

CRE - BURN-OUT - PREVENTION AND CARE

- 1. Recognize that "BURN-OUT" comes from WORRY, when we find ourselves avoiding communication with others and even avoiding communication with ourselves. Clever people have clever breakdowns. So why not test yourself now ... with Exhibit A, in just ten minutes?**
- 2. Recognize that "NOT-TING" (taking enormous trouble ... NOT to DO things that upset us) ... is a symbol of worry.**
- 3. Recognize that worry is a MIXTURE of fear (to face reality) and anger (to destroy the world and ourselves).**
- 4. Recognize that "LOOPING" (repetitive behavior routines) is another symbol of worry, that relieves for the moment ... but doesn't resolve the problems. With looping we become ADDICTS of: work, smoking, drinking, gambling etc.**
- 5. Recognize that "NOT-TING" and "LOOPING" use up ENORMOUS energy for a "NON-LIVING" purpose.**
- 6. Recognize that PARENTS may have given us some values, which HANDICAP us, in our current life style e.g. "Finish up all the food on the plate, dear" ... and now we are so obese! We have to UNLEARN some of these old values and instinctive reactions!**
- 7. Recognize that THE PART of us that has been there the LONGEST, is the CHILD we once were.**
- 8. Recognize that we HAVE the RIGHT: to express our own feelings, to love and be loved UNCONDITIONALLY, to change and grow, to be alone, to please ourselves in our own way, to succeed or to fail, as WE choose.**
- 9. Recognize that we must now BE (in our mind) our OWN PARENT.**
- 10. Recognize that we must LEARN: to freely express our fear and anger (as an adult - NOT as a child), to stop excusing our parents, to stop excusing ourselves, and to stop saying "I am sorry, BUT ... "**

11. Recognize that we must learn: to LOVE OURSELVES as we are, to love the WORLD as it is, to STOP insulting ourselves, and to STOP punishing ourselves with impossible demands.

12. Recognize that LIFE is INVALUABLE and SO are WE!

13. Recognize that with our NEW parent (in our head), we CAN rebuild external and internal communication with people and our loved ones.

14. Recognize that we must love our children UNCONDITIONALLY and give them the same rights as ourselves.

15. Recognize that we cannot ... MAKE anyone else HAPPY ... but we can ... BE HAPPY ... and we can ... SHARE ... it with others ...

16. Burn out prevention with DHI (Exhibit B) ... and so on we go together

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EXHIBIT A

SELF-TEST FOR BURN OUT - TEN MINUTES

Instructions:

Think deeply ... about the frequency ... in which you have the following ... very personal feelings.

Score each response from: 1. never, 2. once or twice, 3. rarely, 4 sometimes, 5 often, 6. generally, 7. just about all the time.

1. Tired.
2. Depressed
3. Trapped

4. Exhausted physically
5. Exhausted mentally.
6. Useless

7. Bored
8. Spiritually exhausted.
9. Unhappy

10. Beaten
11. Troubled.
12. Deeply disappointed by others.

13. Feeble and powerless.
14. Desperate.
15. Rejected and alone.

16. Anxious.
17. Flat
18. Optimistic

19. Happy
20. Satisfied with your day.
21. Energetic

Think again ... change scores as necessary ... be frank and realistic ... and then make your evaluation ... about yourself ... gently ... on next page

SELF-EVALUATION:

A. Add questions 1 - 17

B. Add questions 18-20

C. Deduct B from 32

D. Add A and C

E. Divide D by 21

Evaluation:

1-2 OK!

3 Workaholic?

4-5 Need for some preventive changes? Exhibit B ...

EXHIBIT B

BURN OUT PREVENTION AND DAILY CONTROL OF ANXIETY WITH RP – RELAXATION PLUS POSITIVE SUGGESTION

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RELAXATION IS GREAT, BUT RP (RELAXATION PLUS POSITIVE SUGGESTION), IS MUCH MORE EFFECTIVE ... FOR COPING WITH ... AND FOR RESOLVING ... SOME DIFFICULT PERSONAL PROBLEMS ... ANXIETY, PAIN, FEAR, STRESS ETC.

FOR RP TO WORK WELL, WE MUST SEE IT, WANT IT AND BELIEVE IN IT. THEN RP WILL HELP US, TO FIND NEW IDEAS AND STRENGTHS WITHIN OURSELVES THAT WE DID NOT EVEN KNOW WERE THERE. OK?

BUT RP IS HARMLESS. IT IS LIKE A POSITIVE MEDITATION, THAI-CHI, YOGA ETC, AS IT HELPS OUR CONSCIOUS AND SUB-CONSCIOUS MINDS, TO COMMUNICATE BETTER AND TO WORK WELL TOGETHER.

WE ARE IN CONTROL ALL OF THE TIME, AND WITH PRACTICE ... RP HELPS US TO CONTROL OUR THOUGHTS AND EMOTIONS ... WITH NO DRUG SIDE EFFECTS!

WITH REGULAR PRACTICE RP GIVES US THE CONFIDENCE, ENERGY AND ENTHUSIASM TO ACHIEVE WHAT WE NEED ... THUS GIVING MORE MEANING TO DAILY LIFE ... FAMILY, WORK AND SOCIAL LIFE ... IT IS LIKE A PRAYER OF THE CONSCIOUS TO THE SUB-CONSCIOUS MIND.

SO ... EVERY DAY ... TAKE JUST FOUR MINUTES ... FOR YOUR MENTAL AND PHYSICAL HEALTH ... BY GOING GENTLY INTO RP ... WITH YOUR OWN ... GENTLE PERSONAL STYLE. AND EACH TIME, TELL YOURSELF HOW LONG, YOU WANT TO REMAIN IN RP ... 2 OR 4 OR 10 MINUTES ETC.

TO GO INTO RP:

1. Tell yourself that you are going to do your own RP.
2. Make yourself comfortable. Gently grip the LEFT THUMB into the left fist. This is your "anchor sign" for RP. Begin to breathe very deeply.
3. Focus your attention on a spot high up on the wall. As you concentrate feel more

relaxed. Concentrate intently so that other things begin to fade into the background. As this occurs, notice a relaxed heavy feeling and allow your eyes to close. Then pretend that you cannot open them for two minutes. Nod your head when you have done it.

4. Relax your whole body ... by visualizing and smiling at each part carefully ... from the top of your head to the tips of your toes ...
5. Begin slowly and mentally ... to count down from 10 to 0 ... saying ... deeper... deeper ...
6. Imagine a beautiful white light ... coming from above your head ... cleaning every part of you ... as it passes through your whole mind and body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... soothing and healing every part of your mind and body ... right up to the top of your head...
8. Then RELAX ... as you make one or two ... POSITIVE suggestions to yourself ... which help YOU ... feeling better in MIND & BODY ... finding new strengths from within YOURSELF ... handling YOUR problem of worry (or pain or stress or sleep) in YOUR OWN WAY ... believing in the success of YOUR little health care team in which YOU are an important member ... and feeling very deeply ... that this is a wonderful world ... with so many joys for YOU.
9. And then REPEAT your suggestions two or three times. Think deeply and gently talk with yourself about these things ... for a few moments ... and then ... in your own time ... when YOU are ready

TO COME BACK FROM RP:

- a. Tell yourself that when you come back ... you will feel very well ... calm, contented and very CONFIDENT and MOTIVATED ... to achieve what you need.
- b. Slowly release the thumb from the left fist (RP anchor sign). Slowly count up from 0 to 10 and open your eyes.
- c. Stretch the arms and neck. Relax. Feel calm, confident and pleased with yourself.

NOTES:

1. Practice to make RP work better and better for you in **YOUR OWN SPECIAL WAY**. For the first week practice twice a day. On awakening in the morning, to plan for the day, and just before sleeping at night, to hand over one key problem to your sub-conscious mind.
2. When you practice before going to sleep, do not awaken with a count of 0
1 - 10 simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.
3. Suggestions: Determine what you want and need. Make only those suggestions that are **SIMPLE** and **POSITIVE**. Repeat them several times. Always be clear on how you want to think, feel and believe. **NEVER** suggest anything that you **DO NOT** want to happen, because the sub-conscious does not understand negatives!!
3. Once a month, check out your *Cognitive Distortions* (Exhibit C). Perhaps listen to the audio of the "Older and Happy" program (www.crelearning.com). Expect some good news every day ... new ideas and feedback always welcome to us ...
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EXHIBIT C - COGNITIVE DISTORTIONS

1. All or Nothing: Will I be a "Black or white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalisation: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future, of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimising the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators like: "I really must" or "I ought to" etc.?
9. Labelling: Will I indulge myself in extreme over-generalisation, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Anger: Will I allow myself to become angry at the aggressive language of someone in front of me, when I know that control and NVC (Non Violent Communication) are always my own personal responsibility? See short videos <http://www.nvc-resolutions.co.uk/nvcmedia.htm>