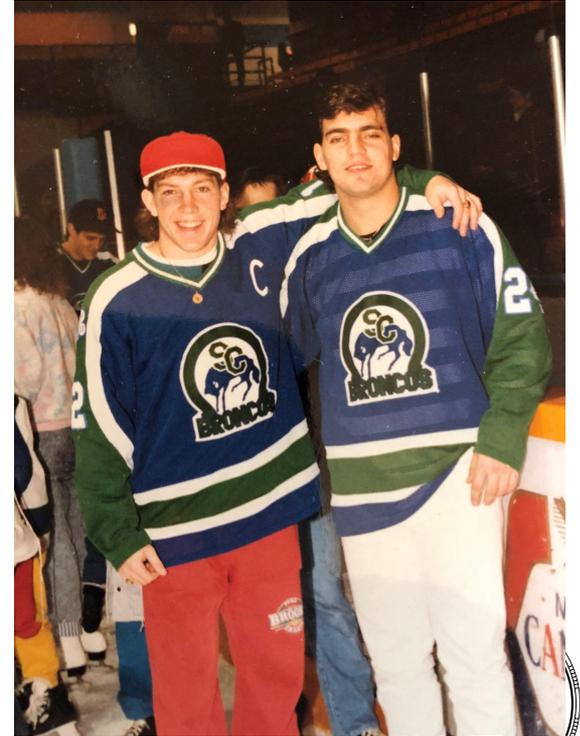


Drop Your Pack



Bob Wilkie - Host



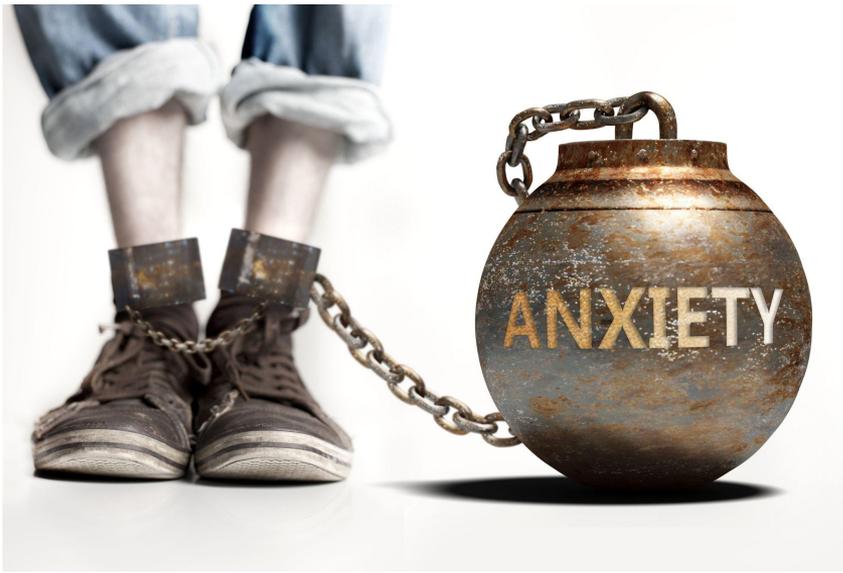
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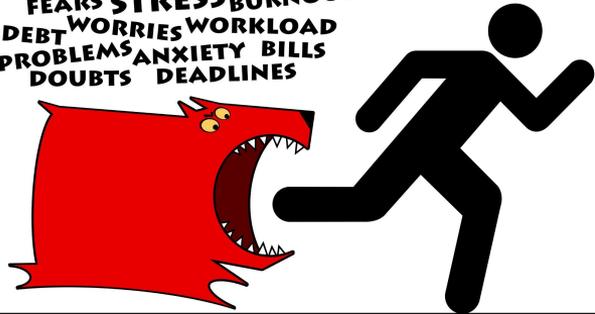
How are you feeling?

① Start presenting to display the poll results on this slide.





NO SLEEP NO TIME
WORK-LIFE BALANCE
FEARS **STRESS** BURNOUT
DEBT WORRIES WORKLOAD
PROBLEMS ANXIETY BILLS
DOUBTS DEADLINES



YOU CAN RUN BUT YOU CANNOT HIDE

Unwanted Aggressive Verbal
Harm Over Time Imbalance
BULLYING Real Power
Emotionally Behavior School
Threats Playground Exclude
Peers Dominate Actions
Mobbing Abuse Teasing
Taunting Physical Repeated



The Burdens We Carry

Definition - that which is carried; load. *A horse's burden of rider and pack*

That which we do not process, we carry

Everyday we have the ability to add burden to our pack

The burden can become an affliction





שמירת הזיכרון
HHH
הולוקאסט

Never Forgotten

5/18/2001 – 12/14/2017

A conditioned response

Role Modeled behaviour

Environments we spend a lot of time in

If you live only in one culture for the first 20 years of your life, you become conditioned without knowing it.

Eckhart Tolle



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Self-Reflection Question: When you think back in your life, at what age can you recall that you began to carry your burdens?

① Start presenting to display the poll results on this slide.



Mental

Definition - relating to, or affected by a **disorder of the mind**

Toll

Definition - the extent of **loss, damage, suffering**, resulting from some action or calamity



Our packs become full

As we live our lives, we experience burdens, challenges and all of this can create disorders.

Disorder

Definition - A disturbance in physical or mental health or functions



How we develop disorders

Ignorance - we don't have the knowledge to understand what is happening

Avoidance - we do not acknowledge what we are experiencing

Stubbornness - our ego prevents us from seeing or dealing with our circumstances

Addiction - we search to find relief in any way that we can

Self-Pity - we isolate and think that no one will understand



The Disorders

Unhealthy Stress - mental, physical, relationships

Anxiety - daily functioning

Depression - isolation and loss of motivation

Addiction - self medicate to fill the void and ease the pain

Catastrophic thinking - can't think straight, doubt everything



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**Do you find you struggle
with any of the disorders?**

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Identifying what's in the pack (self-reflection)

What am I carrying?

What is it causing for me?

Why am I carrying it?

Who can I ask for help?

What strategy can I use to drop my pack?



How we fill our packs

We say yes too much - inability to set boundaries or worried about what others will think of us.

We do not process the emotions that are making us uncomfortable.

We absorb others attitudes and opinions that cause a deviation in our values and beliefs.

We do not communicate enough.

We do not take care of ourselves - sleep, food, water, positive mindset.

Unhelpful thinking and using our imaginations to create worst case scenarios.



7 Levels of Awareness

1. Animal - Reactive
2. Mass - Following the crowd, not thinking for yourself
3. Aspiration - Wanting for more, wishing positive, thinking negative
4. Individual - Self realization, I can be more, I am in control
5. Discipline - Use of Will, taking action, accountable, responsible
6. Experience - Making strong decisions, changing behaviour and outcomes
7. Mastery - Ability to stay in the moment, control thoughts and emotions



Let's drop the pack (awareness)

1. Self Reflection - what am I carrying and why
2. Learning - what do I need to learn to solve my issue
3. Talk it out - find someone, a friend, family member or professional that can help you understand yourself
 4. Develop a Healthy Perspective
5. Illusion of control - you only control yourself



THE THREE R'S

**Regulate - Stay in control -
manage what you carry and
the effect it has**

Relate - Communicate

Reason - Helpful thinking





breathe

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On a scale of 1-5 with 5 being the best, how helpful was this conversation today?

① Start presenting to display the poll results on this slide.



We can help

SCAN ME

