

healing

RELATIONSHIPS




30 years of reaching caring healing

The Leader in Specialized Psychiatric Care

Facing 2022

WHAT IS A NEW YEAR'S RESOLUTION?

The making of New Year's resolutions started with the Babylonians, who made promises to the gods some 4,000 years ago in hopes they'd earn favour in the coming year. They would often resolve to get out of debt.

How many Babylonians have you seen?



The resolution then is not a new construct...



A very common definition is: that it is something we aspire to on the first of January of each year because we feel that we have a clean slate

The Cambridge dictionary defines it as: a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year

The Urban dictionary defines it as: a goal that you propose then forget the next day or a goal that should be realistic



insignificant.

ONLY 8% OF THOSE WHO SET NEW YEARS RESOLUTIONS ACTUALLY ACHIEVE OR PERSIST WITH THEIR RESOLUTIONS

The problem . . .



They're Vague

They're unrealistic



They're based on willpower, not systems



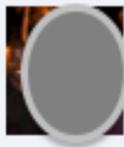
Most New Year's resolutions are not a real decision





**Making and then
breaking our
resolutions over and
over has negative
consequences**





When I don't do something I know I should do, I get a feeling both in the pit of my stomach and the back of my head. It's a weird combination of guilt, regret, anxiety, self-pity, and disappointment in myself. No matter how much I try to ignore the feeling, on some level I know it's there and I can't enjoy what I'm doing.



The longer I let things slide, the longer I let things pile up, the more overwhelming the tasks become. The anxiety and feeling of overwhelm begin compounding like interest. But not in a good way.

5 hours ago · Like



I think a lot of mine revolves around regret. ✕
The idea that I'm trying to reclaim former glory or something. There's a big difference in just saying, "I know I'm supposed to be doing this," and "I've done this before, so why don't I just do it again. I know how easy it is!"



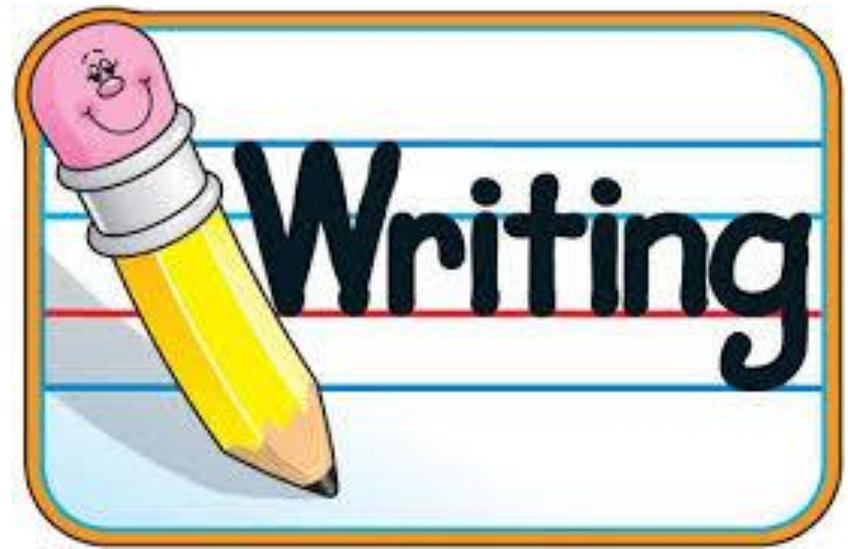
WOULD IT BE BETTER NOT TO MAKE THEM AT ALL?

It is not the making of the resolution that causes the problem, it is the execution or rather the non-execution that can create negative effects



What is needed is a sober dose of reality, honesty, self-exploration, planning and review





A very simple and effective method is to write goals down

Writing things down has an inherent resolve and for most of us it means that it has some importance. This also affords us the opportunity to review the written material

BELIEVING IN MYSELF



FINANCES

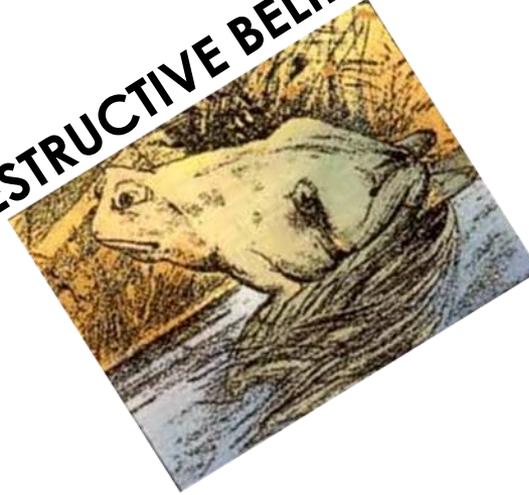


CONFLICT MANAGEMENT

ACTIVE REST



DESTRUCTIVE BELIEFS



ANGER MANAGEMENT



Grief Recovery

Forgiveness

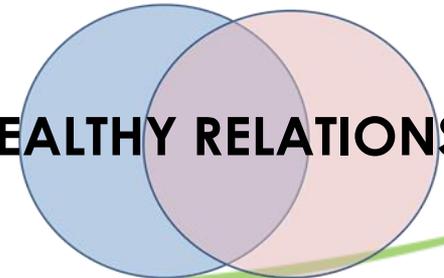
Guilt Feelings

COMMUNICATION



- interdependent relationships

HEALTHY RELATIONSHIPS





THEY JUST MAKE THE

MOST

OF EVERYTHING

THE HAPPIEST OF PEOPLE
DO NOT NECESSARILY HAVE
THE BEST OF EVERYTHING.

that comes along
their way.

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Active rest

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ACTIVE REST



- Physical Fatigue** - the body is physically tired
- Mental Fatigue** - the mind is tired
- Emotional Fatigue** - being emotionally drained
- Social Fatigue** - occurs when a person is overwhelmed by participating in too many social situations for their comfort, often resulting in boredom or annoyance of those around them
- Spiritual Fatigue** - when you feel spiritually tired as a result of being confused, disappointed or experiencing a crisis of faith

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RELATIONSHIPS



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Anger Management

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ANGER MANAGEMENT

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured

– Mark Twain, American author



Know yourself





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Believing in myself

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BELIEVING IN MYSELF

It is how you see yourself, how you feel about your body. It is how much you value yourself and how you feel about your achievements.

CONSEQUENCES OF LOW SELF-ESTEEM

Can create anxiety, stress, loneliness and increased likelihood of depression.

Can cause problems with friendships and relationships

It can seriously impair academic and job performance.

It can lead to drug and alcohol abuse.



SELF-CONCEPT CONSISTS OF FOUR BASIC DIVISIONS

Self-knowledge - How well I know myself.

Self-image - Your opinion about yourself, your looks, skills, status, intelligence.

Self-confidence - The ability to be open, honest, direct and appropriate.

Self respect - The ability to respect yourself, to expect the same from others and to return that respect.



THEY JUST MAKE THE

MOST

OF EVERYTHING

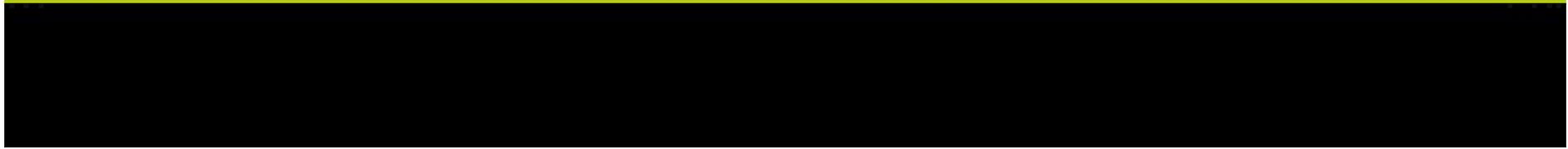
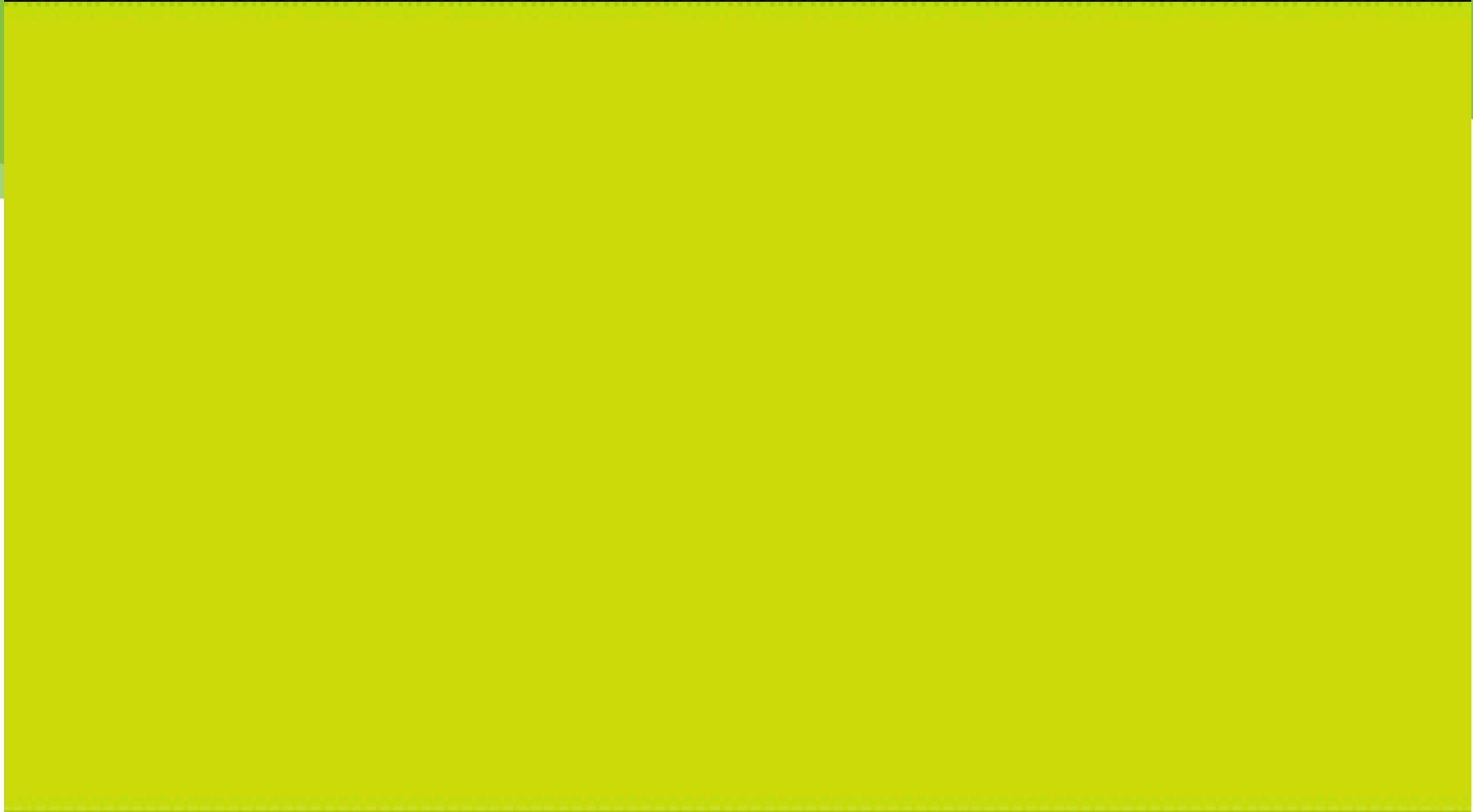
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Communication

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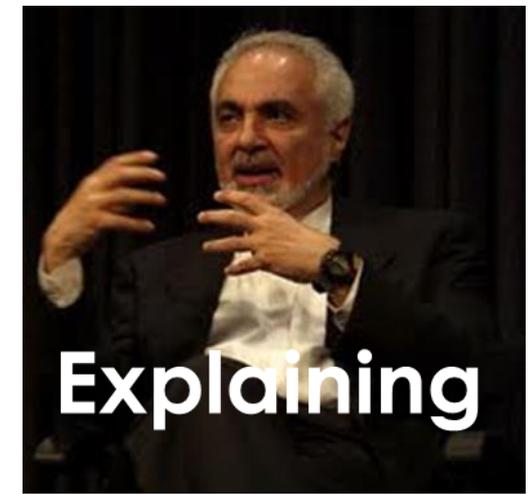
COMMUNICATION

Verbal

vs. Non-verbal



7% verbal
38% vocal elements
55% nonverbal elements



Explaining



Listening
and
acknowledging

Tone



Reflecting



Questioning

A photograph of a woman and a young girl in a kitchen. The woman is on the left, smiling and looking at the girl. The girl is on the right, looking back at the woman. They are both holding hands. The background shows a kitchen with a sink and cabinets. A white decorative line curves around the woman and girl.

DEDICATED TO

you


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Conflict Management

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CONFLICT MANAGEMENT

Conflict becomes about I am right and you are wrong. We do everything we can to proof that you are wrong.



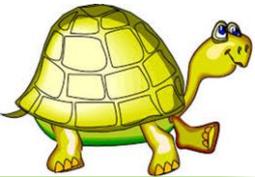
Positive	Negative
<ul style="list-style-type: none"> • When something needs to be decided quickly (i.e. an emergency) • Management positions • know when it is important to be assertive 	<ul style="list-style-type: none"> • Do not take others opinions into consideration • Using it too often will cause disruption in relationships



Competing/Dominating – The Shark
I take charge

Withdrawing – The Turtle

Positive	Negative
<ul style="list-style-type: none"> • Gets you away from dangerous situations • Allows you to cool down if emotions are high 	<ul style="list-style-type: none"> • Don't give your opinion when it is something that matters to you • If you don't deal with any conflict



I'd rather not deal with it now

Accommodating/Soothing – The Teddy Bear



Positive	Negative
<ul style="list-style-type: none"> • You care about people and want to help were you can • you can see the solution • know when it is not worth it to get involved in a fight 	<ul style="list-style-type: none"> • You think it is your responsibility to resolve the problem • If you give in too much you may resent not being able to give your opinion

I give in

CONFLICT MANAGEMENT

Compromising – The Cat



Positive	Negative
<ul style="list-style-type: none">• Cat is very good at negotiating. A decision needs to be made in a timely manner and both give up something• cat can compromise well• Is willing to give	<ul style="list-style-type: none">• uses its negotiation powers for bad. “you can have that if you give me this” it becomes about what the cat can get out of the conflict and not resolving the conflict.• it is time consuming and takes dedication

We meet half-way



Collaborating/Problem solving – The Owl

Positive	Negative
<ul style="list-style-type: none">• Want something that satisfies all sides and works with facts not emotions.• Gets thoughts and feelings out so they don't cause problems later	<ul style="list-style-type: none">• Is sometimes so preoccupied with the facts of a conflict that they do not pay attention to the feelings involved.• over intellectualises• time consuming• Not worth it if it is not a big issue.

Two heads are better than one

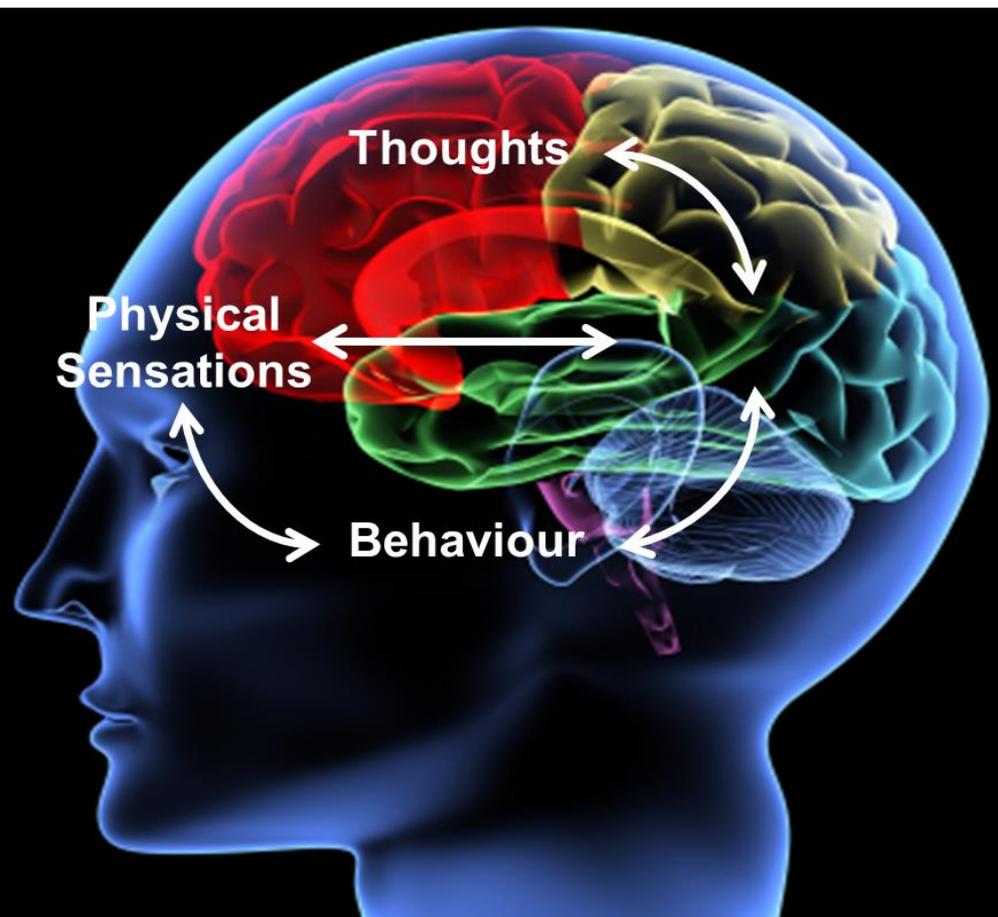
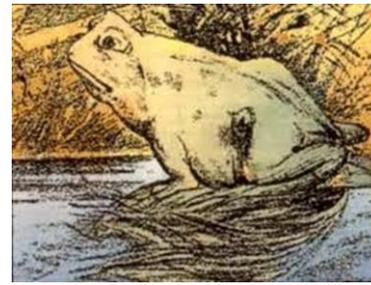
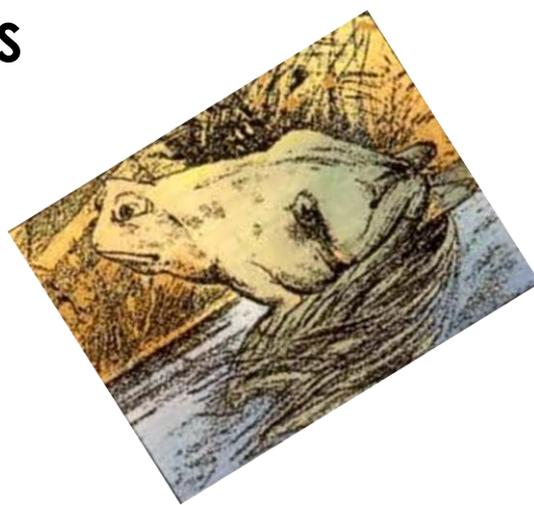



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Destructive Beliefs

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DESTRUCTIVE BELIEFS



CBT 5 column model

- **A** – Activating event
- **B** – Belief system
- **C** – Consequences
- **D** – Dispute
- **E** – Effects

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Forgiveness

What is Forgiveness?

Forgiveness is:-

- *Taking responsibility*
- *Work through problem*
- *Setting free*
- *Finding peace*
- *A choice*
 - ***Not to file***
 - ***Not to talk***
 - ***To look toward new futures***

Forgiveness is not:-

- *Condoning the wrong*
- *Minimizing the offence*
- *Ignoring the event*
- *Forgetting*
- *Necessarily trusting*
- *Removing responsibility*
- *An emotion*

Why Forgive?

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Forgiveness: A Model

- Acknowledge, accept there was a violation
- Identify (Confess)
 - Thoughts — *How dare you?, Who do you think you are?*
 - Emotions — *Guilt, Fear, Rejected, Anger, Hatred*
 - Attitude — *Hostile, Cynical, Aggressive*
- Work through the above
 - Dialogue - Talk to someone
 - Venting - Write letter
 - Revisit Thoughts, Emotions, Attitude
 - Identify “New Emotions & Attitudes - *Journal*
 - Post letter

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Grief Recovery

How does Grief affect us?

- **Emotionally**
 - Shock, Denial, Numbness
 - Sadness, Depression, Vulnerable, Crying
 - Loneliness, Hopelessness, Fear, Anxiety, Apathy
 - Anger, Guilt, Regrets, Frustration, Abandoned
 - Sense of relief
- **Thoughts**
 - Confused, Poor concentration, Suicidal
 - I am bad, Sense of worthlessness, A punishment
 - “If only”, “Why?”, “How will I cope?”
- **Spiritually**
 - Anger, Doubt, Questioning, Disappointed
 - Give up on — Bible reading, Prayer, Church
 - Wake-up call — Reach out to Spirituality
- **Physically**
 - Tightness around chest, and Throat
 - Sleep and Eating patterns disrupted
 - No energy, Muscle weakness, Body pains
- **Behaviour**
 - Withdrawn, Isolating, Avoidance
 - Comfort eating, Substance abuse
 - Risk taking, Reckless, Acting out (Loud, Aggressive)

How to Recover from Grief?

- **Recognize** – Accept
 - Accept reality with Head and Heart
 - Reach out to your “needs”
 - **Reflect** – Remember
 - Think
 - Write
 - Talk
 - Weep
 - **Re-locate** – Saying “Goodbye”
 - Not detaching – knowing no more new memories
 - **Re-orient** – “Newness”
 - Reach out to dignity
 - Rechannelling energy – Set new goals
- 

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Guilt Feelings

The Consequences of “Guilt”?

Very Unhealthy

- **Punishment**
 - **Self-destructive Thoughts & Behaviour**
 - **Recklessness**
 - **Substance Abuse**
- **Increased Stress & Anxiety**
- **Depression**
 - **Isolation**
 - **Suicidal**
- **Over compensation**
- **Damages Self-Concept**
 - **Doubting self**
 - **Mistrust**
 - **Can't say “No!”**

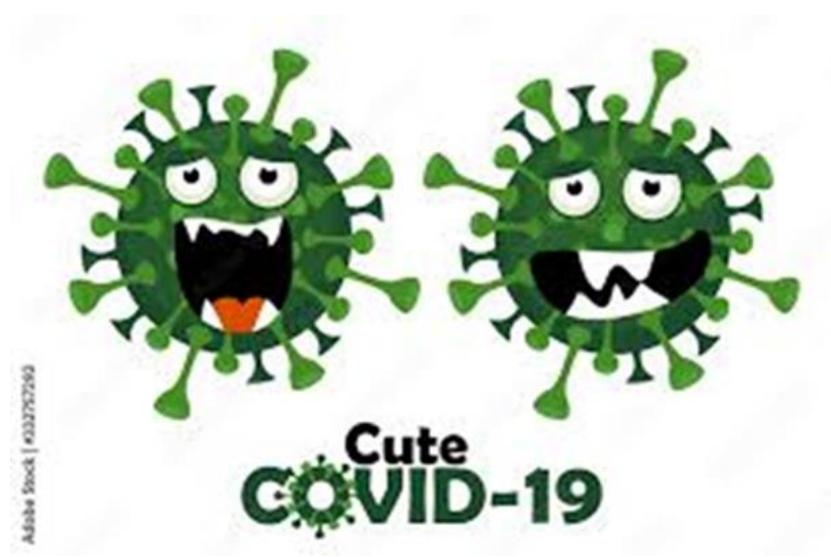
- **Opportunity to learn**
- **Change Behaviour**
- **Re-visit and establish “Boundaries”**
- **Cautious**
- **Awareness of “wrong doing”**

Healthy

How to Deal with “Guilt”?

- **Acknowledge the Guilt Feeling**
 - Name the emotion
 - Identify other corresponding emotions
- **“Time-Out”– You can’t change the past**
 - Identify why you are feeling guilty
 - What is the problem
 - What did you do to cause problem
 - Which Boundaries were overstepped?
 - The effect of other emotions on guilt
 - Is it making things *better* or *worse*?
 - Identify your response behaviour
 - Should — Shouldn’t
- Evaluate the above
 - How *Appropriate* or *Inappropriate*
 - Think it through
 - Get help

But what about



Help
others

Exercise

Learn

Play

Spiritual
growth

Happiness
HELPS

————— **Thank You** —————



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