



GLOBAL
BRAIN HEALTH
INSTITUTE

Self-Care for Health Professionals working in Intellectual Disability Services through the COVID 19 Pandemic

Ian Robertson

29th April 2020

Atlantic Fellows

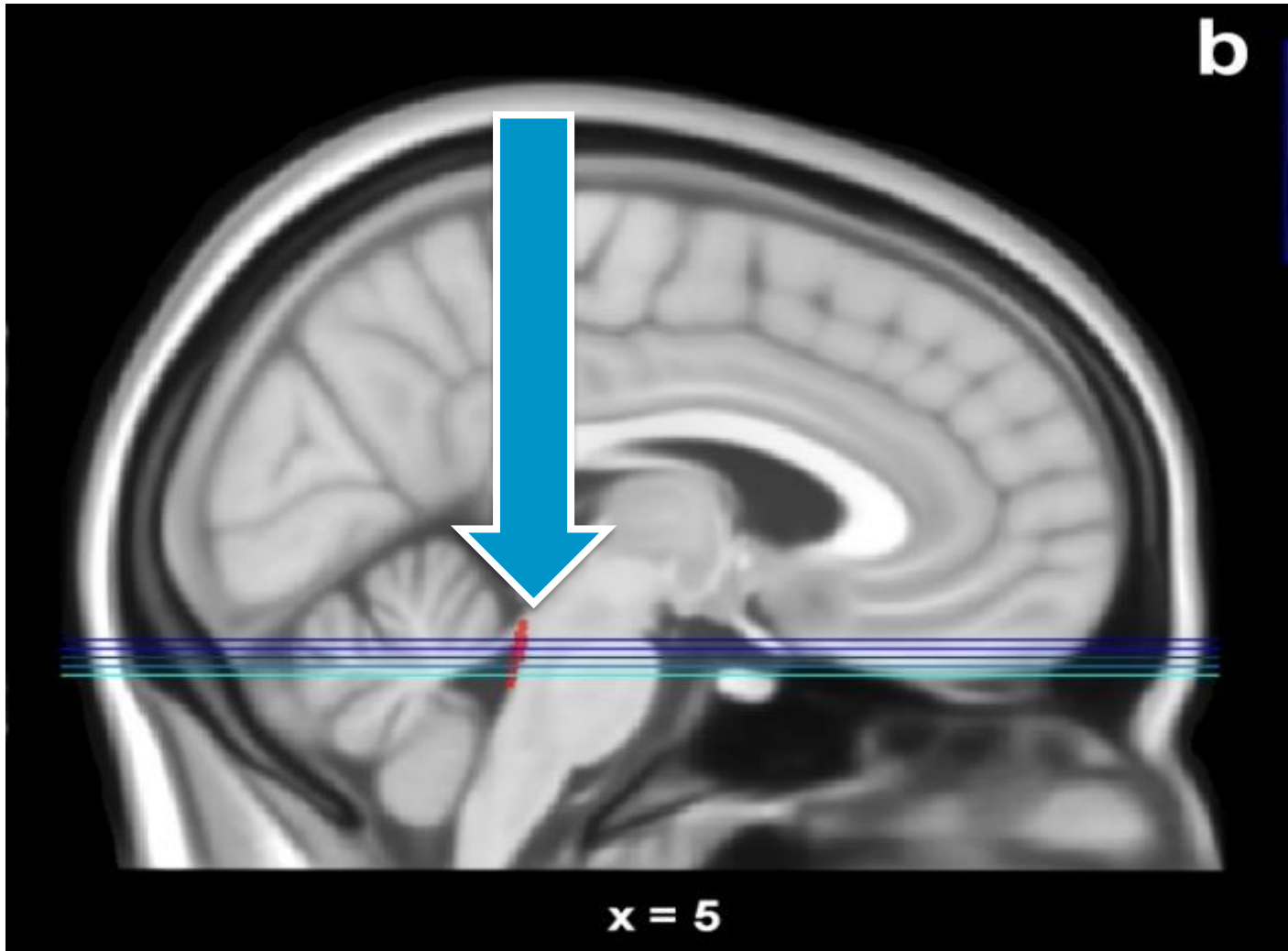
FOR EQUITY
IN BRAIN HEALTH

Learning Objectives

1. To understand how and why we have considerable control over our brain
2. To learn some simple practical techniques for doing so
3. To understand the basic motivations that drive people, namely achievement, acceptance and power, and their corresponding fears
4. To understand how stress is a form of energy that can be harnessed in a way that benefits us

PART 1 - Stress

Exercise 1 - Breathing



Tip
**Use Your Breath to
Change Your Brain**



***The day I'm not nervous is the day
I quit ... That's the greatest thing about it,
just to feel that rush.***

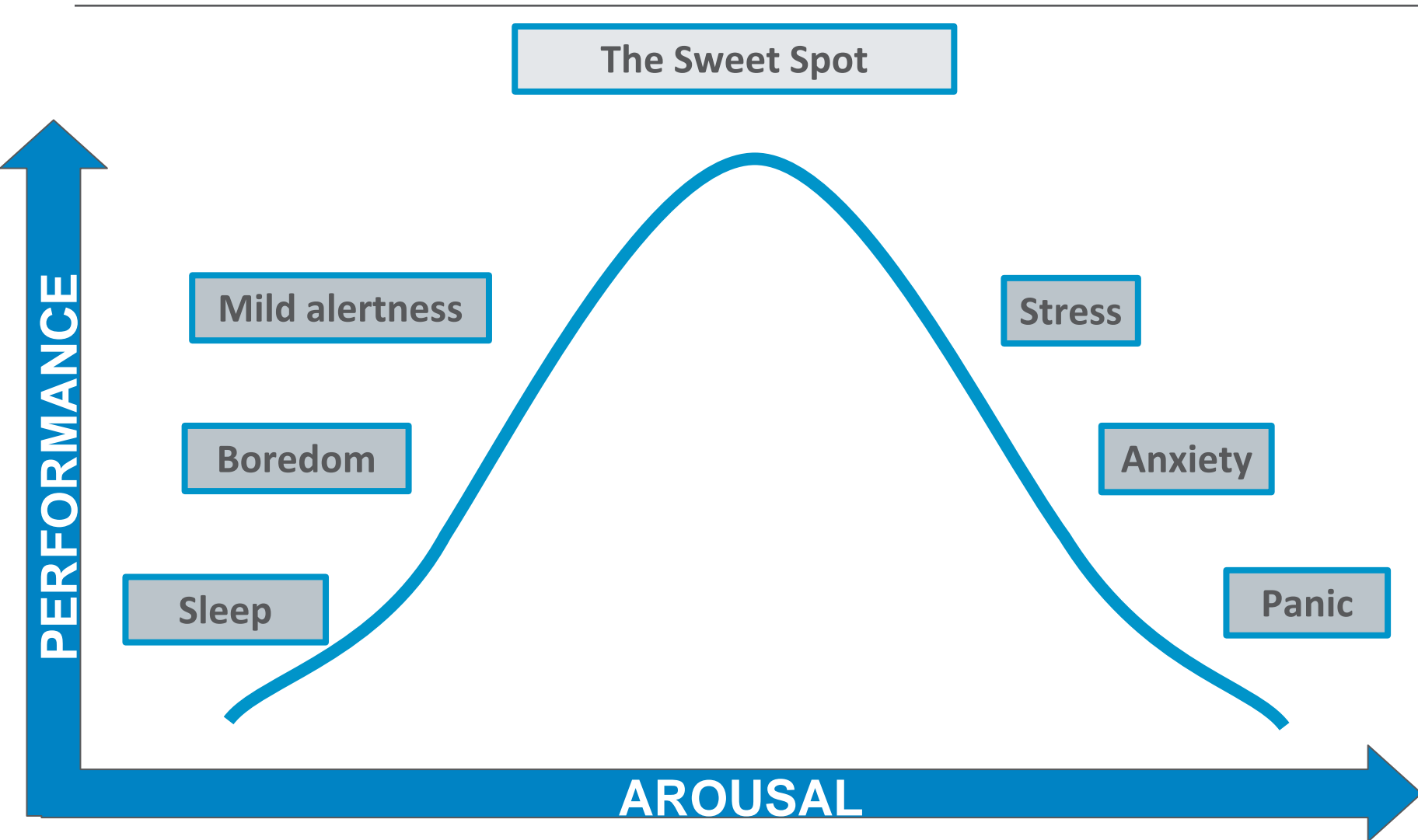
Why?

Faster Heart Rate
Sweaty Skin
Dry Mouth
Churning Stomach
Tense

...are all symptoms of...

ANXIETY
EXCITEMENT
ANGER
AROUSAL

Exercise 2 - Stressful Situation



Tip



Every time you change task (e.g. answering email to making phone call), take 20 seconds to change your brain chemistry and bring yourself nearer the sweet spot.

How to Turn Stress into Challenge

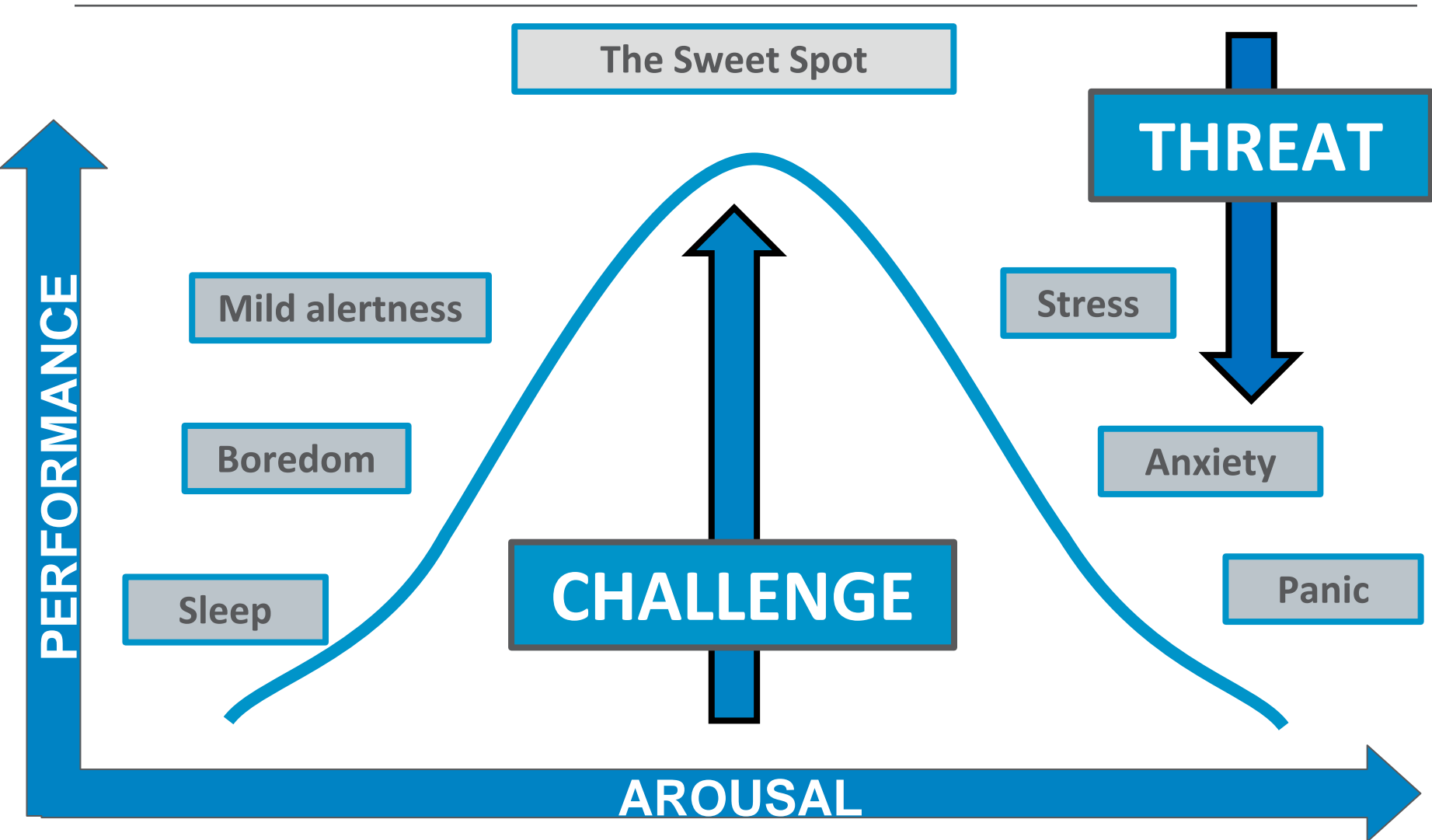
External versus Internal Goals

Tip
**Re-imagine the Stress
as a Challenge Rather
Than a Threat**



Exercise 3

Stress to Challenge Alchemy





REWARD

PUNISHMENT

GOALS

FEARS

OPTIMISM

AVOIDANCE

CONFIDENCE

DOUBT

POSITIVE MEMORIES

NEGATIVE MEMORIES

BULL MARKET

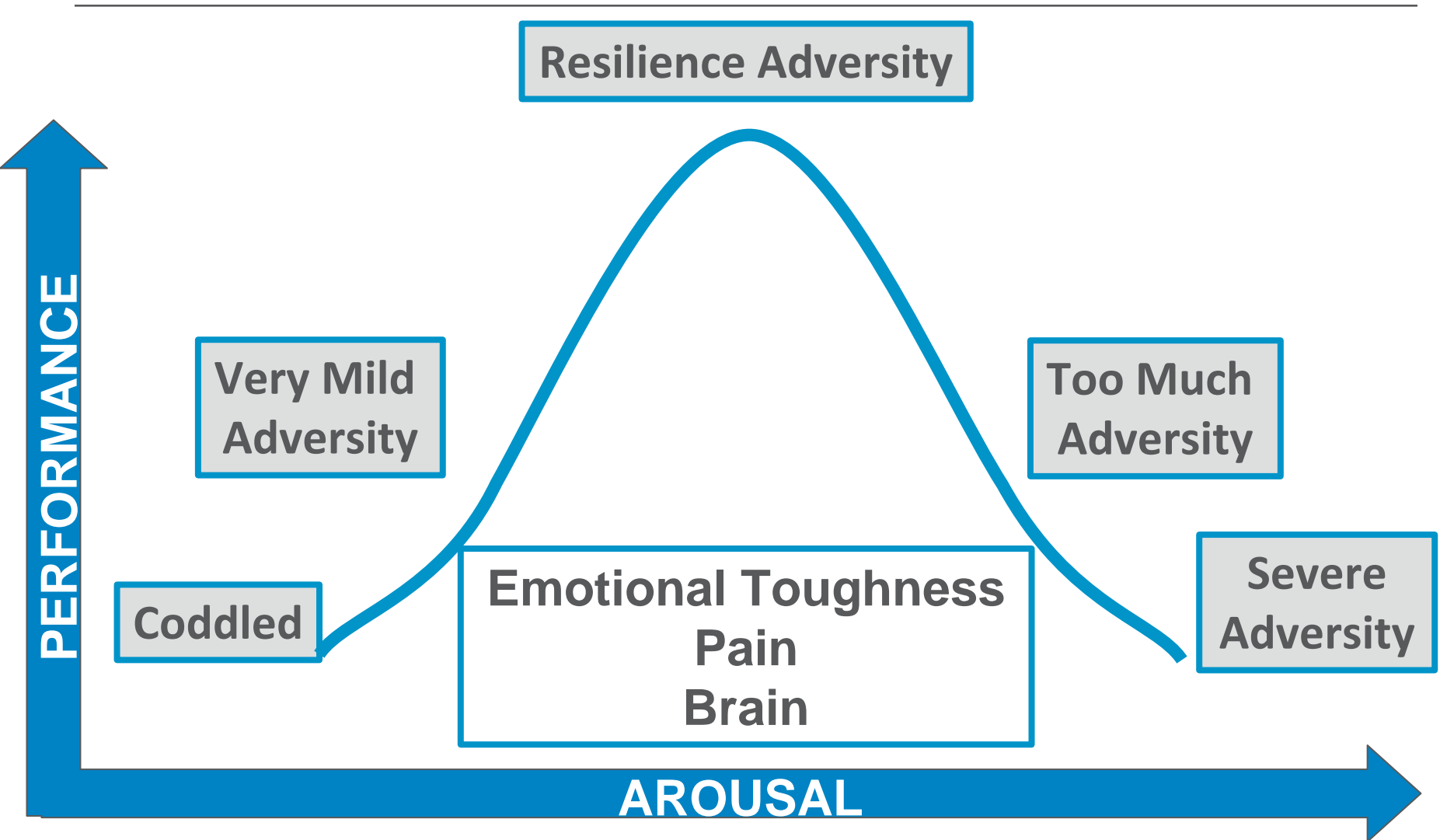
BEAR MARKET



Tip
**Harness the Energy of
Arousal By Saying
“I Feel Excited”**







Exercise 4

Examples of Growth out of Adversity

Tip

**Consider Moderate Stress
as a Form of Vaccination &
a Source of Resilience**



Exercise 5

Is a person's intelligence something they can in part develop or is it something that is fixed early in life that can't really be changed?

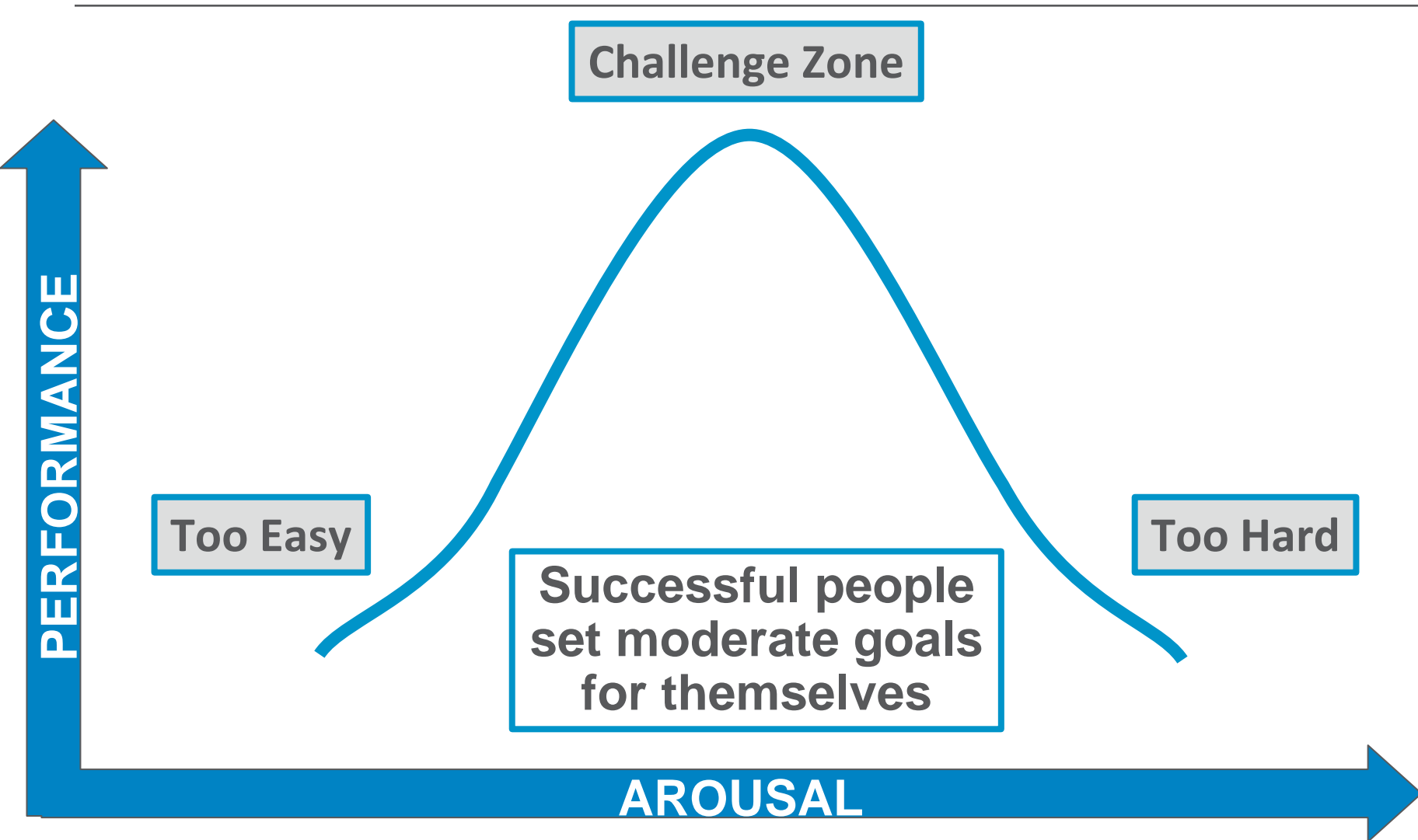
Is a person's personality something they can in part develop or is it something that is fixed early in life that can't really be changed?

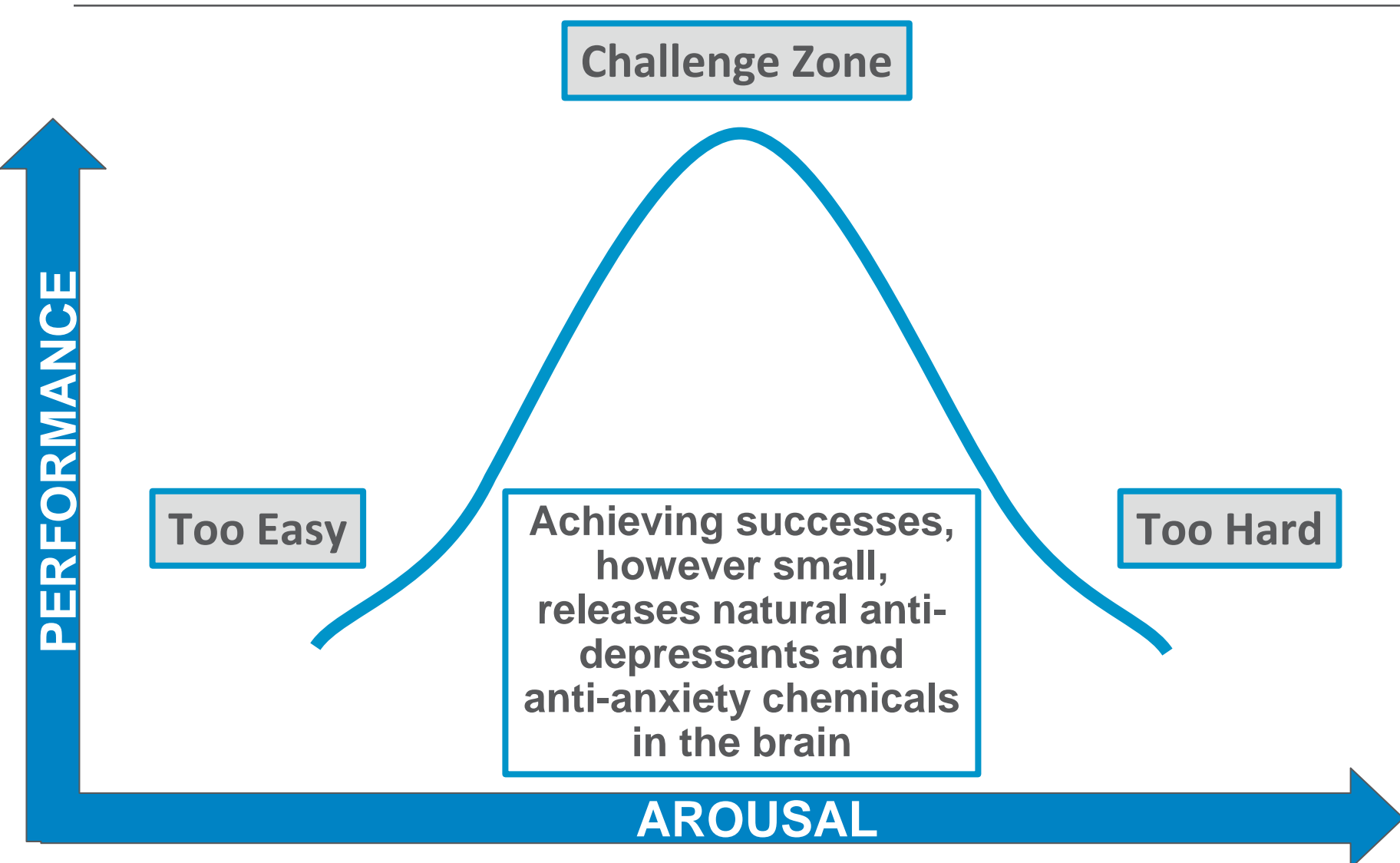
Is a person's emotional balance something they can in part develop or is it something that is fixed early in life that can't really be changed?

Growth *versus* Fixed Mind-Set

Tip
**Think of your Emotions
& Abilities as Processes,
not Things**







Tip
**Contrive Small
Successes**



Exercise 6

Can you think of examples of people you have met who are poor goal-setters and suffer the consequences?

Can you think of examples of people you have met whose perfectionism deprives them of the benefits of goal achievement?

Embodiment of Emotion

Tip

Fake Confidence





GLOBAL
BRAIN HEALTH
INSTITUTE

Thank you

GBHI.ORG

Atlantic Fellows

FOR EQUITY
IN BRAIN HEALTH