



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

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.

Andrew

Printed copies of the full book are available on Amazon [amzn.to/3bybsNt](https://www.amazon.com/dp/B083BYBSNT)

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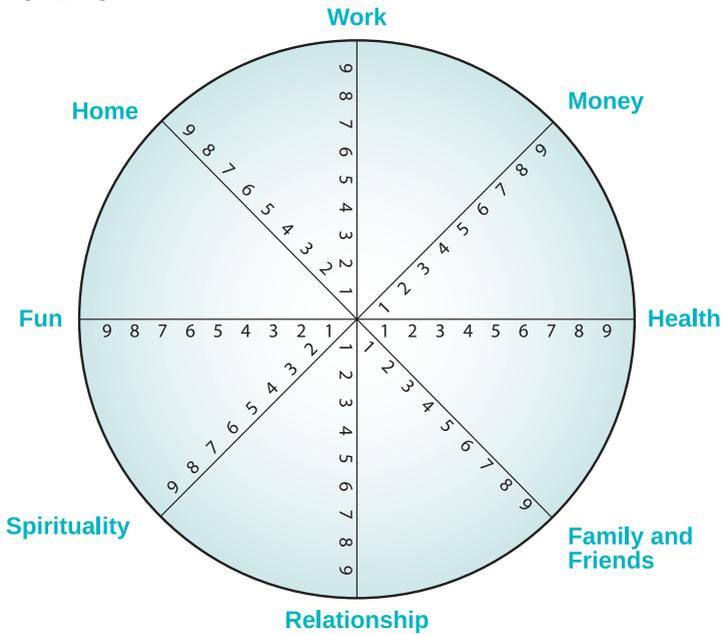
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03 Work-Life Balance

03.1 Wheel of Life



03. Patterns from Nature



05.1 Chakras, Indian Culture

Crown Chakra

Third Eye Chakra

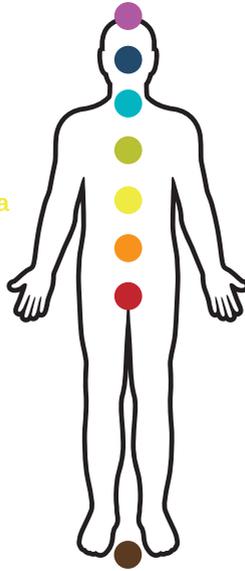
Throat Chakra

Heart Chakra

Solar Plexus Chakra

Sacral Chakra

Root Chakra



Spirituality

Awareness

Communication

Love, Healing

Wisdom, Power

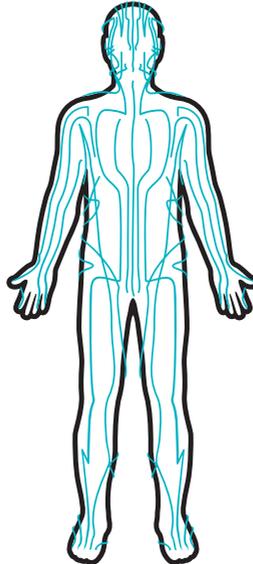
Sexuality, Creativity

Trust, Safety

Earth Chakra

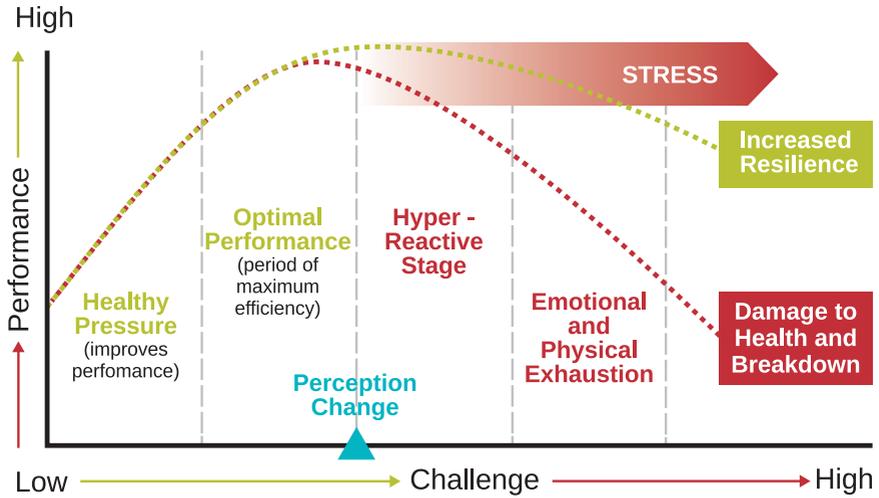
Connection to Earth

05.2 Meridians of information, Chinese Culture

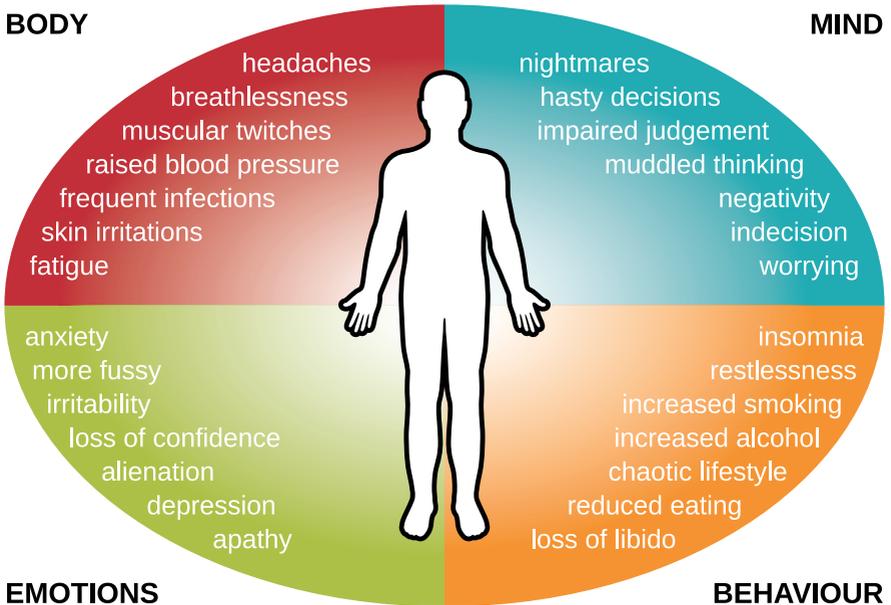


09 Self-Care and Physical Health

09.1 The Yerkes-Dodson Performance–Stress Curve

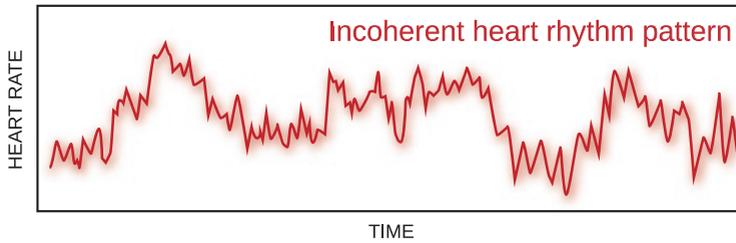


09.2 The effects of stress on the body

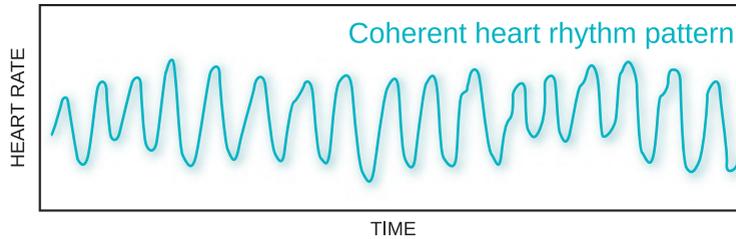


Heart Rate: the Difference Between Chaos and Coherence

09.3



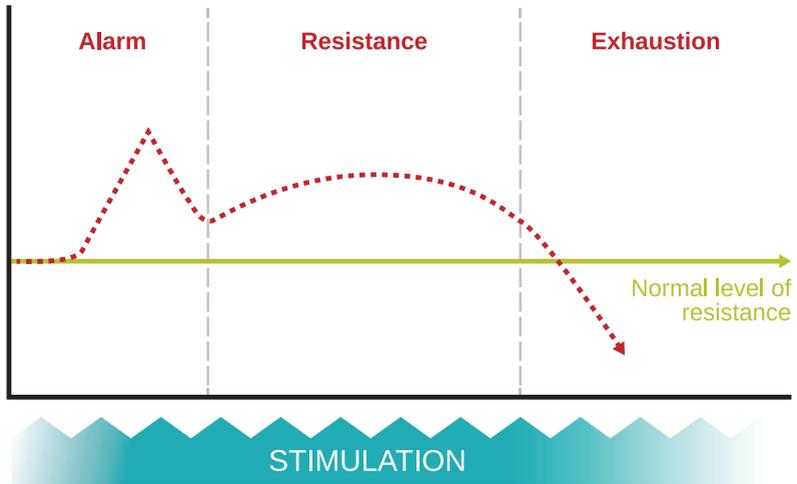
09.4



09.5 The Chemistry of Resilience

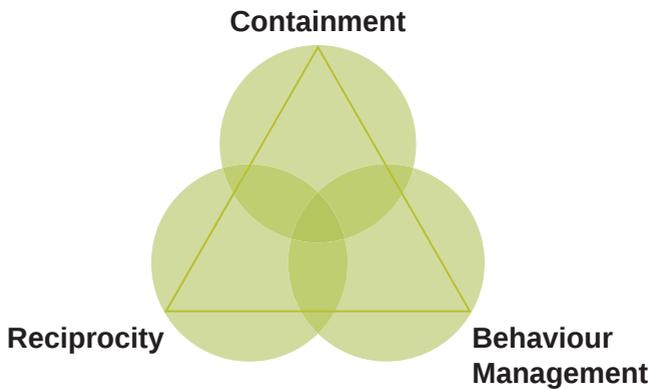


General Adaption Syndrome (Selye 1936)



11 Relationships: Growth and Attachments

11.1 The Solihull Triangle



13 Inter-Personal Energy Flows and Responsibility (Response-Ability)

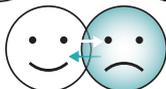
13.1 What happens when people meet?



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.

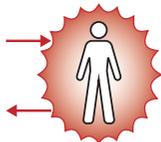
13.2 Weather and Energy Flows

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



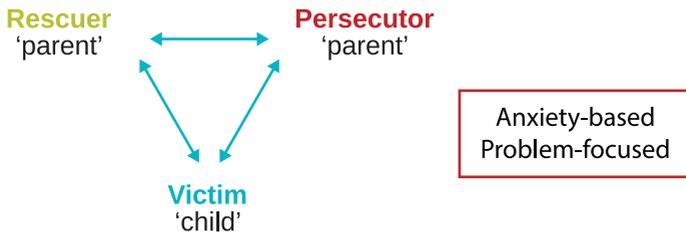
You change energies with tact, diplomacy or humour.

14 Relationships 2: The Drama Triangle

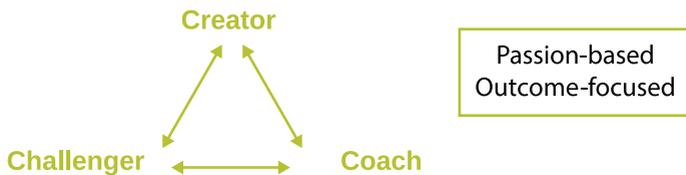
14.1 Transactional Analysis (after Eric Berne)

		You are okay with me	
I am not okay with me	I am not OK You are OK The 'one-down' position <i>"I wish I could do as well as you do."</i>	I am OK You are OK The 'healthy' position <i>"Hey, we're making good progress now."</i>	I am okay with me
	I am not OK You are not OK The 'hopeless' position <i>"Oh, this is terrible - we'll never make it."</i>	I am OK You are not OK The 'one-up' position <i>"You're not doing that right - let me show you."</i>	
		You are not okay with me	

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

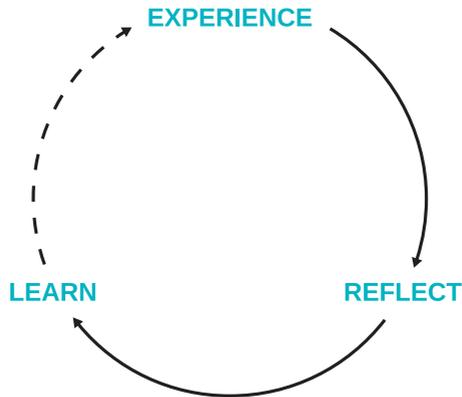


14.3 The Empowerment Dynamic (after David Emerald)

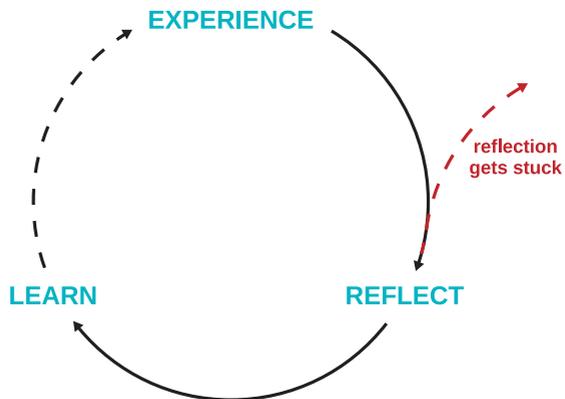


19.1a Life's Learning Cycle

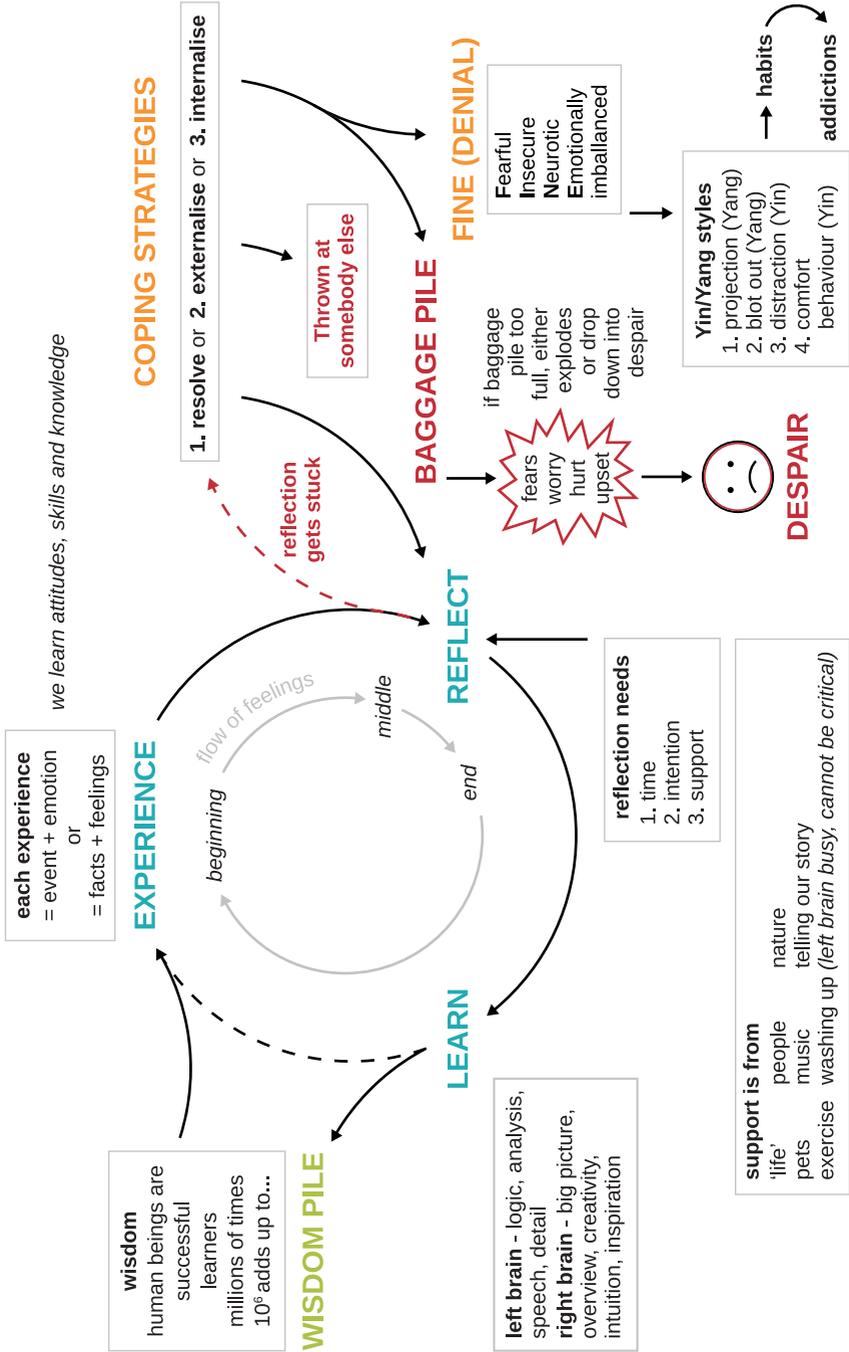
experience = event + emotion (our reaction)
experience = facts + feelings



19.1b What happens if we get stuck?



Life is a Journey of Learning



19.1c Yin and Yang



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

19.1d Coping Mechanisms

Mechanisms



Habits



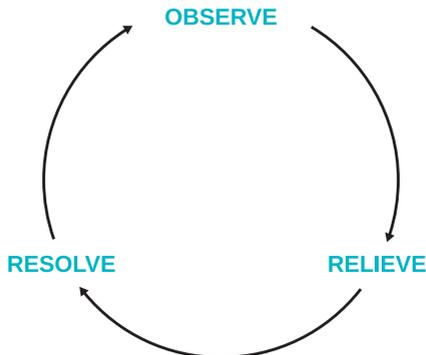
Addictions

Core Feelings of Hurt

Fear	Shame
Sadness	Abandonment
Envy	Loneliness
Indignation	Hatred
Anger	

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

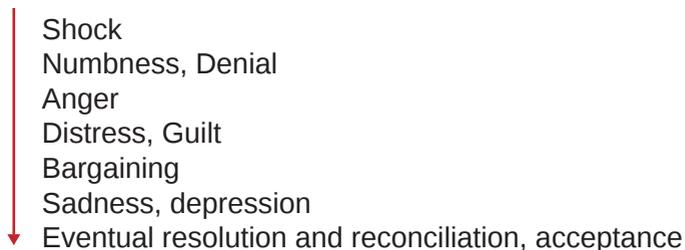
19.1e Reflection



Feelings felt during bereavement

Hurt	Pain	Shock	Fear
Anger	Numbness	Apathy	Worry
Sadness	Guilt	Resentment	Despair

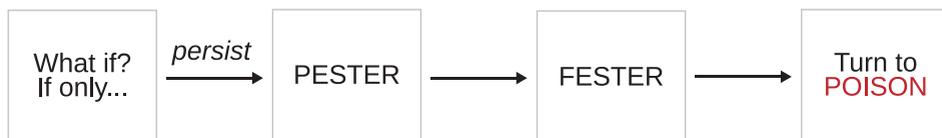
19. Bereavement path of progression

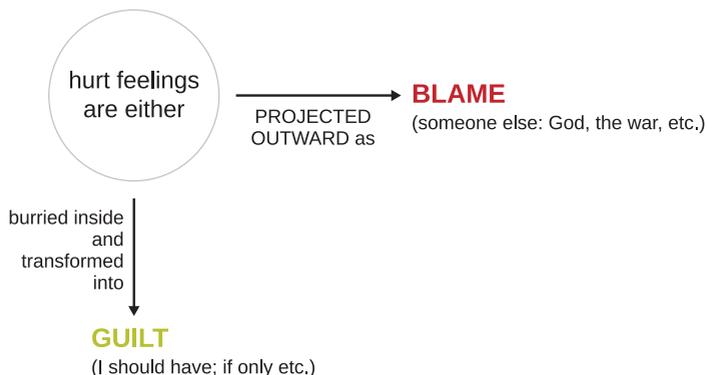


19. Bereavement thoughts and questions



19.2 What if..?



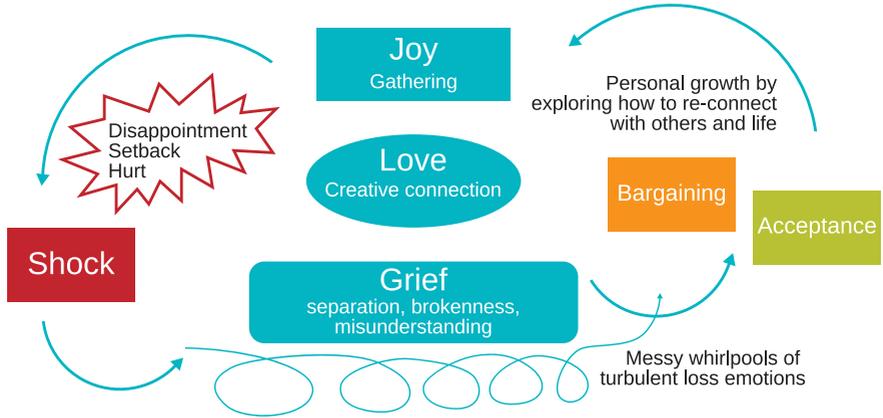


Emotion	Means	Useful Purpose
Shock, numbness	'I can't cope'	Stop! Find a safe place to review your resources
Denial	'I can carry on as if nothing has happened'	Put the issue aside for now so I can use my energy for immediate needs
Anger	'I want to prevent the loss of something important to me'	Anger transformed becomes creativity
Guilt	'What if I had done...? Did it cause the loss?'	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'
Bargaining	'What can I do to get back what I've lost?'	We all need energy to take risks to deal with situations in new ways
Sadness, depression	'I feel powerless and empty'	There is only so much one can do - knowing the limits stops me trying for the impossible
Acceptance	Although this loss has happened and I cannot change it, I am still a valued person with a role to play	I can now live life again, as my loved one would wish me to, with more maturity and energy to explore 'life' again

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



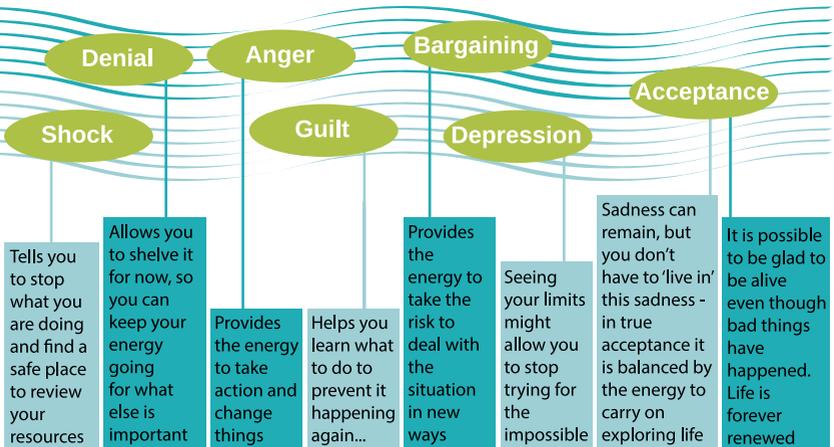
20.2 Turning Points as you adjust to change



The urge to change the world around you

The urge to change the person you are inside

The useful purpose of these feelings



20. Loss Action Word Sets

Shock

anxious	panicky
apprehensive	paralysed
cold sweat	overwhelmed
confused	scared
disorientated	shaken
dread	stunned
fearful	trembling
numb	unprepared

Means: I am doubting my resources. I don't know how to cope with this.

Useful purpose: Stop what you are doing! Find a safe place and review your resources.

Denial

ignore it	disclaim
reject	turn away
invalidate	detach
turn a deaf ear	forget it
refuse to believe	carry on
say it's irrelevant	dismiss
evade	disallow
avoid	disown

Means: I can carry on regardless. If I ignore this it will go away.

Useful purpose: Shelve it for now, so I can keep my energy going for what else is important.

Anger

bad-tempered	jealous
bitter	resentful
irritated	spiteful
furios	frustrated
indignant	want revenge
offended	malice
touchy	full of hate
sulky	hold a grudge

Means: I want to prevent the loss of something important to me.

Useful purpose: The energy to take action in the world despite risk and change it.

Guilt

remorse	repentant
blame	want to own up
my fault	soul searching
flawed	self-questioning
full of regret	should do more
mortified	liable
self-reproach	if only
disillusioned	bad conscience

Means: I need to question if something I did caused it.

Useful purpose: Learning! What else could I do that might prevent it happening again?

Bargaining

Aggressive

break
bargue
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

Suppressed	Subdued
Hopeless	Powerless
Miserable	Ineffective
Useless	Sick at heart
Feel defeated	Flat
Despair	Empty
Care worn	Worthless
Dispirited	Pointless

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

Hope	Integrity
Gentleness	Liberation
Joy	Serenity
Self-control	Maturity
Forgiveness	Resolved
Grace	Sadness
Healing	Relief
Moved on	Peace

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 Knowing Yourself: Personality Types and Patterns of Imbalance

22. Jung's types correspondence with medieval humours

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

22. Three Doshas

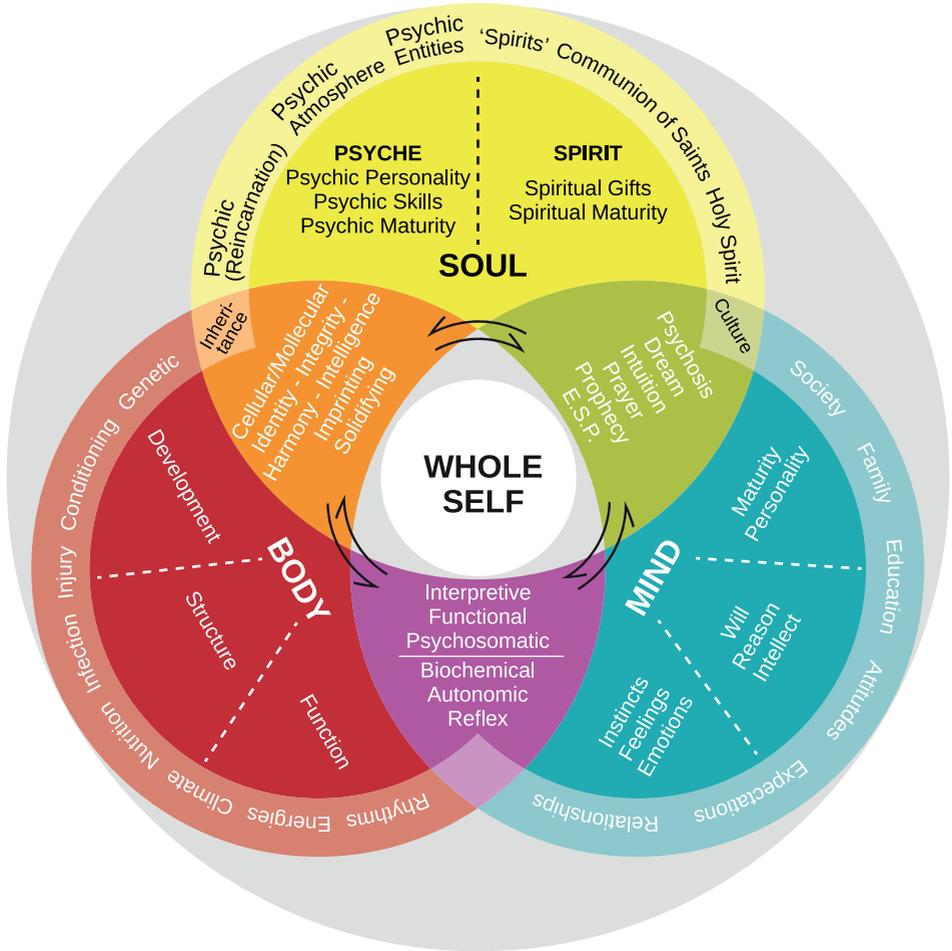
- Vata
- Pitta
- Kapha

22. Honey and Mumford Learning Styles

- Activists
- Reflectors
- Theorists
- Pragmatists

24 Caring for the Whole Person

24.1 Human Wholeness (Dr Jeremy Swayne)



26 Changing Weather Fast: The Breath, CtrlAltDelete and Grumpy Fingers

26. Acupressure points



26. Ctrl+Alt+Delete



28 Urgent and Important and the Johari Window

28. Urgent and Important

	Urgent	Not Urgent
Important	1. Activities: <ul style="list-style-type: none"> • Crises • Pressing problems • Deadline-driven projects 	2. Activities: <ul style="list-style-type: none"> • Prevention • Preservation and maintenance activities • Relationship building • Recognising new opportunities • Planning • Recreation
Not Important	3. Activities: <ul style="list-style-type: none"> • Interruptions • Some calls • Some mail • Some reports • Some meetings • Proximate, pressing matters • Popular activities 	4. Activities: <ul style="list-style-type: none"> • Trivia • Some mail • Some phone calls • Time wasters • Pleasant activities

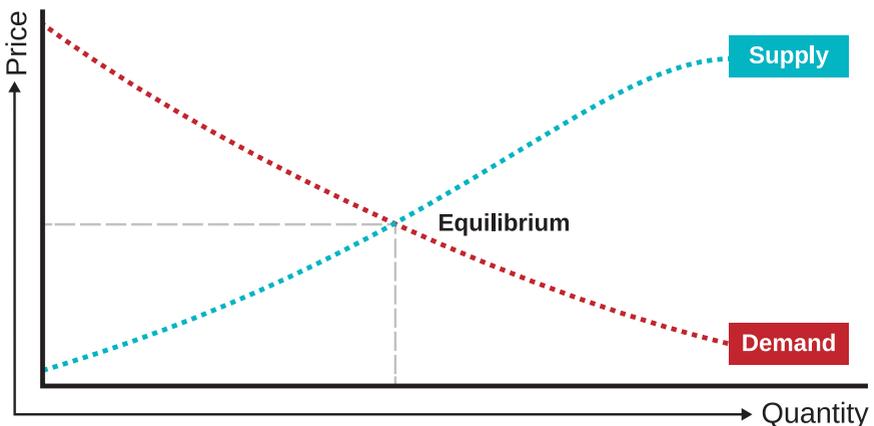
	Urgent	Not Urgent
Important	1. Results: <ul style="list-style-type: none"> • Stress • Burnout • Crises management • Always putting out fires 	2. Results: <ul style="list-style-type: none"> • Vision • Perspective • Balance • Discipline • Control • Few crises
Not Important	3. Results: <ul style="list-style-type: none"> • Short-term focus • Crises management • Reputation - chameleon character • See goals and plans as worthless • Feel victimised, out of control • Shallow, or broken relationships 	4. Results: <ul style="list-style-type: none"> • Total irresponsibility • Fired from jobs • Dependant on others or institutions for basics

28. Johari Window

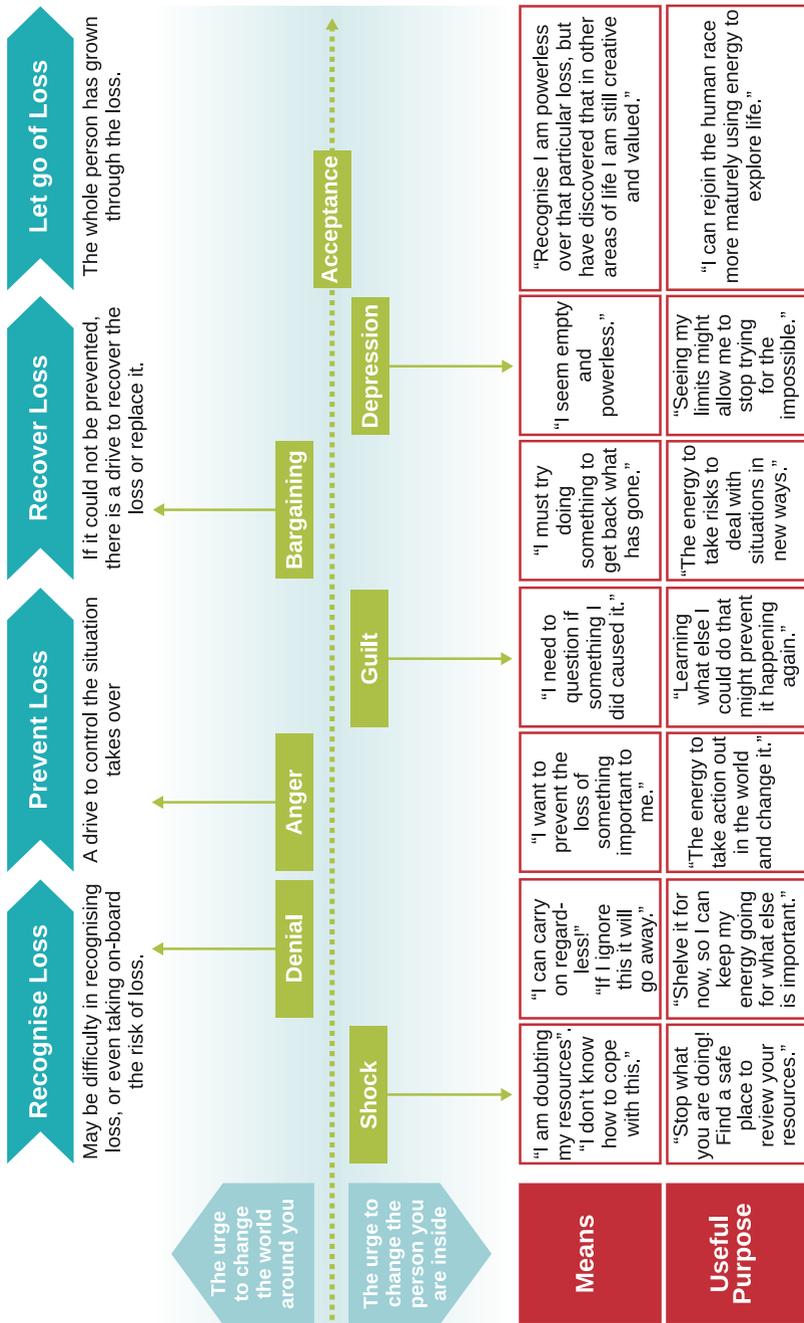
A. Open (known to us and others) Behaviour Attitude Feelings Views Emotions Knowledge Skills	B. Blind (unknown to us but known to others) Ignorance about oneself Delusion Issues withheld by others
C. Hidden (known to us but not known to others) Sensitivities Fears Hidden agendas Manipulative intentions Secrets	D. Unknown (not known to us or others) Feelings Latent abilities Aptitudes Experiences

29 Economics for Doctors

29.1 Supply and Demand



Turning Points as you Adjust to Change



"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 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."
"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."	"The energy to take risks to deal with situations in new ways."	"Seeing my limits might allow me to stop trying for the impossible."	"I can rejoin the human race more maturely using energy to explore life."
"I need to question if something I did caused it."	"Learning what else I could do that might prevent it happening again."				

Health and Self-Care, Thanks to Alex Aylward with Acknowledgment to Emotional Logic Centre"

38 Appendix - Shorts

IPEA From Inner Peace Springs Effective Action
HWB, SWB Hardware body, Software Being
LYIS Love Your Immune System
VMN Vis Medicatrix Naturae – 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 Triangel)
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
WYGOIWYGB 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
Crtl/Alt/Delete 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

² Oschman, J. *Energy Medicine*. 2nd Ed. Elsevier, 2015.

³ Tresidder, A. *Vibrational Medicine, Allopathic medicine, Flower Essence Use and Paradigm Problems in Health Care*. Int J Integr Med, Intech Open, 2013. <http://bit.ly/HaSC002>

⁴ www.drmyhill.co.uk

06 Doctors as Patients

¹ Henderson M, Brooks SK, del Busso L, et al. Shame! Self-stigmatisation as an obstacle to sick doctors returning to work: a qualitative study. *BMJ Open* 2012;2(5).

² Curtis L. Unit costs of health and social care 2012. Secondary Unit costs of health and social care 2012 2012. www.pssru.ac.uk.

³ Myers M, Gabbard G. *The Physician as Patient*. American Psychiatric Publishing, 2008.

⁴ National mental health survey of doctors and students. Secondary National mental health survey of doctors and students 2013. <http://bit.ly/HaSC003>

⁵ DH. *Mental health and ill health in doctors*. London: Department of Health, 2008.

⁶ Schernhammer E, Colditz G. Suicide rates among physicians: a quantitative and gender assessment (meta-analysis). *Am J Psychiatry* 2004;161:2295-302.

⁷ Kay M, Mitchell G, Clavarino A, et al. Doctors as patients: a systematic review of doctors' health access and the barriers they experience. [Review] [55 refs]. *British Journal of General Practice* 2008;58(552): 501-08.

⁸ Brooks S, Gerada C, Chalder T. Doctors and dentists with mental ill health and addictions: outcomes of treatment from the Practitioner Health Programme. *J Mental Health* 2013;22:237-45.

⁹ Garelick AI. Doctors' health: stigma and the professional discomfort in seeking help. *The Psychiatrist* 2012;36(3):81-84.

¹⁰ Wessely A, Gerada C. When doctors need treatment: an anthropological approach to why doctors make bad patients. *BMJ Careers* 2013.

¹¹ GMC. *Good Medical Practice*. London: General Medical Council, 2012.

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.
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<http://php.nhs.uk> (London Based Practitioner Health Programme)
<http://www.rmbf.org> (Royal Medical Benevolent Fund)
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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>

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32 Emotional Health Strategy

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Professional Support - please check with your professional body

Doctor's Support (UK Specific)

BMA Help Pages <http://bit.ly/HaSC030>

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

Family and friends

MIND

The Samaritans 116123

Doctors in London: Practitioner Health Programme www.php.nhs.uk

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.

40 Biographies

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 DFSRH 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.

Dr Maya Roberts, MRCPsych, former Consultant Psychiatrist and Mindfulness Teacher, Lead for Social Sustainability for the Royal College of Psychiatrists. Principal author of the College's 2018 Report on Sustaining Psychiatrists' Mental Health.

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