

Swell Conference & Retreat April 16,2020

Keynote Speaker

Joy Jangdhari

TechnologyForYourPsychology.org

TECHNOLOGY FOR YOUR PSYCHOLOGY BY JOY JANGDHARI



Adapted from the text
Living Life As A Joyful Being;
be ready for whatever life brings!



Description of Content

Technology- The application of scientific knowledge for practical purpose.

Psychology- The scientific study of human mind and its functions, especially those affecting behavior in a given context.

Course Goals and Objectives

This course teaches the participants to identify their own self-regulations (the ability to control one's internal stress response, as well as one's emotional response).

This will be reflected as resilience to stress and equanimity in the face of emotions, which leads to psychological self-efficiency.

This education can reduce an emotional uproar and provide a "calm in the storm" presence. It provides tools to access and begin to understand the internal landscape.

The participants will apply methods to evaluate their own habitual responses, negative conditioning and survival skills.

They will be assisted in the self study of thoughts, emotions, feelings, beliefs and identify their own programming and conditioning. This provides that the clinician/patient relationship will be in concordance with Psychology theories to provide a model for understanding human thoughts, emotions and behaviors.

Roadmap to preparedness for physical & emotional wellbeing.

This program provides evidence based and practical methods to improve emotional resilience facilitate well-being and improve stress responses.

Technology For Your Psychology course is adapted from the text “ **Living Life As A Joyful Being: *be ready for whatever life brings!***” by Author Joy Jangdhari.

Joy Jangdhari has received Recommendations, Reviews and Testimonials from Dr. Gregory S. Pokrywka, MD, FACP, FNLA, NCAMP, Assistant Professor, Johns Hopkins School of Medicine, Lynn Cofer, MSN, RN, FNLA, FAHA, Dr. Carol K. Psaros Ed.D., Donna Ferraro, Ph.D., and others.

9:00-10:30 Session

1. Evaluate our emotional intelligence
2. Analyze conditioning and expectation
3. Identify the characteristics of thoughts, emotions feelings and beliefs.
4. Techniques to climb the emotional hill
5. Calming the mind-demonstration of breathing technique.
6. Learn strategies to assist patients and improve patient care and patient outcome.

Technology For Your Psychology education, tools and techniques allows us to manage the emotional impact of

stresses, difficulties and trauma in our lives to become more resilient.

Resilience is important for several reasons; it helps us to maintain balance in our lives during difficult or stressful periods, and can also protect us from the development of some mental health difficulties and issues. Some of the various **benefits of becoming more resilient:**

- Reduced use of risk-taking behaviors such as excessive drinking, smoking or use of drugs.
- A lower rate of mortality
- Increased physical health
- Improvement in learning and academic achievement.
- Lower absences from work or study due to sickness

The lack of resilience can lead to:

- Depression
- Anxiety
- Violent behaviors
- Stressed relationships
- Drug Dependency

Life management skills

Many of us have a limited perception and scientific knowledge of our own thoughts, emotions feelings and beliefs.

Expanding the minds of human beings perception by knowing the science and understanding the challenges of thoughts, emotions, feelings and beliefs.

As we learn to identify our own programming and conditioning for self regulations (*The ability to control one's internal stress response as well as one's emotional response*).

This will be reflected as resilience to stress and equanimity in the face of emotions, which leads to psychological self-efficiency.

Managing Emotions

The ability to manage emotions effectively is a key part of emotional intelligence. Regulating your own emotions and responding appropriately to the emotions of others are all important aspects in relationship management.

As a Social Worker, Teacher, Family Therapist, Psychologist, Case Worker and Physician, your own behavior can often influence the mood and behavior of others.

What does resilience mean?

In essence, being resilient means being able to adapt and bounce back when something difficult happens in our lives.

It is the ability to once again pick ourselves up after trauma or painful experiences. As we know, when we are in a weakened position and we feel as if things are going from bad to worse, it can be very difficult to find our balance and regain stability.

We need to optimize our lives so that we can be our best selves in this hyper connected world- always on the go with great pace and intensity.

As we know to transform the world, we must first transform ourselves and our own lives.

Healing the Numbness

If you observe the people around you, many have experienced traumatic events in their life history. Trauma creates a numbness and resistance to new thoughts and establishes a pattern of thinking that leads you to believe that change is not

possible. It is important to realize that you *have* these thoughts and emotions and have carried them for a long period of time.

Traumatic experiences can take many forms and can cause the body and mind to be stuck in a frozen state. The body signals that it's not safe either inside yourself or outside in the world. You no longer trust yourself or others around you, no matter what the relationship may be. Your body feels like it is constantly fighting an existing enemy this is often describe as Post Traumatic Stress Disorder.

Some of the symptoms are blood pressure rises, heart rate increases, stress hormones flood the body and it feels like the incident just happened. Physical movement and breathing techniques can help ease the feelings of helplessness, fear, arousal, and numbness that may arise. As you begin to understand this trauma-related biological condition, it can increase your willingness to re-direct your attention as you bring mindfulness to *looking within*.

Looking Within “Know thyself” before wanting to change yourself.

The relationship with “self” is the beginning of all relationships.

We will take a look within at the many different facets of our life.

But it's dark and scary in there!

Many of us have spent most of our lives avoiding that look within. We deny, repress, and suppress our feelings and pain of the past.

Looking Within is stepping into an internal realm. You become a witness to your own acts; you will see rationalizations, justifications or even excuses as to why you have taken those stands.

The word “**stand**” seems to indicate an immovable, unchangeable position. But by looking within, you will find your “**stands**” are simply patterns of reactions and behaviors you took based on past situations or experiences.

When ever we hear an opinion and agree with it we make an agreement or a stand.

Looking Within is an act of integrity with yourself. It allows those patterns of reactions and behaviors to take a rest long enough to go one-step deeper... to your thoughts and feelings at the moment of the incident.

Looking Within is a practice. The more you practice the further back you can go, step by step. You can begin breaking the cycles of your own reactions, justifications and “stuck mind”.

- How do you see the situations in your life today? Are you seeing your “today” as an opportunity to have adventures and learn lessons?

Or

- Is today a series of reactions based on memories and beliefs formed by the difficulties you encountered growing up?
- How do you see the world around you?

As you go through your life you usually look at other people and events from your own perspective and only see things and situations from your own point of view. Each and every one of us fights to defend and protect our own point of view and perspectives... but do you really know what you are fighting to defend and protect?

Where does your perspective come from? Your individual perspective depends on how you were raised, the events you experienced throughout your life, and the stories you told yourself about those events. Family, friends and peers, teachers, religious groups, cultural groups etc., have taught you what was right, wrong, good, bad, acceptable, and unacceptable. This education in “who we should be” has been called “domestic conditioning” by some.

Much of the drama and distress in your life stems from not just your *experiences*, but the *reactions, perception, beliefs and conditioning* about those experiences that you have taken on from others.

Whether that information you received was a real truth, a distortion of the truth as presented by your parents, peers, or teachers, or stands that you took about yourself and your life, it lives in your mind as an image and a real condition. That image is not really you. It has a life of its own within you until you examine it with objectivity and awareness. Only then can you determine if the image is really your truth or one you have taken on from others.

Each person’s perspective is different. Each person has their own set of actions and reactions based on their experiences in the past. That is why you cannot take anything personally that is expressed to you by another person, and you do not always have to take on other people’s perspectives as your own.

Your **thoughts** are the author of the “stories” you have written about who you are and your experience in life. Your stories are more fiction than reality until you look at your **beliefs**.

Only when you can identify your thoughts can you understand where they come from and how well they serve you. By

bringing objectivity and awareness to your thoughts, as they appear you can evaluate the merit, worthiness and character of that thought. You can ask yourself:

1. Who is the thinker of the thought? (Whose “tapes” am I playing ... mom? dad? church? friend? etc.)
2. What is the belief of this thought?
3. What feeling or emotion does it bring up for me?

This exercise will help you to train your mind to utilize its capacity to respond in a healthy way rather than a habitual way. This is one of the steps to emotional freedom.

When the look inward brings “bad news”

You also know that when you begin to look within, there are usually some unpleasant **feelings** to confront. Many decisions and attitudes have developed in response to “negative conditioning” or “survival skills”.

Not every lesson of your condition was based on accuracy or truth. Not every lesson that was valid in the past applies usefully to you now. What do you do with this information? The terrific part of this is that through **awareness**, you can begin creating new possibilities. Awareness means opening your eyes to see the truth, so you are no longer blind.

Once you have confronted and recognized that past events have affected you, but do not permanently own you, then your perspective, your beliefs and the way you look inward changes forever. Just the act of becoming aware automatically allows a shift to begin.

Exercise

As a witness to your thoughts, feelings, words, and actions, would you describe them, and you as?

- Gentle
- Kind
- Confrontational
- Harsh
- Happy
- Frustrated
- Optimistic
- Depressed
- Content
- Dissatisfied
- Resigned

Are you being?

- Resistant
- Convincing
- Receptive
- Defensive
- Protective
- Loving
- Controlling
- Engaging
- Avoidant
- Manipulative
- Adaptable
- Withholding
- Open hearted
- Prevailing

When you observe, “how you are being” do you see yourself reacting to the past? Or are you maintaining your focus in the present and creating a healthy action instead of a reaction? Are you assuming a “role” to achieve some perceived purpose or are you able to express your real feelings about that moment?

Often we do not even want to identify or label how we are being, because we might not like what we find out about ourselves or don’t want to examine why we are being that way. It is important that you approach this act of self-witness from an objective viewpoint, without judgment or “beating yourself up” for what you might see.

Even the most seemingly “negative” or “hurtful” way of being is, at some level, about helping us survive. Whether “how we are being” is about summoning our power or resisting a situation, our goal is to defend and protect the identity that we have created about ourselves. Whenever we are holding on to a part of our identity, living out the beliefs that we have taken on from the world around us, or looking to protect our perspective and point of view. How we are being is simply a defense mechanism.

However painful and limiting they may be, defense mechanisms serve us until we decide we do not need them anymore.

Exercise

Try one of these “I am” statements on for size, observing your thoughts, feelings, and even body sensations as you think them to yourself.

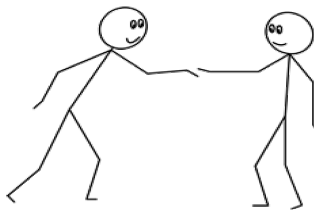
- I am lovable
- I am magnificent

- I am intelligent and successful

Did you believe what you thought, said? Or did some other voice pop in with “yeah, right who are you kidding”? Did your body feel comforted and relaxed or did you get tense, maybe even nauseated, because the new message did not fit with what you already believed about yourself?

Through your cultivation of awareness you are able to identify both “how” and “who” you are being. The awareness of who you are “being” provides you with new choices, alternatives, possibilities and the opportunity for healthy actions.

Bring awareness to the constant stream of “I am” messages that you tell yourself everyday in all their various forms. Notice the power that “I am” statements have to transform your life for the worse or the better. Begin creating a new identity for yourself... one that is based not on past messages from the world around you, but on who you authentically are and want to be.



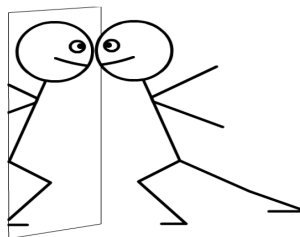
Welcome all
Evaluate our Intelligence

Emotional Intelligence (EI) is an umbrella term that encompasses competencies related to self-awareness, self-management, social awareness and relationship management. Empathy is a social awareness competency. But what is

empathy? Simply put, it is the ability to accurately read and understand the needs, motivations, beliefs and desires of others. Clearly, in today's multi-cultural organizations, this skill is a must-have for success at all levels.

Research shows that IQ determines what job you can get and hold, while EI predicts how well you will do in that career. Do you have the motivation and social abilities to be a star performer or leader? Successful people have higher self-awareness and know what will motivate or demotivate them. They also are able to avoid bursts of emotions. Better social awareness makes them more tuned into the political undercurrents in an organization.

Intelligence measured by IQ test isn't the be all and end all. Regardless of the number of languages that you learn to speak, the amount of information you memorize, and even how well you can complete math problems, intelligence inevitably is a more complex measure. Unfortunately, "IQ and technical skills will only get you so far."



Integrity with yourself

***"This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."***

-William Shakespeare

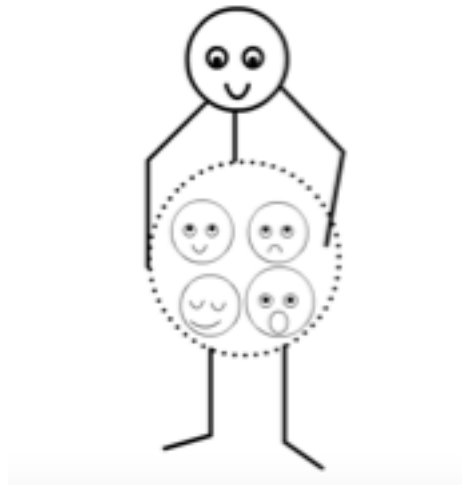
Many of us are familiar with the words “To thine own self be true” from William Shakespeare’s *Hamlet*, but we may not be as familiar with the rest of that sentence. In it, Shakespeare is telling us that when we have integrity with ourselves by being true to ourselves we will then, by default, have integrity with others and the world around us. Once again, our experience of life is completely based on how we are with ourselves.

Integrity with yourself is the matching of your “insides” with your “outsides”. When “how we are” and “who we are” in the world is not the same as “how we are” and “who we are” inside; there is inner conflict and contradiction. To cope with this ongoing stress and emotional pain we deny, repress, suppress, and avoid through addictions and addictive behaviors. We lash out at those around us, and we stay “stuck” in reactive mode. Physical illness and chronic health conditions may result from the physiological impact of the ongoing stress.

Having the courage to acknowledge those conflicts and contradictions and deciding that your relationship with yourself is important enough to make it your priority. These are steps toward self- integrity. When you are in integrity with yourself, you can begin living in integrity with the world around you.

Moving towards being in integrity with yourself is the beginning of reacquiring your power. A key element of gaining back personal power is the introduction of new possibilities. Seeing where you may be out of integrity with yourself and examining your reasons “beliefs” allows you to truly see what

your choices and motivations were in the past and what they are in the present moment. From this information comes your power.



Looking Within

Analyzing conditioning and expectation

Our image of perfection is the reason we reject ourselves, it is why we don't accept ourselves the way we are, and why we don't accept others the way they are.

1. What were the images that others projected onto you?
 - When I was a child, I was told that I was ...
2. What limitations were you told you have?
 - When I was a child I was told I was...
3. When you were a child., what did others tell you about what it means to be a girl or a boy?

- I was told that girls should always...
- I was told boys should always...

Did you fit the ideal image of what it means to be a girl or a boy?

4. What do you believe today about being a woman or being a man?
 - I believe that a woman should always...
 - I believe that a man should always ...
5. Make a list of all the qualities you believe you have both personal and physical.
 - I was told that I should be...
6. Make a list of all the qualities you believe you have.
 - I believe that others think I am...
7. Make a list of all the qualities you believe other people think you have.
 - I believe that others think I am...
8. Make a list of all the qualities' you lack, but wish you had.
 - I wish I could be like this...

Our image of perfection is the reason we reject ourselves, it is why we don't accept ourselves the way we are, and why we don't accept others the way they are.

9. Describe your image of perfection. What would you look like? What type of personality would you have?
 - My image of perfection is...
10. What would you have to change about yourself to live up to this image?

- To achieve my image of perfection, I would have to ...

11. Are you willing or able to make these changes?

12. Is it humanly possible for you to attain this image of perfection? Why or why not?

13. Does our image of perfection inspire you to do your best, or does it merely discourage you?

We judge others according to our image of perfection as well, and naturally they fall short of our expectations.

14. What is your image of perfection for other people in your life?

- What image of perfection for my partner is...
- My image of perfection for my child is...
- My image of perfection for my co-workers is...
- My image of perfection for my boss is ...

We know we are not what we believe we are supposed to be and we feel false, frustrated, and dishonest. We try hiding ourselves, and we pretend to be what we are not. The result is that we feel unauthentic and wear social masks to keep others from noticing this.

What social masks do you wear around others?

- My social masks are...

15. Do you wear these masks because you are afraid of other people's judgments?

- I wear these masks because...

16. What would happen if you took the mask off?

- If I take the masks off...

After domestication it is no longer about being good enough for anybody else. We are not good enough for ourselves because we don't fit with our own image of perfection.

On a scale of one to ten, with number one being the distorted images you agreed with, and number ten being your authentic self, where do you presently reside on this scale?

On the authenticity scale, I reside at number
1...2...3...4...5...6...7...8...9...10

Again it is important to understand that our mind is invested with a lot of little concepts that other people have put in our mind.

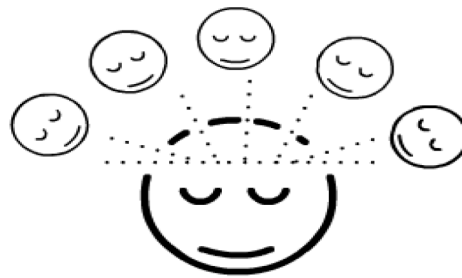
The challenge is to maintain our awareness with what is going on in the mind. Some of these beliefs are not true, and they lead you into self-destruction. All these concepts are alive and they work together, but they need your mind, they need your emotions to be alive. They only live because you believe in them.

That inner society of millions of voices in your head, every concept, every belief in your mind has its own personality that wants to express itself. That inner society is governed by rules that dictate the way your life should be, the way each part of you has to behave.

Through your cultivation of awareness you are able to identify "how" and "who" you are being.

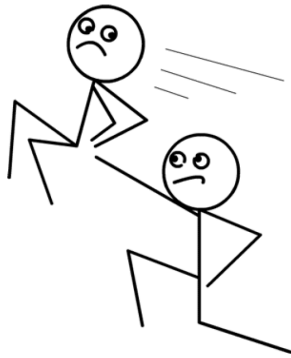
The awareness of your "being" provides you with new choices, alternatives, possibilities and the opportunity for healthy actions. Bringing awareness to the constant stream of "I am" messages we tell ourselves about ourselves everyday, in all

their various forms, and to the power that “I am” statements have to transform our lives for the worse or the better, allows us to begin creating a new identity for ourselves... one that is based not on past messages from the world around us, but on who we authentically are and want to be.



Identify the characteristics of

- Thoughts
- Emotions
- Feeling
- Beliefs



When buttons are pushed

When a “button” gets pushed, we think we are reacting or responding to the “something” that is happening in that moment. But, if you take a couple deep breaths and step back into observer mode, you will often see that the intensity of your reaction seems extreme for the situation itself. This observation is not about passing judgment on yourself or telling yourself you are “over reacting” but about opening the door to ask the question “what is *really* going on here? What am I really reacting to?”

Remember all those beliefs, stories and painful situations from the past that we have been looking at? You know, the ones with emotional changes that we carry with us into the [present and project into the future? THOSE are our buttons!

We carry our beliefs, stories and painful situations from the past with us as if they are both our identity and our protection. When something happens in the present that reminds us a little too much of the pain of the past comes a little too close to threatening our beliefs, stories, and painful situations might not even be in our conscious awareness, in fact, we might not

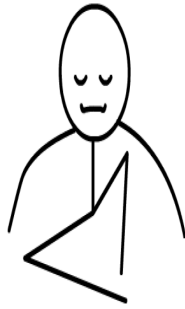
even remember the past experience ever happened. But it is there, and in that moment of reaction, it is running the show.

Your buttons being pushed can leave you tired, confused, frustrated and angry. However, you can learn to shift your perspective.

It is important to understand that every person has buttons that get pushed at one point or another. We all have pain from the past; we all have beliefs that we have taken on from others, and we all have stories about who we are and how the world works.

When we begin taking responsibility for the way our life is unfolding by practicing self-awareness, doing the work to shift the limiting thoughts, beliefs and stories, and releasing the emotional pain we carry from past events, it is very easy, and very common, to start judging ourselves even more for “how messed up we are” or “how slowly we are making the changes”. We might even look at someone else’s life and compare “stories”, deciding who had the worst experience, has more “stuff” to work through, or who had it easier.

Everyone has their own individual life to live, including their own individual perceptions and interpretations of events in their lives. Every one goes at their own pace, in whatever way is comfortable, safe, and best for them.



Calming The Mind

When you are in an emotional state, you cannot think straight or sometimes at all. Love is blind. Hate is crippling. Fear freezes us in time. When you are controlled by your emotions, your ability to gather evidence and make the most beneficial choice is impaired. It is the same when you are stressed out. Stress can come from having your car break down on the highway, having two appointments in different places at the same time, your boss giving you more work to complete by Monday, or your partner complaining about you not having enough free time to give.

Stress is a condition of anxiety caused by an inability, or perceived inability, to cope with a situation. It does not even have to be true, only **thought** or assumed to be so.

Stress and pressure are not only terms to express your emotional feelings, these things are actually happening in your body. If you feel trapped in a traffic jam, in a relationship, or in a job, you feel an inability to successfully negotiate a change for the better in your life. Your heart works harder, your blood vessels become constricted, your body temperature rises, and you breathe more rapidly but get less oxygen with each shallow breath. By calming the mind, you are creating a

peaceful space within yourself so you can see how you are being. Start by controlling your breathing.

***Breathing is one of the most elemental parts of living.
It is the tool that maintains or recaptures your power, life
force, focus, balance, and direction.***

It is not as simple as “just breathe”. You are already breathing. It is an awareness of how you are breathing. You could be breathing too much and hyperventilating, or you may have held your breath in a gasp without realizing it.

Bringing attention to your breathing shows you are in control, and is a very powerful tool for generating a real state of calm. Using breathing in this way is at first purposeful, but can also become a natural part of your response mechanisms in a whole range of emotional scenarios.

First, breathing must be developed as a skill by taking small amounts of time in each day to practice specific breathing techniques. Even after these techniques become part of your body’s natural rhythm, taking time to practice conscious breathing exercises stimulates your body’s systems, invigorates your concentration, and provides a reservoir of calmness for the remainder of the day!

As you incorporate breath awareness into your life you will begin to recognize that often the restless, nervous sensations you feel in your body are actually the result of your **thoughts** and **emotions**.

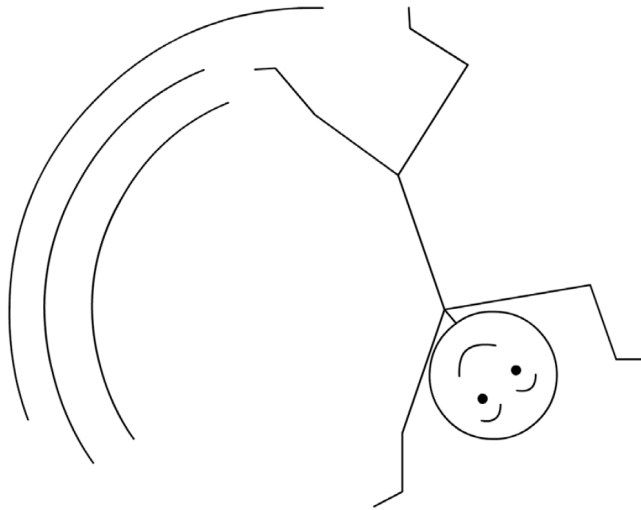


Climbing the emotional hill

When life comes at you quickly and unexpectedly, what do you do? What do you do when you feel overwhelmed emotionally? The events of daily life can range anywhere from easy to overwhelmingly difficult. The resulting feelings and physical reactions, depending on your perception of the severity of the events can leave you stuck at the bottom of an emotional hill without the means to climb to a comfortable place on the other side.

You can either judge how “bad” or how “not so bad” a particular incident is and get lost in whether you need to panic, hide, or ignore it ...or you can just go ahead and climb the emotional hill to allow other sensations to occur. Despite any desire to avoid or run, stay with it and feel each sensation arise. Something might come up as the sensation is moving through the body. Tears might come, you could begin laughing, or you might want to scream. These are natural expressions that help us release the intensity of the feelings. Allow it to

happen. Remind yourself that you are releasing. Simply breathe through it and relax.



A Few good moves

Just as your body responds to your thoughts, your thoughts respond to your body! Introducing a routine of motion and movement into your daily life, to whatever degree you are physically able to do so, provides a benefit to your physical brain as well as to your mind. When mind and body utilize each other in actions, “simultaneous communication” is formed. The mind and body witness each other and a balanced centering is created. In addition, movements for well-being can be simply spontaneous and for fun!

Whatever the case, combining breath, mind, and motion serve to rejuvenate all your body’s systems. Your muscular, skeletal, circulatory, digestive, endocrine, evacuation, and immune systems. All respond to a routine of movement.

With movement a release is experienced, tension dissipates, energy is produced, concentration becomes easier,, and a state of calm and confidence can result.

Balancing, twisting, stretching, and exerting are things you can do better and better with practice. There is unlimited potential for your body and mind to excel in balanced poses or changing motions. Then below the surface of all that is visible, are the neurons firing signals in your brain, the nerves transmitting electronic micro-bits of energy, oxygen molecules flowing throughout the body to be consumed, gathered, and consumed again.

Of all the lessons in your “Technology For Your Psychology” roadmap that discuss emotions, perspective, perception, and awareness, let’s never forget that wherever you take these skills for living, your body is not just a suitcase that holds everything inside.

Your thoughts and feelings merge seamlessly with your body. The more you engage them together in concert, the better all of them work for you.