



Personal and Professional Development
To meet the complex needs of people supported
such as:

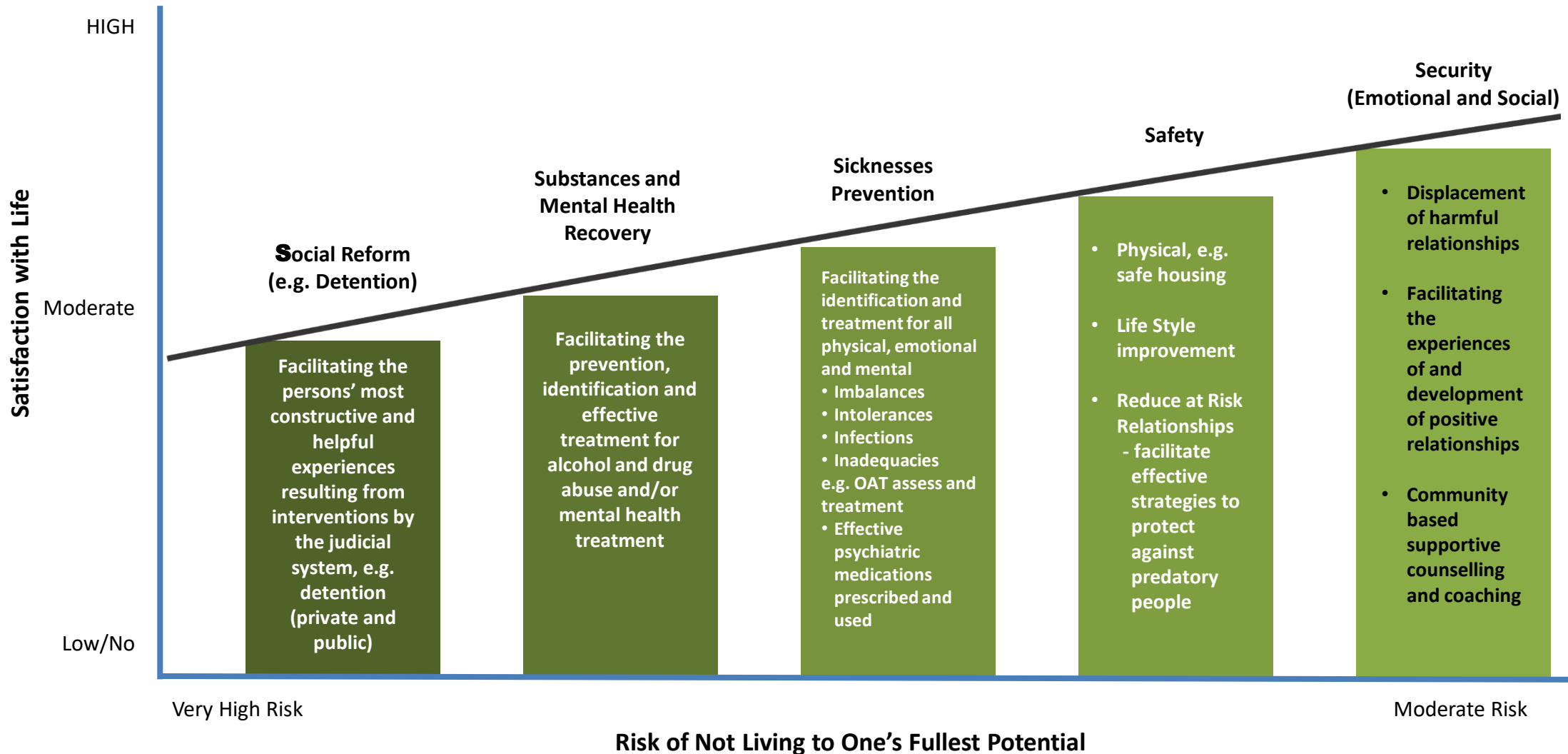
- **S**ocial Reform
- **S**ubstances Recovery
- **S**icknesses Prevention
- **S**afety
- **S**ecurity
- **S**kills (Life)
- **S**mart's
- **S**elf Development
- **S**atisfactory Life

A Centre for Conscious Care

Part 2A

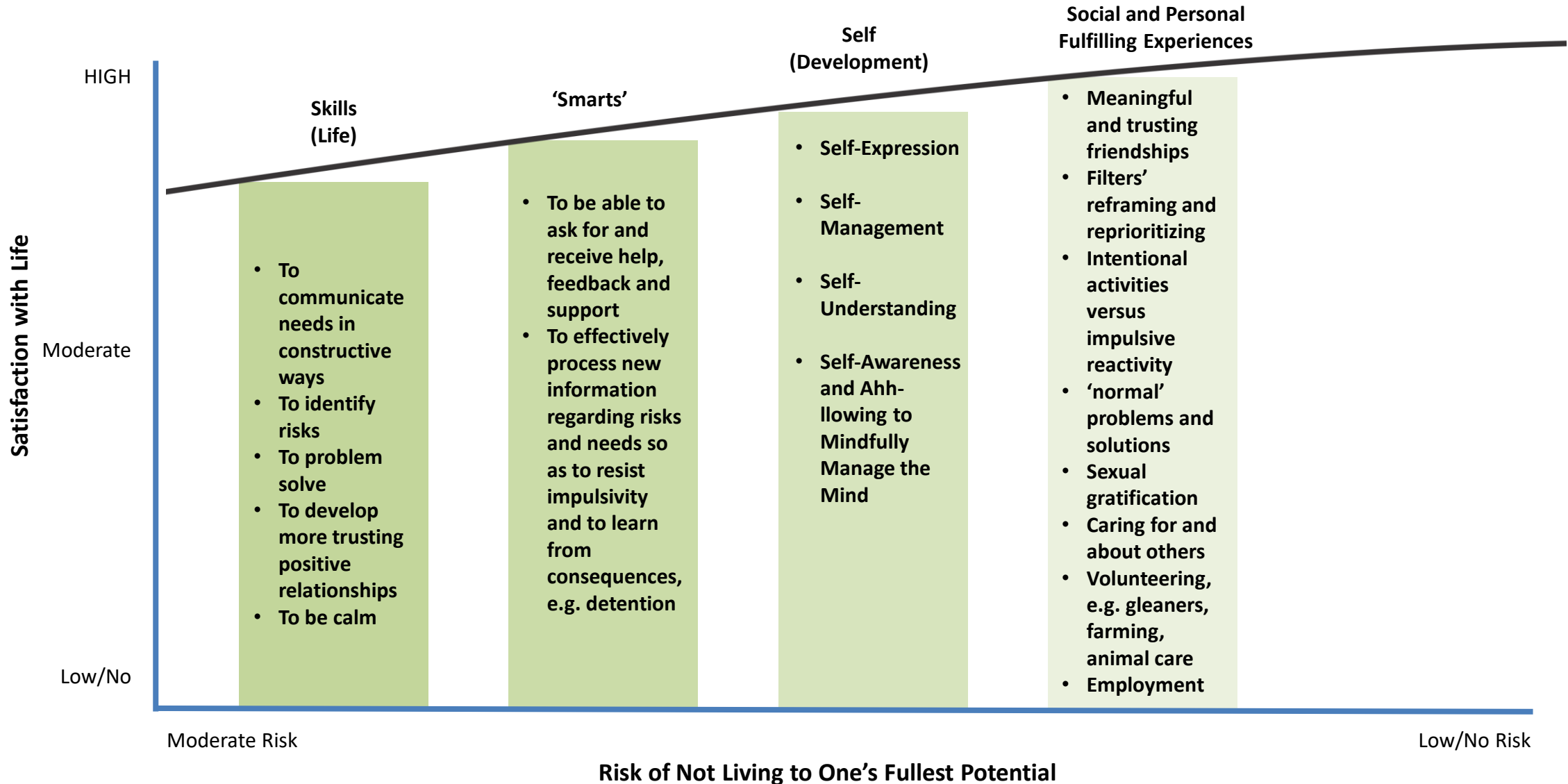


Complex Needs Support Specialist Roles and Responsibilities – Identifying Needs and Facilitating Person Centered Solutions





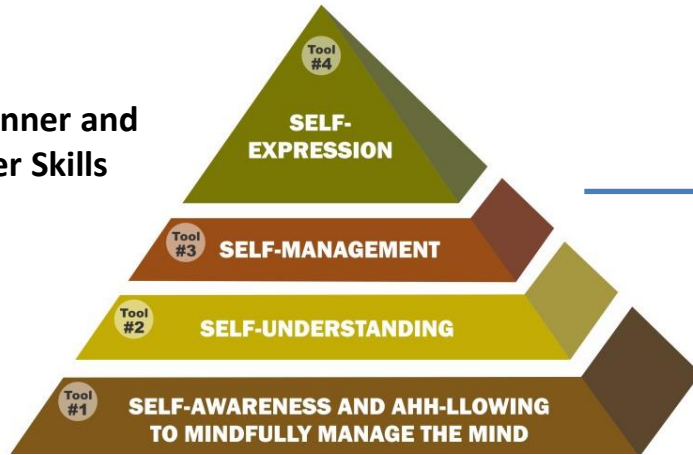
Complex Needs Support Specialist Roles and Responsibilities – Identifying Needs and Facilitating Person Centered Solutions



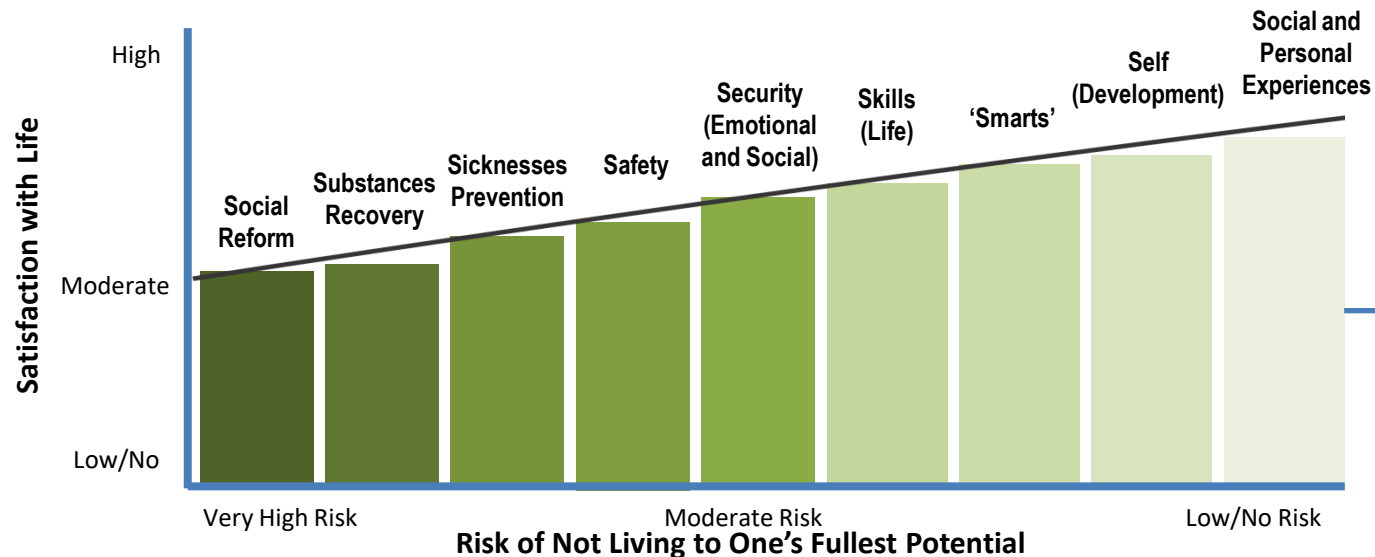


CNSS Inner and Outer Skills Development to Successfully Support and Supervise People with Complex Needs to Live to Their Fullest Potential

CNSS Inner and Outer Skills



Complex Needs Services Areas



Effective implementation of PCP of support resulting in:

- People supported living life to their fullest potential
- Team members fulfillment, motivation, safety and a self sense of purpose
- Human and financial resources deployed effectively

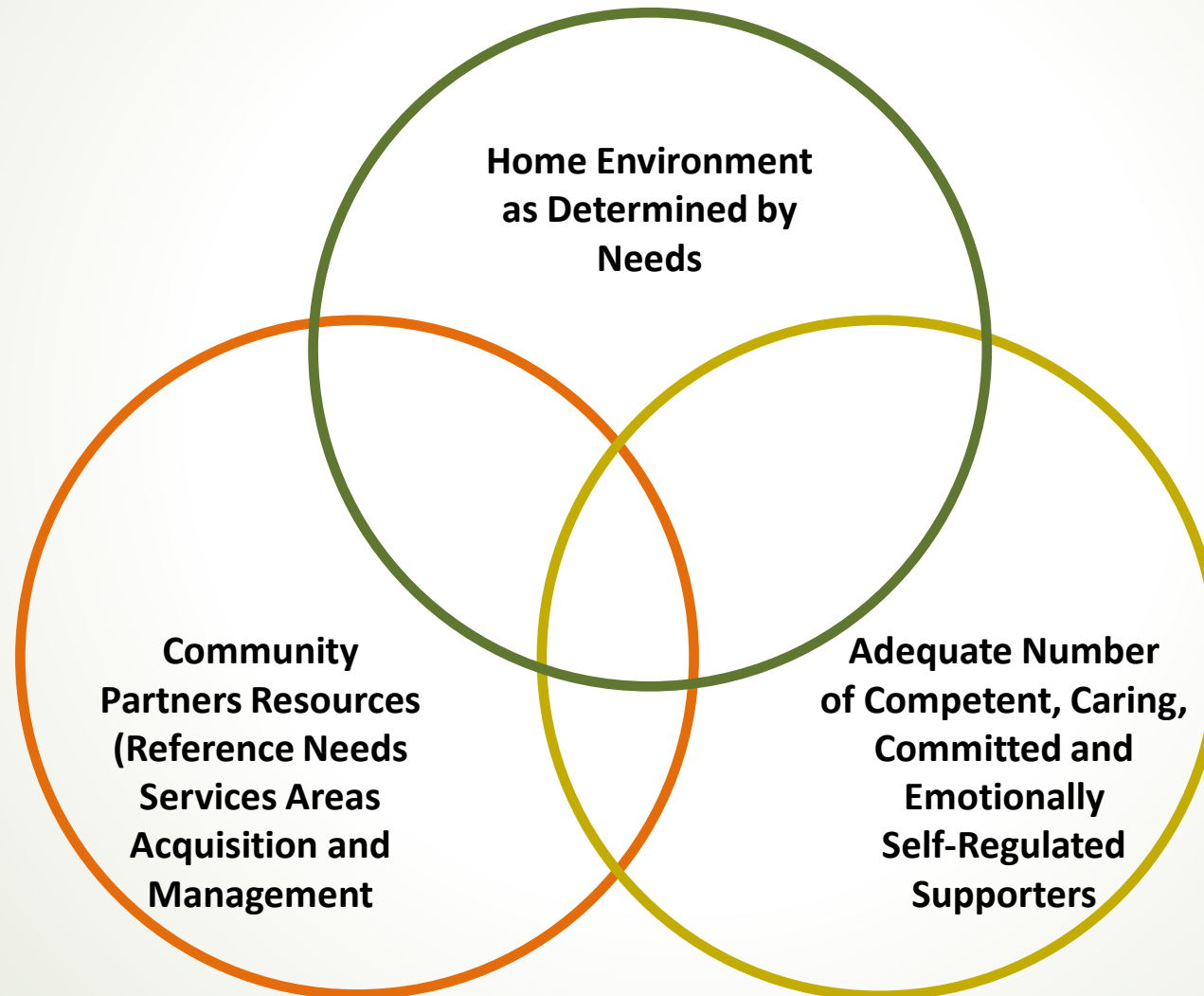


Group Process

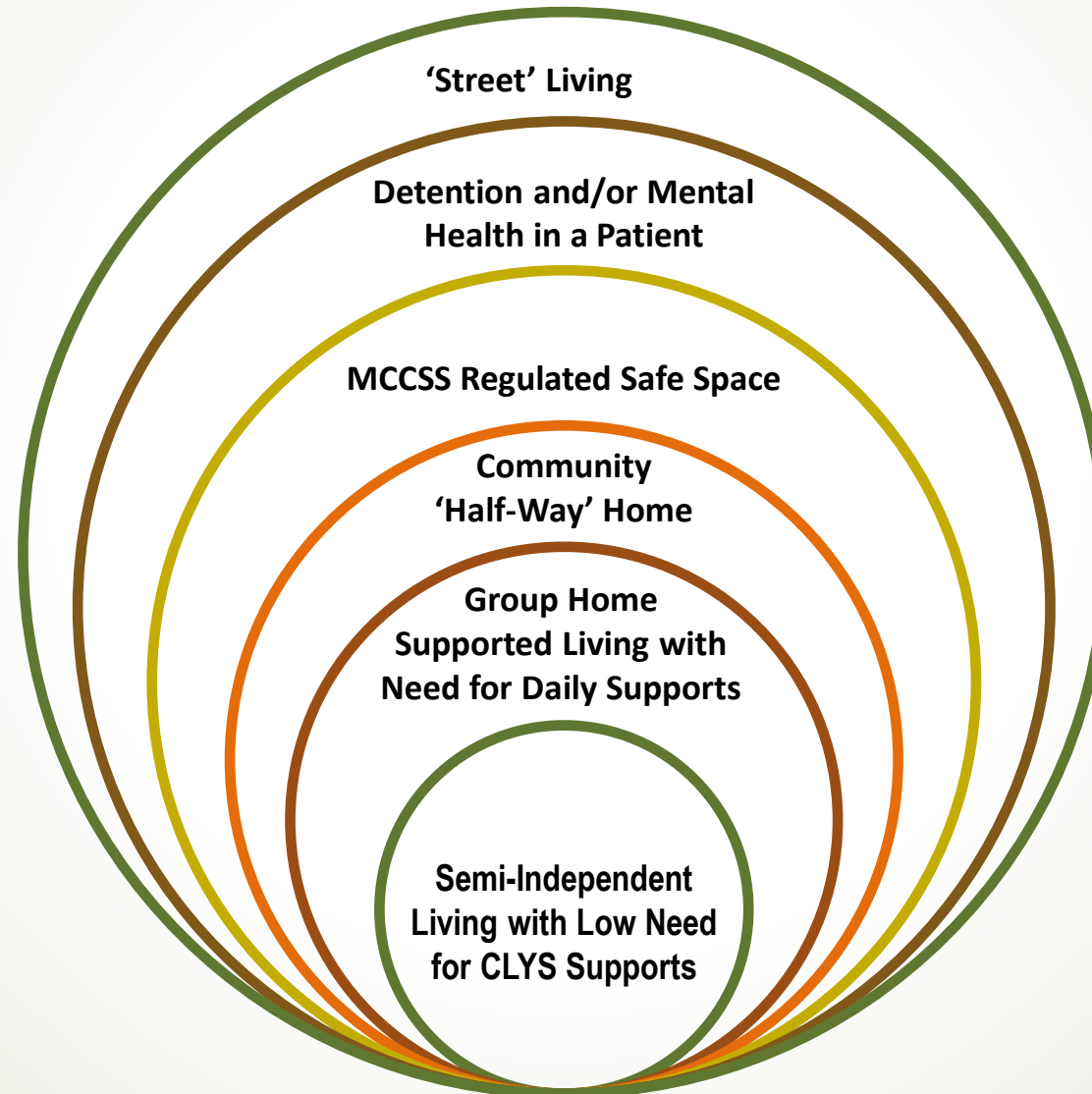
List the personal qualities, behaviours and risk factors of the typical complex needs person supported by CLYS.



Complex Needs Support System Components



Complex Needs Individuals' Home Options



Components of a Safe, Nurturing and Secure Living Space for a Person Supported - while they have Complex Needs

Group Process

- List Components



Components of a Safe, Nurturing and Secure Living Space for a Person Supported - while they have Complex Needs





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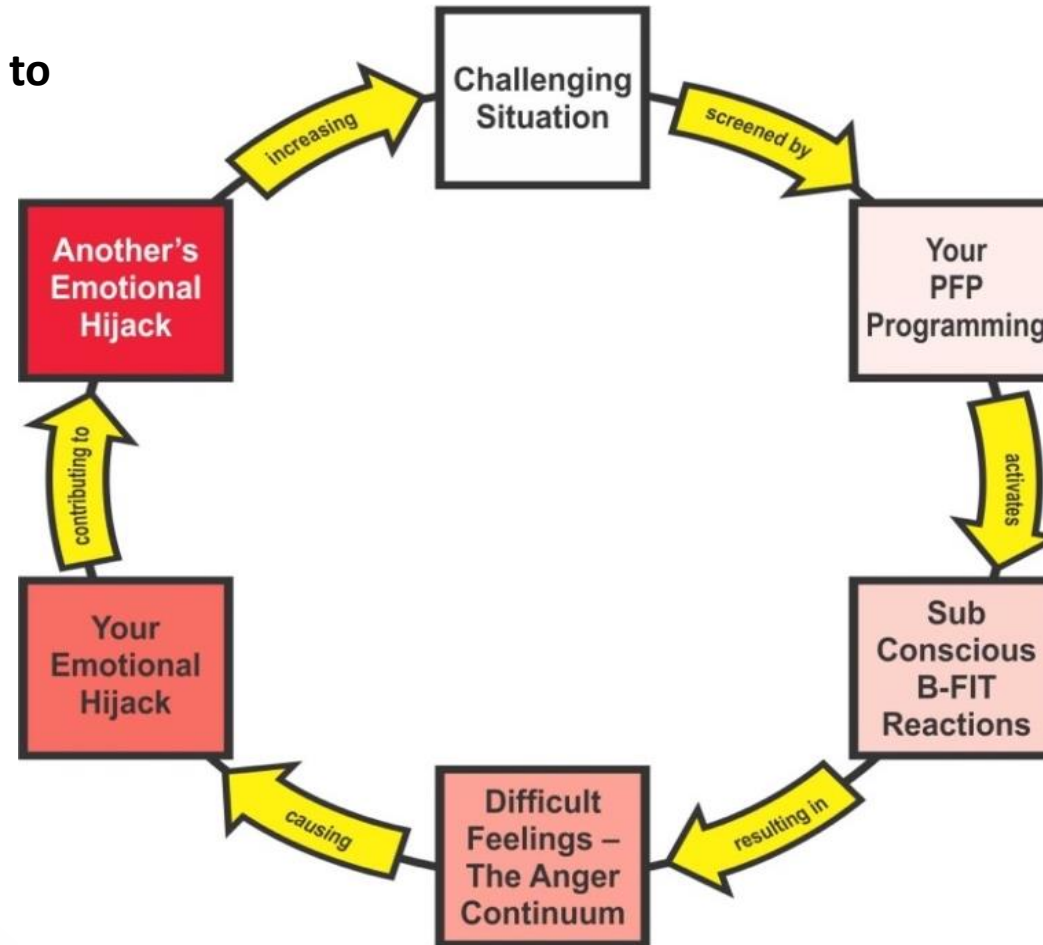
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A Centre for Conscious Care

Part 2B

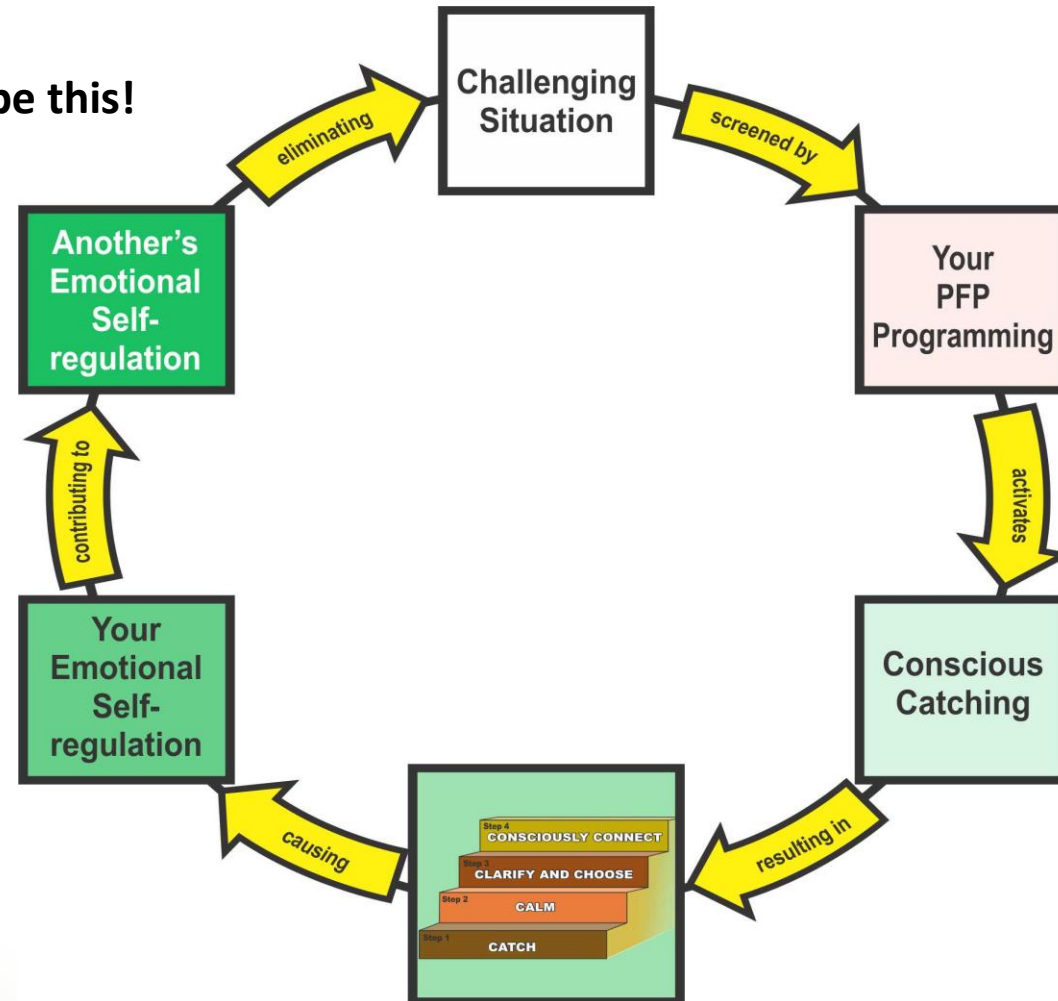
Breaking The Emotional Hijack Life Cycle

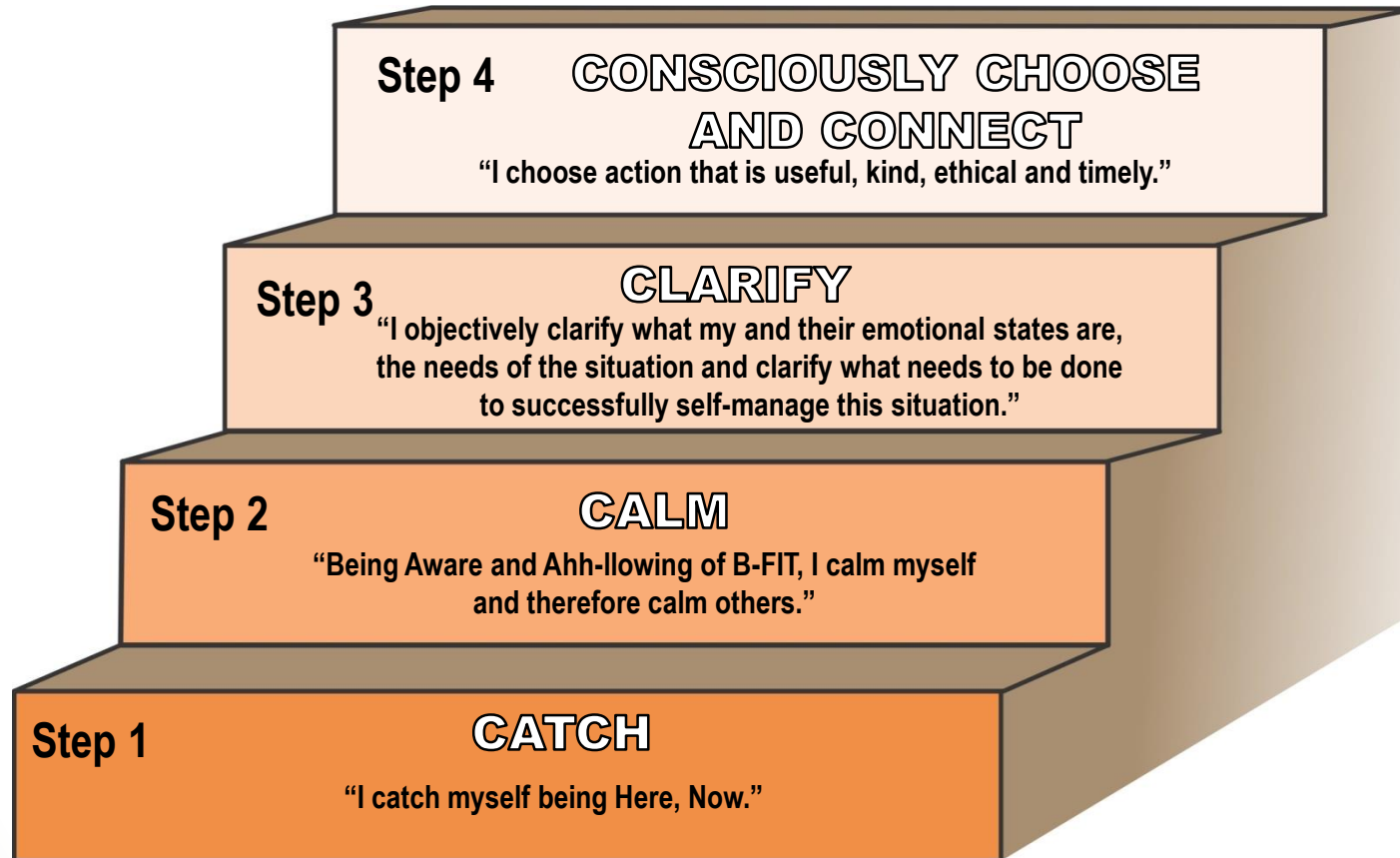
It doesn't have to
be this.



Breaking The Emotional Hijack Life Cycle

Instead, it could be this!







The Self-Management Process

- With this *self-management* process guided by awareness and ahh-llowing, we learn that the **mind's reaction to situations is not the fundamental cause of suffering** when triggered by situations and other's difficult feelings and behaviours directed toward us.
- We learn that our **suffering is actually directly proportionate to the mindless resistance** that the unaware mind brings to most situations.
- Through this clarifying step in the moment of *mindful emotional self-regulation*, we learn that this **resistance can be transformed into non-driven energy** that results in deep inner peace regardless of the situation.
- **This more optimal form of self-management** also helps us to bring optimal *self-expression* problem solving skills to the moment.



Self-Manage in the Moment by Accentuating the Positive About People and Conditions

Next we describe managing the PFP brain/body by tricking it with logical challenges to normal reactions (e.g. *awfulizing*). For example: mindfully introduce conflicting information to the PFP brain/body reactions. As soon as you catch yourself, use self-talk statements such as:



- ✓ “Yes this situation is bad but **relative to** being blind, starving or in unbearable physical pain, etc. (as many people are today), I am very fortunate”.
- ✓ **Calm** the PFP brain/body by identifying one or two body sensations that have been activated by it. Say to yourself, “**There is** anxiety,” (e.g. a tight chest) instead of “I am anxious,” and intentionally relax those body sensations.



- ✓ This situation **could be worse** because _____.
- ✓ A **possible benefit** that could result from this horrible situation is _____
_____.
- ✓ As you come to awareness throughout your day, occasionally remind yourself, “This could be **the last time** I experience this situation or person”. Let this awareness awaken your innate gratitude and compassion.



- ✓ Build muscles of resilience by **stretching limits of comfort** each day, (e.g. make some sacrifices and be equanimous with them).
- ✓ **Celebrate successes** but **make failures painful**. Own it! “I am unhappy today because I didn’t or don’t _____.”
- ✓ As you come to awareness throughout your day, **activate intense awareness of the moment** by moment pleasant experience that you have with routine interactions and situations, i.e. one bite of food or saying good morning to a friend.



Essential *Self-Management* Heads-Ups and To-Dos to Consciously Motivate You to do the Work to be a Good Self-Manager:

- Before you commit to work for it you will need reasons to stay motivated that are based more in feelings than in logic.
- Do you have a couple?
- Stop and write them in your journal. (e.g. I want to feel more fulfilled with what I have)



Self-Management with Body, Mind and Mental Nutrition

- Your chances to have a good, and happy life will significantly increase if you give healthy daily nutrition to your mind and mental capacities like you do for your body.
- Just as our body requires nutrition and exercise to sustain its health, so to does the mind and spirit. A non-negotiable commitment to a daily mental/spiritual daily regime of a secular and/or spiritual meditation will be extremely important to manage mind, body and the spirit's well-being.

e.g. transform B-FIT 'energy' to lessen left brain autopilot drives so as to have right brain spontaneously manage more moments.



Physical Nutrition and Fitness – Self-Management

- Only eat food that has been morally and ethically raised and harvested.
- Our physical body is a **massive electromagnetic energy system that requires fuel, down time and ongoing maintenance.** You need to do testing to learn about its needs, intolerances, infections and imbalances. Then you must support the needs accordingly. An Organic Acid Test offered by most naturopathic doctors is an excellent place to start.



- **Physical exercise.** Our ancestors worked and ran 15 miles a day to forage, hunt and survive being hunted. Operating a mouse on a screen is just not an equivalent exercise. Check out *Spark* written by one of my former advisors, Dr. John Ratey of Harvard Medical School.



Calming Exercises

Learn and practise the bilateral, biomeridian awareness based calming strategies outlined in Appendix VII (BBABC).



Fulfilling Relationships

- **Determine your most fundamental relationship gifts and needs. Stay focused on your intention to have these needs complemented by people who pop into your life as a result of you making yourself available.**
- **Expect numerous relationship challenges, including some failures. When experienced mindfully, these become grist for your growth mill.**
- **Keep your heart open to those who hurt you, knowing that all hurt is inadvertent because of their PFP. Find some way to say to yourself, “Thank you for being such a pain”.**



Develop Non-Negotiable Skills - Self-Discipline, Effort and Integrity

- Cultivate an attitude of indebtedness instead of entitlement, especially about happiness – no one is entitled to it!
- Stay mindful of the difference between subjective and objective reality. For example, subjectively (inwardly) “be loving presence” while effectively asserting yourself with positive conflict resolution of objective (outside) reality.



What's Missing?

- “What am I missing at this moment that would be helpful?” Remember that every story has three sides because of inattentional blindness.



- The best way to successfully change conditions in your life, to become happier or manage a crisis is first to **work hardest on changing and growing yourself**—not more communications and behavioural strategies.
- **Some things in life are not fair or just. You don't have to like it; it is just the way it is. Move on! "When the horse is dead—get off".**



- **Study other evolved happy people. Success leaves clues.**
- **Life is a matter of odds, so plant many ‘crops’.**
- **Ignorance is not bliss. What you don’t know can and will hurt you. Pay attention to your physical and emotional health.**
- **If you want your share, you have to care (for others).**



- **Think big, then start small, but for sure do some small every day.**
- **Honour mood disorders and get help.**
- **Life requires resolve: “I will”.**
- **Life requires action: “Do”.**
- **Life demands commitment: “I am”.**

**Summary –
The Four Critical Areas of
One's Life
Requiring Self-
Management**

