learning. Redirected guilt becomes a new perspective of inner choices, and enables us to leave behind the feeling that we might have done something ‘wrong’</td>
</tr>
<tr>
<td>Bargaining</td>
<td>‘What can I do to get back what I’ve lost?’</td>
<td>We all need energy to take risks to deal with situations in new ways</td>
</tr>
<tr>
<td>Sadness, depression</td>
<td>‘I feel powerless and empty’</td>
<td>There is only so much one can do - knowing the limits stops me trying for the impossible</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Although this loss has happened and I cannot change it, I am still a valued person with a role to play</td>
<td>I can now live life again, as my loved one would wish me to, with more maturity and energy to explore ‘life’ again</td>
</tr>
</tbody>
</table>
20 Emotional Self-care for Health and Social Care Professionals

20.1 Life Cycle

You only grieve if you have loved; this honours you and others as human beings

Disappointment
Setback
Hurt

Shock

Joy
Gathering

Personal growth by exploring how to re-connect with others and life

Love
Creative connection

Bargaining
Acceptance

Grief
separation, brokenness, misunderstanding

Messy whirlpools of turbulent loss emotions

20.2 Turning Points as you adjust to change

RECOGNISE
Loss

PREVENT
Loss

RECOVER
Loss

LET GO OF
Loss

The urge to change the world around you

Denial

Anger

Bargaining

Acceptance

The urge to change the person you are inside

Shock

Guilt

Depression

The useful purpose of these feelings

Tells you to stop what you are doing and find a safe place to review your resources

Allows you to shelve it for now, so you can keep your energy going for what else is important

Provides the energy to take action and change things

Provides the energy to take the risk to deal with the situation in new ways

Helps you learn what to do to prevent it happening again...

Seeing your limits might allow you to stop trying for the impossible

Sadness can remain, but you don't have to ‘live in’ this sadness - in true acceptance it is balanced by the energy to carry on exploring life

It is possible to be glad to be alive even though bad things have happened. Life is forever renewed
## 20. Loss Action Word Sets

<table>
<thead>
<tr>
<th>Shock</th>
<th>Denial</th>
</tr>
</thead>
<tbody>
<tr>
<td>anxious</td>
<td>ignore it</td>
</tr>
<tr>
<td>apprehensive</td>
<td>reject</td>
</tr>
<tr>
<td>cold sweat</td>
<td>invalidate</td>
</tr>
<tr>
<td>confused</td>
<td>turn a deaf ear</td>
</tr>
<tr>
<td>disorientated</td>
<td>refuse to believe</td>
</tr>
<tr>
<td>dread</td>
<td>say it's irrelevant</td>
</tr>
<tr>
<td>fearful</td>
<td>evade</td>
</tr>
<tr>
<td>numb</td>
<td>avoid</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Means:</strong></td>
<td>I am doubting my resources.</td>
</tr>
<tr>
<td><strong>Useful purpose:</strong></td>
<td>I don’t know how to cope</td>
</tr>
<tr>
<td></td>
<td>with this.</td>
</tr>
<tr>
<td></td>
<td><strong>Useful purpose:</strong></td>
</tr>
<tr>
<td></td>
<td>Stop what you are doing!</td>
</tr>
<tr>
<td></td>
<td>Find a safe place and review</td>
</tr>
<tr>
<td></td>
<td>your resources.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Anger</th>
<th>Guilt</th>
</tr>
</thead>
<tbody>
<tr>
<td>bad-tempered</td>
<td>remorse</td>
</tr>
<tr>
<td>bitter</td>
<td>blame</td>
</tr>
<tr>
<td>irritated</td>
<td>my fault</td>
</tr>
<tr>
<td>furious</td>
<td>flawed</td>
</tr>
<tr>
<td>indignant</td>
<td>full of regret</td>
</tr>
<tr>
<td>offended</td>
<td>mortified</td>
</tr>
<tr>
<td>touchy</td>
<td>self-reproach</td>
</tr>
<tr>
<td>sulky</td>
<td>disillusioned</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Means:</strong></td>
<td>I need to question if</td>
</tr>
<tr>
<td></td>
<td>something I did caused it.</td>
</tr>
<tr>
<td><strong>Useful purpose:</strong></td>
<td>Learning! What else could I</td>
</tr>
<tr>
<td></td>
<td>do that might prevent it</td>
</tr>
<tr>
<td></td>
<td>happening again?</td>
</tr>
</tbody>
</table>
### Bargaining

**Aggressive**
- break
- barge
- bully
- corner
- dominate
- drive others
- feud
- force
- grab
- oppress
- poison
- pressure
- put down
- threaten
- vendetta

**Assertive**
- ask “What if..?”
- ask “If..then..?”
- be present
- convince
- declare
- endure
- influence
- inspire
- motivate
- negotiate
- offer
- risk
- take turns
- team up
- try
- write a letter

**Passive**
- lie low
- acquiesce
- am resigned
- apathetic
- be moulded
- concede
- get nostalgic
- hesitate
- lie low
- non-action
- play dead
- stagnate
- step back
- submit
- turn shy
- wait and see

**Means:** I must try doing something to get back what has gone that was important.

**Useful purpose:** The energy to take risks to deal with situations in new ways.

### Depression

<table>
<thead>
<tr>
<th>Suppressed</th>
<th>SWubduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hopeless</td>
<td>Powerless</td>
</tr>
<tr>
<td>Miserable</td>
<td>Ineffective</td>
</tr>
<tr>
<td>Useless</td>
<td>Sick at heart</td>
</tr>
<tr>
<td>Feel defeated</td>
<td>Flat</td>
</tr>
<tr>
<td>Despair</td>
<td>Empty</td>
</tr>
<tr>
<td>Care worn</td>
<td>Worthless</td>
</tr>
<tr>
<td>Dispirited</td>
<td>Pointless</td>
</tr>
</tbody>
</table>

**Means:** I seem empty and powerless. This is a place of decision where to go next.

**Useful purpose:** Seeing my limits might help me to stop trying for the impossible.

### Acceptance

<table>
<thead>
<tr>
<th>Hope</th>
<th>Integrity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentleness</td>
<td>Liberation</td>
</tr>
<tr>
<td>Joy</td>
<td>Serenity</td>
</tr>
<tr>
<td>Self-control</td>
<td>Maturity</td>
</tr>
<tr>
<td>Forgiveness</td>
<td>Resolved</td>
</tr>
<tr>
<td>Grace</td>
<td>Sadness</td>
</tr>
<tr>
<td>Healing</td>
<td>Relief</td>
</tr>
<tr>
<td>Moved on</td>
<td>Peace</td>
</tr>
</tbody>
</table>

**Means:** Joy - I recognise I am powerless over one particular loss, but have discovered in other areas of life I am still creative and valued.

**Sadness:** I can re-join the human race more maturely, using energy to explore life’s opportunities. Life can be ever-renewed.
22. Jung’s types correspondence with medieval humours

<table>
<thead>
<tr>
<th>Element</th>
<th>Jungian type</th>
<th>Positive aspects</th>
<th>Negative aspects</th>
<th>Lack of element</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earth</td>
<td>Sensation-oriented</td>
<td>Realistic, practical, intuitive connection to earth</td>
<td>Materialistic, narrow-minded, inflexible</td>
<td>Unrealistic, impractical, impulsive</td>
</tr>
<tr>
<td>Air</td>
<td>Intellectual</td>
<td>Intellectual, objective, detached, broadminded</td>
<td>Over-analytical, insensitive, aloof</td>
<td>Fuzzy thinking, subjective, attachment</td>
</tr>
<tr>
<td>Fire</td>
<td>Inspired, Intuitive</td>
<td>Confidence, independence, inspiration, assertive</td>
<td>Arrogant, selfish, delusions of grandeur, angry</td>
<td>Timidity, lack of self-worth, apathy, passive</td>
</tr>
<tr>
<td>Water</td>
<td>Emotional</td>
<td>Sensitive, intuitive, nurturing</td>
<td>Oversensitive, subjective, dependent</td>
<td>Insensitive, superficial, cold</td>
</tr>
</tbody>
</table>

22. Three Doshas

- Vata
- Pitta
- Kapha

22. Honey and Mumford Learning Styles

- Activists
- Reflectors
- Theorists
- Pragmatists
24.1 Human Wholeness (Dr Jeremy Swayne)
26. Acupressure points

26. Ctrl+Alt+Delete
## 28. Urgent and Important

<table>
<thead>
<tr>
<th>Important</th>
<th>Urgent</th>
<th>Not Urgent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Activities:</strong></td>
<td>Crises</td>
<td>Prevention</td>
</tr>
<tr>
<td></td>
<td>Pressing problems</td>
<td>Preservation and maintenance activities</td>
</tr>
<tr>
<td></td>
<td>Deadline-driven projects</td>
<td>Relationship building</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Recognising new opportunities</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Planning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Recreation</td>
</tr>
<tr>
<td><strong>2. Activities:</strong></td>
<td>Prevention</td>
<td>Preservation and maintenance activities</td>
</tr>
<tr>
<td></td>
<td>Relationship building</td>
<td>Recognising new opportunities</td>
</tr>
<tr>
<td></td>
<td>Planning</td>
<td>Recreation</td>
</tr>
<tr>
<td><strong>3. Activities:</strong></td>
<td>Interruptions</td>
<td>Trivia</td>
</tr>
<tr>
<td></td>
<td>Some calls</td>
<td>Some mail</td>
</tr>
<tr>
<td></td>
<td>Some mail</td>
<td>Some phone calls</td>
</tr>
<tr>
<td></td>
<td>Some reports</td>
<td>Time wasters</td>
</tr>
<tr>
<td></td>
<td>Some meetings</td>
<td>Pleasant activities</td>
</tr>
<tr>
<td></td>
<td>Proximate, pressing matters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Popular activities</td>
<td></td>
</tr>
<tr>
<td><strong>4. Activities:</strong></td>
<td>Trivia</td>
<td>Total irresponsibility</td>
</tr>
<tr>
<td></td>
<td>Some mail</td>
<td>Fired from jobs</td>
</tr>
<tr>
<td></td>
<td>Some phone calls</td>
<td>Dependant on others or institutions for basics</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not Important</th>
<th>Urgent</th>
<th>Not Urgent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Results:</strong></td>
<td>Stress</td>
<td>Vision</td>
</tr>
<tr>
<td></td>
<td>Burnout</td>
<td>Perspective</td>
</tr>
<tr>
<td></td>
<td>Crises management</td>
<td>Balance</td>
</tr>
<tr>
<td></td>
<td>Always putting out fires</td>
<td>Discipline</td>
</tr>
<tr>
<td><strong>2. Results:</strong></td>
<td>Vision</td>
<td>Total irresponsibility</td>
</tr>
<tr>
<td></td>
<td>Perspective</td>
<td>Fired from jobs</td>
</tr>
<tr>
<td></td>
<td>Balance</td>
<td>Dependant on others or institutions for basics</td>
</tr>
<tr>
<td></td>
<td>Discipline</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Few crises</td>
<td></td>
</tr>
<tr>
<td><strong>3. Results:</strong></td>
<td>Short-term focus</td>
<td>Reputation - chameleon character</td>
</tr>
<tr>
<td></td>
<td>Crises management</td>
<td>See goals and plans as worthless</td>
</tr>
<tr>
<td></td>
<td>Reputation - chameleon character</td>
<td>Feel victimised, out of control</td>
</tr>
<tr>
<td></td>
<td>See goals and plans as worthless</td>
<td>Shallow, or broken relationships</td>
</tr>
<tr>
<td><strong>4. Results:</strong></td>
<td>Short-term focus</td>
<td>Total irresponsibility</td>
</tr>
<tr>
<td></td>
<td>Crises management</td>
<td>Fired from jobs</td>
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<tr>
<td></td>
<td>Reputation - chameleon character</td>
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</tr>
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<td></td>
<td>Shallow, or broken relationships</td>
<td></td>
</tr>
</tbody>
</table>
28. Johari Window

<table>
<thead>
<tr>
<th>A. Open</th>
<th>B. Blind</th>
</tr>
</thead>
<tbody>
<tr>
<td>(known to us and others)</td>
<td>(unknown to us but known to others)</td>
</tr>
<tr>
<td>Behaviour</td>
<td>Ignorance about oneself</td>
</tr>
<tr>
<td>Attitude</td>
<td>Delusion</td>
</tr>
<tr>
<td>Feelings</td>
<td>Issues withheld by others</td>
</tr>
<tr>
<td>Views</td>
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<td>Emotions</td>
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<td>Skills</td>
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<thead>
<tr>
<th>C. Hidden</th>
<th>D. Unknown</th>
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<tbody>
<tr>
<td>(known to us but not known to others)</td>
<td>(not known to us or others)</td>
</tr>
<tr>
<td>Sensitivities</td>
<td>Feelings</td>
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<td>Fears</td>
<td>Latent abilities</td>
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<td>Hidden agendas</td>
<td>Aptitudes</td>
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<td>Manipulative intentions</td>
<td>Experiences</td>
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<td>Secrets</td>
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29 Economics for Doctors

29.1 Supply and Demand

![Supply and Demand Diagram]
Appendix - Adjustments to Change

**Turning Points as you Adjust to Change**

**Recognise Loss**
May be difficulty in recognising loss, or even taking on-board the risk of loss.

**Prevent Loss**
A drive to control the situation takes over

**Recover Loss**
If it could not be prevented, there is a drive to recover the loss or replace it.

**Let go of Loss**
The whole person has grown through the loss.

The urge to change the world around you

The urge to change the person you are inside

**Denial**
"I am doubting my resources. "I don’t know how to cope with this."

**Anger**
"I can carry on regardless!" "If I ignore this it will go away."

**Bargaining**
"I want to prevent the loss of something important to me."

**Guilt**
"I need to question if something I did caused it."

**Depression**
"I must try doing something to get back what has gone."

**Acceptance**
"I seem empty and powerless."

"Recognise I am powerless over that particular loss, but have discovered that in other areas of life I am still creative and valued."

"I can rejoin the human race more maturely using energy to explore life."

**Means**

- Stop what you are doing! Find a safe place to review your resources.
- Shelve it for now, so I can keep my energy going for what else is important.
- The energy to take action out in the world and change it.
- Learning what else I could do that might prevent it happening again.
- The energy to take risks to deal with situations in new ways.
- Seeing my limits might allow me to stop trying for the impossible.

**Useful Purpose**

- "I am doubting my resources. "I don’t know how to cope with this."
- "I can carry on regardless!" "If I ignore this it will go away."
- "I want to prevent the loss of something important to me."
- "I need to question if something I did caused it."
- "I must try doing something to get back what has gone."
- "I seem empty and powerless."
- "Recognise I am powerless over that particular loss, but have discovered that in other areas of life I am still creative and valued."
- "I can rejoin the human race more maturely using energy to explore life."

**Growth cycle - repeatedly revisiting Bargaining and Acceptance**

*Health and Self-Care, Thanks to Alex Aylward with Acknowledgment to Emotional Logic Centre*
IPEA From Inner Peace Springs Effective Action
HWB, SWB Hardware body, Software Being
LYIS Love Your Immune System
VMN Vis Medicatrix Naturaee – the healing power of nature
FEAR = False Evidence Appearing Real.
LWWBTL Life We Were Each Born To Live
LKS-CW Love and Kindness Supports - Criticism Withers
EDASD Every Day a School Day
EIMT Everyone is My Teacher
YRAYS You reap as you sow
WYPIIWyGO What You Put In Is What You Get Out
ULPL The Unwritten Lesson Plans of Life
TTTs Ten Top Tips
FINE Fearful, Insecure, Neurotic, Emotionally Imbalanced
6SP Six System Problems
NIH Not Invented Here (Give Up Your Thinking)
ISE Insecure Ego (Give Up Your Power)
MBS Mind-Body Split
ISQD Intuition Squashed
ATAC All Things are Connected (or not?)
TPOL The Paradox of Life
SSSCR Security Stimulation Support Control Responsibility
WAGEF Where Attention Goes, Energy Flows
VRP Victim rescuer Persecutor (Drama Triangle)
TED The Empowerment Dynamic
GPP Games People Play (Eric Berne’s book)
WDYYB Why Don’t You Yes But from GPP
IWOTTHY I Was Only Trying to Help You from GPP
TFA The Five Agreements
BIWYW Be Impeccable with Your Word
TNP Take Nothing Personally
MNA Make No Assumptions
ADYB Always Do Your Best
BSLL Be Sceptical, but Learn to Listen
WGOBWGO What’s Going On Behind What’s Going On
LJL Life is a Journey of Learning
ERL Experience Reflect Learn
ERLRG, Experience, Reflect, Learn and Release, with Gratitude
ENAP Everyone Needs a Purpose
WYGOIWYG The Law of Attraction says that what you give out is what you get back
WWRP What We Resist, Persists
ONA Observe, Not Absorb - don’t be a sponge
RPRL Recognise Loss, Prevent Loss, Recover Loss, Let Go of Loss
SDAGBDA Shock Denial Anger Guilt Bargaining Depression Acceptance
HOPE – powerful medicine - hope!
ISSC Inner Smile Self Care
CtrlAltDelete resetting weather using the breath and finger acupressure
GYWR Give and You Will Receive
LCE Love Conquers Everything
05 Health and Self-Care
1 www.fivewaystowellbeing.org
4 www.drmyhill.co.uk

06 Doctors as Patients
12 BMA. Ethical responsibilities in treating doctors who are patients: British Medical Association, 2010.
# 08 Six System Problems

1. “Men are not prisoners of fate, but prisoners of their own mind” is attributed to Franklin D Roosevelt.
2. Romans 12:2, New King James Bible. Thomas Nelson, 2017

# 09 Self-Care and Physical Health

7. www.powerwatch.org.uk
10 Nutrition

13 Interpersonal Energy flows

14 Relationships 2: The Drama Triangle

15 The Drama Triangle: Gill’s Insights

16 Games That Get Played
Kipling, R. Plain Tales from the Hills. 1888.

17 Relationships 3: The Five Agreements

19 How Life Works
1 Davies, W H. Songs Of Joy and Others; Leisure. A. C. Fifield, 1911.
2 Based on Matthew 15:11, New King James Bible. Thomas Nelson, 2017
3 The official response from the Viktor Frankl institute is that it is not necessarily


5 Alexander Pope (1688-1744) An Essay on Criticism, Part II (1711)


10 Tibetan Book of the Dead

11 int.michaelroads.org, by kind permission, first in Fountain Magazine, 2017.


20 Emotional Self-Care


2 http://emotionalchaostheory.blogspot.co.uk/ February 2010. Last accessed 30th June 2017.

3 www.emotionallogiccentre.org.uk


21 Avoiding Desperation

1 www.connectingwithpeople.org/resources

2 http://www.nhs.uk/Conditions/Suicide/Pages/Introduction.aspx

3 https://www.bma.org.uk/advice/work-life-support/your-wellbeing

http://bit.ly/HaSC016 (BMA Counselling and Doctor Advisor Service)

http://bit.ly/HaSC017 (support4doctors)

http://www.dsn.org.uk (Doctors Support Network, including for mental health issues)

http://php.nhs.uk (London Based Practitioner Health Programme)

http://www.rmbf.org (Royal Medical Benevolent Fund)

http://bit.ly/HaSC018 (Suicide prevention toolkit for employers)


4 http://bit.ly/HaSC022 (7 Key Questions)

5 http://www.mensdevelopmentnetwork.ie
22 Knowing Yourself
1 (Prof of Behavioural Science, Newcastle)
4 http://bit.ly/HaSC023/ (Myers-Briggs Type Indicators)
6 www.businessballs.com
7 Bach, Dr E. The Twelve Healers. CW Daniel, 1933.

24 Caring for the Whole Person
2 leaflets@rcpsych.ac.uk
3 Powell, A. ‘Soul-centred psychotherapy’ www.rcpsych.ac.uk/powellarchive.

25 Medical Mindfulness


26 Changing Weather Fast

27 Flower Essence use for Personal Development
1 Romany poem, Kirk Yetholm
3 www.edwardbach.org
4 http://bit.ly/HaSC027 (Healing Herbs Direct Pocket Prescriber)
6 Books include: many by Dr Bach (The Twelve Healers, and Heal Thyself) Judy Howard and Stefan Ball, Julian Barnard (especially The Essence Within, The Healing Herbs of Edward Bach), Mechthild Scheffer (Bach Flower Therapy and The Encyclopedia of Bach Flower Therapy), Clare G Harvey, Andrew Tresidder, Vivien Williamson (Bach Remedies and other Flower Essences), Philip Salmon and Anna Jeoffroy (Dr Bach Flower Remedies and the Chakras), Arthur Bailey (Bailey Flower Remedies), Rachel Singleton (Alight Within), Ian White (Bush Flower Essences), Kaminski and Katz (Flower Essence Repertory), Lila Devi (Essential Flower Essence Handbook) http://bit.ly/HaSC028
Vibrational Medicine, Allopathic Medicine, Flower Essence Use and Paradigms and Challenges in Healthcare by Dr Andrew Tresidder, http://bit.ly/HaSC029
Drops from Nature 7 minutes of joy, exploring how flower essences can help us. Filmed by Charles Wood, and interview by Rebecca Pow https://www.youtube.com/watch?v=5WpxH2jJsH4

30 Compassion in Healthcare 2
1 Robin Philipp, R et al. Unpublished communication.
2 de Zulueta, Dr P. Developing Compassionate Leadership in Health Care: an Integrative Review. 2015.
31 Top Tips for Team Working for Senior Doctors


32 Emotional Health Strategy

1. parentingcounts.org

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Professional Support - please check with your professional body

**Doctor’s Support** (UK Specific)
- Doctors’ Support Network
- Royal Medical Benevolent Fund
- Cameron Fund
- DOCHelp
- Doctors in Training: Deanery Support
- Hospital Doctors: your employer and Wellness Programme, also Occupational Health
- Hospital Doctors: your College - find out what support there is - you may find someone who needs it
- GPs: your LMC and pastoral Support, GP Health [www.gphealth.nhs.uk](http://www.gphealth.nhs.uk)
- Family and friends
- MIND
- The Samaritans 116123

Should you ever for any reason feel desperate, possibly even suicidal - please please share this with someone and ensure you get appropriate help. Suicidal crisis is a temporary state and will pass - especially if you are able to access help.

Problem: Clever minds out of balance may rationalize their feelings, and come to logical (but FALSE) conclusions that lead them into courses of action that for anyone else they would say ‘Let me help you get better’ - but for themselves fail to see the need for help.
Dr. Robin Philipp, FRCP, FRACP, FFOM, FFPHM, FNZCPHM, MSc(MedSc), DCH. Director, Centre for Health in Employment & the Environment, and Honorary Consultant Occupational and Public Health Physician, University Hospitals Bristol NHS Trust.

Dr Fiona Hayes MBBS MRCGP. GP specialising in Student Health, contributed towards GMC guidance on supporting medical students with mental health problems. Educator and facilitator in communication skills teaching. GP appraiser.

Dr Matthew Ridd is a GP in Portishead and Senior Lecturer at the Centre for Academic Primary Care, University of Bristol.

Prof Olaf G Aasland, Research Institute of the Norwegian Medical Association.

Dr. Paul Heaton BM DCH MRCP(UK) FRCPCH. In 1973 Paul’s first encounter with paediatrics was as a research assistant at the Whittington Hospital in London. Since then he has worked as paediatrician at hospitals in New Zealand, London, and since 2002 at Yeovil.

Dr Patricia Saintey MB BS MRCGP LFHom DFRSH DipSIM. GP and Speciality Doctor of Integrative Medicine, including Heart Math Institute Heart Rate Variability assessment.

Lyn Page Certified Coach - ACC (ICF) and EIA Practitioner (EMCC). HeartMath Certified Coach and Licensed Trainer.

Dr Zoe Fox, B Med Sci (Hons), BM BS. Somerset GP, Transformational Coach, Facilitator and Faculty Member NHS Sustainable Improvement Team.

Gill Edwards, former NHS Psychologist, was a great teacher, mystic and author of many books including Living Magically, and Conscious Medicine.

Alex Aylward is an Organisational Coach, Mentor and Business Consultant.

Dr Trevor Griffiths, MA(Oxon), MBBS, MRCGP. Early-retired GP. Founder of the Emotional Logic Centre, training trainers internationally for primary mental health promotion by emotional literacy in schools, healthcare and businesses.

Dr Wiliam Bloom, PhD, author and educator, and founder/director of the Spiritual Companions Trust an educational charity that takes a holistic and person-centred approach to spirituality and wellness.

Revd Dr Jeremy Swayne, BM BCh, MRCGP, FFHom; retired GP and Homeopathic Physician; past Dean, Faculty of Homeopathy; C of E priest, Diocese of Bath and Wells.

Suzanne Payne, former School Governor and developer of Peer Mentoring Scheme in Holyrood Academy.

Dr Andrew Tresidder MBBS Cert Med Ed

Andrew trained at Guy’s Hospital. A Somerset GP from 1989 till 2017. A long-term medical student tutor and one-time University of Bristol Medical School GP Academy Lead, past Police Surgeon and Prison Doctor, past Somerset Local Medical Committee member, he is currently a GP Appraiser, Section 12 Approved Mental Health Assessor, a GP Patient Safety Lead at NHS Somerset Clinical Commissioning Group, GP Health South West Clinical Lead, and Health Educator on behalf of the BMA and NHS England.

Andrew is a Trustee of the charity ES-UK, which helps raise awareness of electrosensitivity, and a Life President of the British Flower and Vibrational Essence Association.

Always interested in what makes people tick and how to tick better, he has long taught on the principles of health and invisible software being, as well as Bach Flower and other essences as tools of personal development. Married with three daughters, his hobbies include spending time in nature, spirituality, the history and cross-cultural uses of medicine and the healing arts, system problems, music, enjoying good company, and learning from life.

andrew@healthandself.care | www.healthandself.care