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rebuild and reestablish their lives in times of devastation. Please contact us through our website www.TerryLyles.com to make a contribution. We need your support now more than ever.



Corretta Scott King and
Dr. Terry Lyles

ABOUT THE AUTHOR

Dr. Terry Lyles holds a Ph.D. in psychology and is recognized as a national/international educator, author and speaker to universities, schools, Fortune 500 Companies, world-class athletes, and public audiences. He teaches groups of all ages how to navigate life storms through life balance training.

Dr. Lyles has trained hundreds of individuals, including Fire Rescue workers at Ground Zero, and International Forensic Medical Teams in the Asian torn Tsunami area, sharing his time-tested, scientifically measured approach to stress utilization.

Major corporations such as DaimlerChrysler, Banana Republic, Macy's West, Pfizer, Universal Studios and Tommy Hilfiger have also benefited from this training technology.

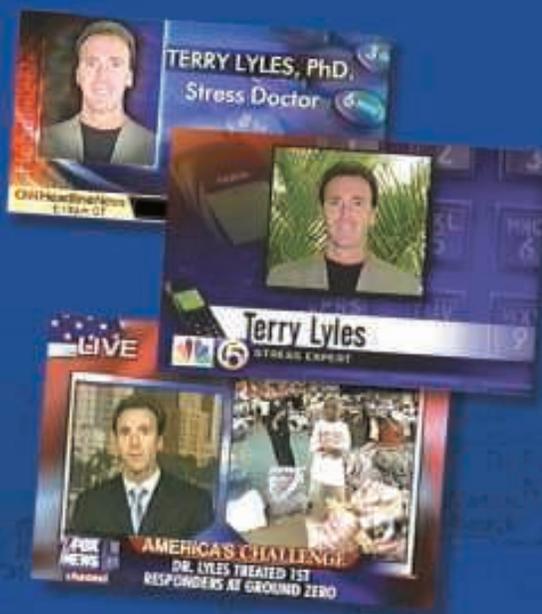
Dr. Lyles has appeared on CNN, FOX, CBS, NBC, ABC, USA Today, and in U.S. News & World Report as a Corporate Performance Enhancement and Life-Balance Specialist, and hosted a premiere talk show sponsored by Success Magazine. He is currently heard in South Florida on 97.9 WRMF as "The Stress Doctor" every Sunday night at 8:00 pm EST.

"Dr. Terry Lyles has found the formula to help all of us live above our fears, frustrations, and anxieties that life storms often bring."

— Robert Polito, National Champion
Penn State Football Player

"I have been through many storms in my life and thought that I had learned the answers about dealing with them...I realized how much more I needed to learn after working with Terry's program. I know that you'll feel the same way after reading this powerful material."

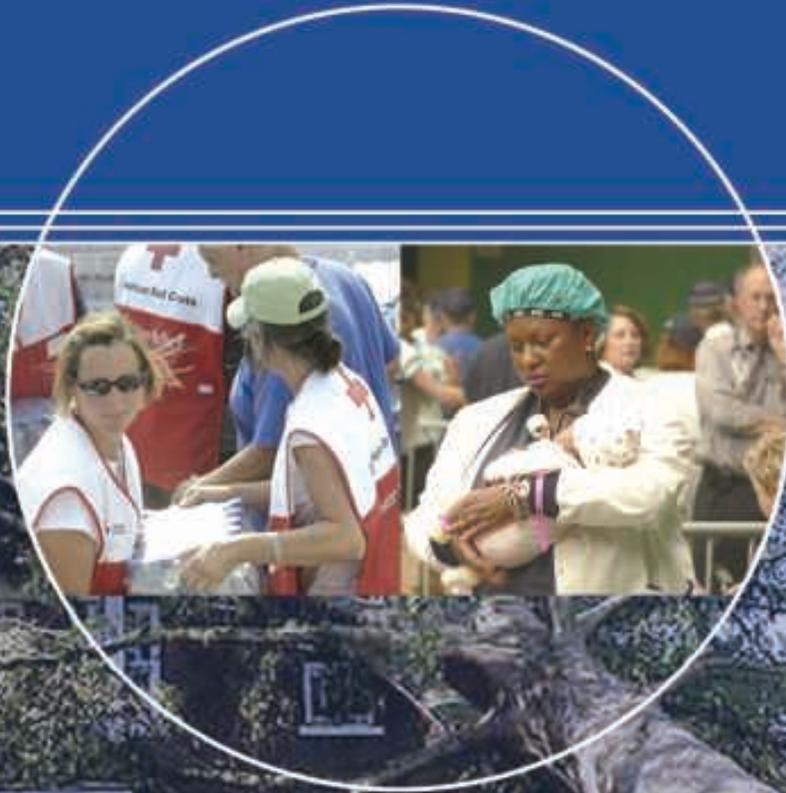
— Pat Williams, Senior Vice President,
Orlando Magic



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STRESS RECOVERY



A disaster
relief manual for
volunteers, victims
and heroes

by

Terry Lyles, Ph.D.

www.TerryLyles.com

STRESS RECOVERY

Dear Friends,

The recent disasters of Hurricanes Katrina, Rita and Wilma in the United States, the mudslides from Hurricane Stan in Guatemala, and the earthquake in Pakistan, India and Afghanistan are claiming over 1000, 2000 and 30,000 human lives respectively, and will affect millions globally. The losses are innumerable, none more devastating however, than the loss of life itself. Life is always the key focus in any disaster relief and recovery effort, but the most difficult aspect with any disaster is learning to live with the personal loss that can affect us daily for the rest of our lives.



Terry Lyles (right) with a hurricane volunteer (left) and Hurricane Katrina evacuee (center)

Stress, while not always welcome, is a powerful force that can be harnessed and utilized to create better outcomes.



For those of you who have personally experienced losses due to these disasters, whether it be your home, your work, or worst of all, your loved ones, please accept my deepest condolences. For those of you

who are working with the victims of these tragedies, I have a sincere appreciation for your significant contributions. For over a decade, I have been assisting with disaster relief and have personally witnessed the devastating effects of countless hurricanes, including those in my

home state of Florida, the Tsunami in Asia, and 9/11 in New York City. As you can imagine, the grief and suffering accompanying these disasters is quite enormous. Destruction and loss are never easy to deal with; however, I can say with utmost confidence that **my training and previous experience has allowed me to develop a unique program for helping tens of thousands of people respond, adapt, and recover with increasingly healthy speed and success.** How? By transforming the negativity of stress that we have been conditioned to

accept into something positive. Stress, while not always welcome, is a powerful force that can be harnessed and utilized to create better outcomes.

Many of you, especially those in the midst of tragic circumstances, may be thinking that this is absurd, or even outlandish—that stress can actually be good for you? I can tell you with absolute certainty that you will flourish and succeed beyond your wildest imagination if you can learn how to see these tragedies as an *opportunity, not only for mankind, but also for YOU...to go beyond* where you were prior to these life-changing events. And, as difficult as it may seem right now, many of you will even say years from now that it was one of the most interesting and life changing events ever. I know this to be true from the people I have worked with since 9/11; that tragedy pushed many people to make



changes that were previously unforeseen but hugely beneficial to them and their families. Once again, I fully understand that it may seem impossible to imagine this right now, especially for those of you who are dealing with elements of survival or experiencing immeasurable losses. For all of you, it is my greatest hope and desire that your basic needs of food, shelter and water are provided for so that your path to recovery can begin. In terms of recovery, however, I know from first hand experience that it will happen more quickly and easily to the extent that we are all able to hold a vision for a better and greatly enhanced life-experience. *This is where I can be of most help.*

The invaluable information in this manual is an accumulation of the knowledge I have acquired and practiced throughout my education and career as a sports psychologist and performance coach, and more specifically as a “Stress Doctor” in the trenches during relief and recovery efforts for the past 10 years. Hurricane Katrina has already been recorded as the largest natural disaster in American history. It will cost billions to rebuild from this disaster as well as the others we are facing world wide — for some it will be a lifetime of recovery. Rest assured, as you walk with me through this guide, you will learn how to navigate these storm with greater skill and accuracy than you ever imagined and build the foundation for a successful, healthy and balanced life.

With great sincerity and respect,

Terry Lyles, Ph.D.

STRESS RECOVERY

A disaster relief manual for volunteers, victims and heroes

by

Terry Lyles, Ph. D.
(The Stress Doctor)

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The production of this *Stress Recovery Manual* and its free distribution to the victims, volunteers and heroes of our recent tragedies was made possible by the generous donations from: Terry Lyles Foundation, Healthful Communications Inc., Healthy Adventure Inc., The Cliffs Communities, Hippocrates Health Institute, Ibeographics, Active Internet, WRMF Radio, Health Quest and T-Square. For more information on these companies visit their websites listed below.

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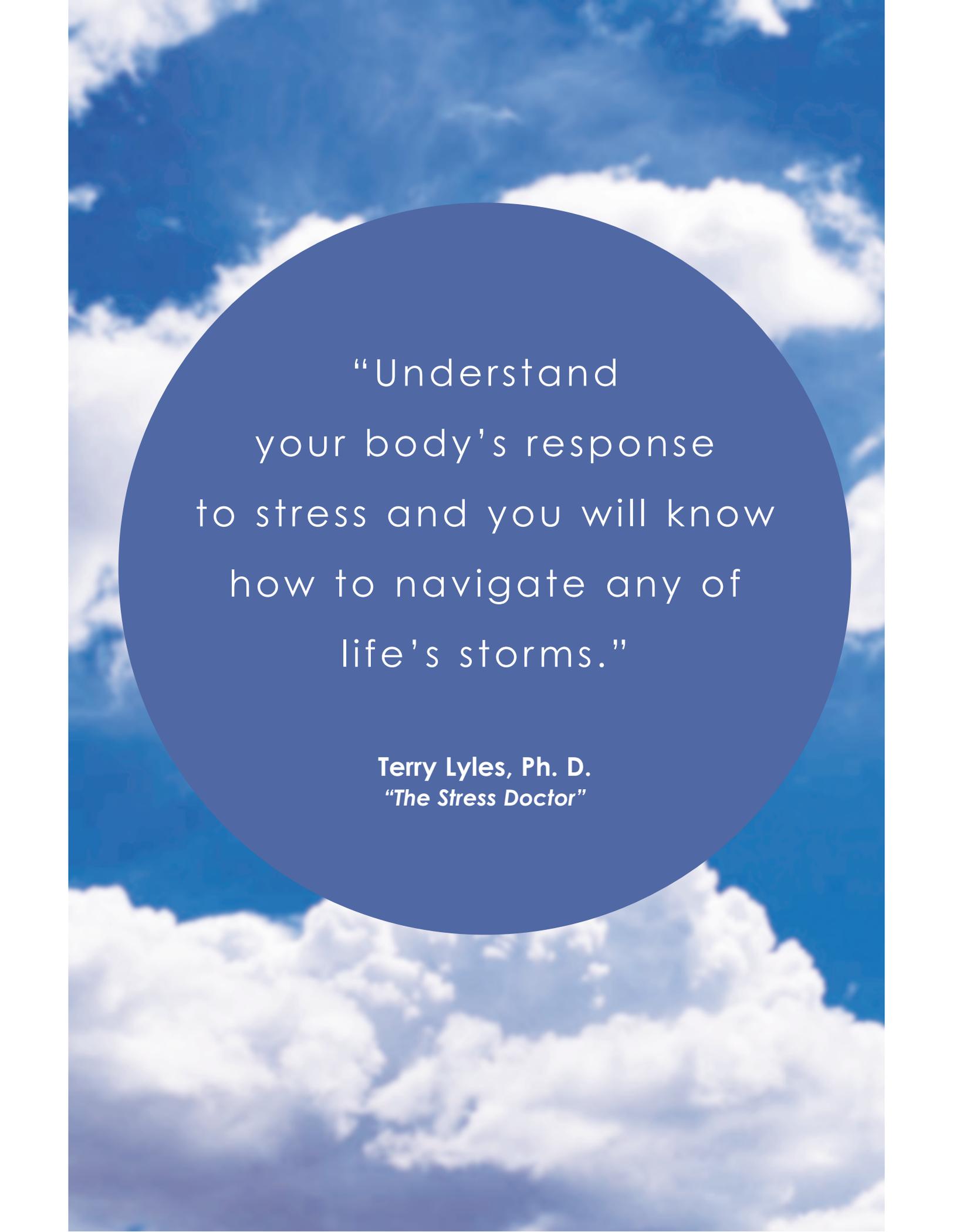
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“Understand
your body’s response
to stress and you will know
how to navigate any of
life’s storms.”

Terry Lyles, Ph. D.
“The Stress Doctor”



What is Stress?

Stress is any opposing force, potentially limiting forward progress.

I say potentially, because while we often *cannot* control what happens in life, we can control how we interpret and respond to stress—even though at first it may seem as though we cannot. In truth, we can see life's events and challenging occurrences as either a negative threat or a positive challenge; and, our stress levels are directly linked to how we perceive them. If we perceive an event as a negative threat, unfair or insurmountable, stress will threaten our health, happiness, productivity, and even our life. On the other hand, when we choose wisely, by viewing it positively, it becomes an opportunity for growth, development and discovery, which can have amazing benefits.

Stress is a natural part of life, and when you really think about it, nothing or very little would happen without it. **Stress is the stimulus for all action and growth.** We act because of stressful conditions—just ask an inventor. It is the stress of high temperatures that brought us air conditioning, the stress of not being able to communicate frequently and efficiently that brought us telephones, televisions, and computers, the stress of washing clothes by hand brought us washing machines...and the list goes on and on; you get the idea. Yet, many of us spend our time and energy trying to minimize stress, or just wishing it would go away, and miss the chance that it presents for a new opportunity or experience.



As I have learned in my research and work, viewing life's events as a positive challenge is only a matter of training, of shifting one's focus one hundred and eighty degrees. And, now, I will help you to learn how you can shift your focus at will and on demand. In my ten years of disaster relief work, I am continually amazed by the sheer strength and determination of the human spirit to prevail in spite of all odds. Our world's recent disasters have presented unquestionable odds for us; now, I invite you to take this journey with me to creating your new life.

Here is how we begin...

Gaining Clarity Within The Storm

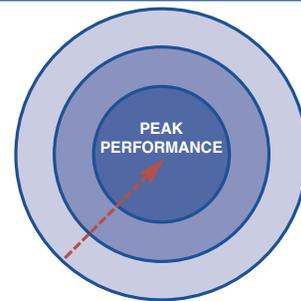
To understand stress and properly utilize it we must first see that it affects us in **four primary areas**:

MENTAL – our thoughts

EMOTIONAL – our feelings

SPIRITUAL – our purpose and goal alignment

PHYSICAL – how much energy we have



At any time, we can determine our mind/body alignment by assessing where we are on the target and then making necessary adjustments to restore our balance. Take some time now to assess where you are in your life. Circle the best answers to the questions on the opposite page.

TAKING A DAILY INVENTORY

When I work with people to train them on how to thrive consistently in life, I ask them to take a daily inventory. When you awake in the morning take a few minutes to assess where you are *mentally, emotionally, spiritually and physically*. It is first important to understand where you are, so you can make choices about where you want to go in order to make the most of your day.



Personal Stress Assessment

1 poor – 5 excellent

Mental Zone

How is your ability to focus currently?	1	2	3	4	5
How well are you able to concentrate?	1	2	3	4	5
How well do you handle distractions throughout the day?	1	2	3	4	5
How well are you navigating confusion and indecision?	1	2	3	4	5

Emotional Zone

How well are you managing periods of moodiness?	1	2	3	4	5
How well do you navigate periods of being short tempered?	1	2	3	4	5
How well do you trust others?	1	2	3	4	5
How well are you dealing with the disaster overall?	1	2	3	4	5

Spiritual Zone

What was your level of personal fulfillment prior to the disaster?	1	2	3	4	5
What was your level of professional fulfillment prior the disaster?	1	2	3	4	5
How satisfied were you with your contributions overall?	1	2	3	4	5
How connected are you to what's most important to you?	1	2	3	4	5

Physical Zone

Rate your energy quality from morning to evening.	1	2	3	4	5
Rate your ability to eat every three hours throughout the day.	1	2	3	4	5
Rate your physical conditioning.	1	2	3	4	5
Rate the frequency and effectiveness of your daily rest breaks.	1	2	3	4	5

Add all questions together for a total score

75 – 80 You are operating at peak levels

65 – 75 You are operating at above average levels

55 – 65 You are operating below healthy levels

Below 55 Danger Zone: You could be approaching “burn-out”

It is characteristic of people involved in rescue, relief and recovery efforts after a disaster to find themselves in the burnout zone. Fears come up in the face of unprecedented change and the uncertainty that accompanies such drastic change. And, while our minds and bodies are equipped to handle this level of stress for short periods of time, it can be destructive in the long run if it's not navigated correctly.

“We conquer by continuing.”

–George Matheson



Carlos Barrie/AP



The Two Stages Of Any Disaster

1. Search and Rescue
2. Relief and Recovery

The search and rescue process can be quite traumatic to the untrained eye, and can cause a number of contributing symptoms for weeks, months, and even years if not treated properly. The stress of viewing dead bodies can cause your mind and body to disconnect. **Below is a list of possible signs that could indicate a compromised stress response and that you are in need of processing and working through the trauma of this disaster.** You may wish to seek help with trained professionals to begin your road to recovery.

- Unrelenting fear, anxiety, or panic
- Persistent feelings of helplessness
- Terrible dreams & nightmares
- Daytime flashbacks
- Irritability
- Sleep disturbances, such as insomnia or fear of going to sleep
- Concentration issues
- Heightened awareness
- Distractibility and confusion
- Irrational behaviors
- Short temperedness
- Frequent crying

The stress response could also be expressed spiritually as questioning beliefs and morality, or physically as depleted energy, dehydration, and fatigue. These symptoms can occur immediately or be delayed, taking days, weeks, and even months to arise. The key to effective navigation is in understanding that these are natural stress responses to a traumatic event. Once we see the symptoms, it is critical to do what we can to recover and restore our health with a quality and speed adaptation as discussed in the following pages.

How to Navigate Life's Storms

Research and training have identified **six markers** that help define how well we relate to life challenges and how successful we are at navigating life's storms. The *first* three markers relate to the concept of *life toughness*. Usually, what toughens us are the things that go wrong, the hard knocks that we learn from. Natural disasters are some of the toughest times, because many are unprepared to deal with such a disruptive and unexpected change.

While experience is the best teacher, we can also train ourselves, mentally, emotionally, spiritually, and physically to be tougher by refusing to allow life to get us down.

Throughout life, we encounter many challenges, and when we fall, it is our degree of toughness that determines how quickly we recover. Life toughness is measured by the following three markers:

Strength – The ability to dig deep and stand firmly through life-changes.

Flexibility – The ability to change and adapt to life's circumstances.

Resilience – The ability to keep coming back until you succeed.

We need all of these components to have life toughness. Success does not mean that we never get knocked down; success means that we get up one more time than we are knocked down. Defeat is not failure; failure is when we allow defeat to become final.

The other major factor determining our quality of life, in addition to life toughness, is our relationship with life's challenges and the way that we navigate during the storms. Here, as with life toughness, there are *three markers* that define our proficiency at any given time:

“Your own resolution to success is more important than any other one thing.”

–Abraham Lincoln



Daniel LeClair/REUTERS



Live with Geraldo Rivera

Survive – This is the natural, temporary first step in dealing with any storm, especially of the proportions of these recent natural disasters. Similar to “automatic pilot,” survival is when the body is in a fight or flight response that focuses our attention on what we *absolutely must do right now* in order to stay alive. The danger is getting stuck in survival mode where serious

illnesses can develop in the form of anxiety disorders, depression, and other health issues.



Satellite shot of Hurricane Katrina

photo from donatems.com

Function – The function level is where 80% of the population live on a day-to-day basis and is marked by a general content with life and a fair degree of ability to handle life’s challenges. The function mode is average or above average performance; it is essentially a maintenance level where few rise to fulfill their full potential.

Thrive – This is the upper echelon of achievement and performance excellence. People who thrive deliver excellence not only frequently, but also consistently, in every area of their lives.

Most people only dream of flying, but somehow never manage to get off the ground. They survive, but that’s it. Many more make it into the air regularly (function), but only a few ever soar (thrive). For most, the problem lies not in a lack of talent or ability, but in a lack of focus and proper training. The average person is not trained to fly; in the following pages, if you are truly committed to creating the best possible life, you will learn how to fly.

Four Key Steps In Moving Forward NOW!

Provide for your basic physical needs

The first step in recovering from any of life's storms is to make sure that you provide for your own basics: water, food, shelter, clothing and rest. **You must help yourself in order to help others.** So, instead of letting your body go during a storm, be committed as best as possible to staying well hydrated, eating properly, moving and exercising regularly, and getting sufficient rest and sleep. At the beginning of any crises, we almost always struggle with the realities and the steps to creating stability. However, as we encounter struggles along the path of recovery, it is always good to go back to the basics.

Protect your health

Another important factor affecting recovery during a tragedy is the threat of born diseases that stem from less than optimal living circumstances including: unhealthy water, overcrowded shelters and mosquito infestation. These conditions are a breeding ground for infection and death, especially for overstressed and weakened bodies. While in a shelter or temporary living quarters take the following precautions:

- **Wash your hands and face with soap and water regularly and that of your children whenever possible.**
- **Drink only water that is bottled and from a reliable source.**
- **Utilize the Red Cross supplies including cleansing wipes, bug repellent and antiseptic solutions when available within the shelters.**
- **Carefully monitor young children, as they have a natural tendency to put objects in their mouth.**
- **Avoid pools of water whenever possible.**
- **Keep your body covered with clothing to prevent cuts, scrapes, and bug bites.**



Learn and practice the 90/10 Rule

Unfortunately, we are often times adding unnecessary stress to the challenges we face by focusing on the things that are *not* within our control. Believe it or not, most people spend 90% of their day focusing on the 10% of reality that they cannot change. As a result, they experience additional frustration, disappointment and serious emotional upset. What good will it do to curse Mother Nature and the weather that caused the storm? What will we accomplish by wishing that people would “act right” especially in a shelter with few comforts from home? **In order to move from survival to function mode, we need to focus our attention on the 90% of reality that we can change and manage while at the same time expecting success.** Most of the time, we cannot change the circumstances that bring about a storm, but we can absolutely change how we *respond* to it by understanding what we can control, and then *focus* on this so we can pick up where we are and start the journey toward recovery and rebuilding for the future.

What you
focus on will
determine
your reality...
now and into
the future.

Just Decide

Our English word ‘decide’ is derived from the Latin word *decidere*, which literally means, “to cut off.” When we make a decision, and most of us make hundreds a day from the food we eat to the clothing we wear, we are eliminating every other choice or option in that moment. The beauty of life is that you *can always decide differently*, which some people call “changing their mind.” In reality, we don’t change our minds; we simply make a *new decision* based on new information and influence. The quality of our day, therefore, is determined by the quality of decisions we make. **The exciting thing is that with each decision, over the course of any day, you have the opportunity to affect your life positively.**

During times of duress such as in disaster recovery, you may find it helpful to make decisions and choices that are in alignment with basic and immediate considerations, such as health or life. You might consider asking yourself questions like: will this decision bring my family and myself more health and well-being? Are my thoughts and actions supporting a healthy recovery? Will this food give me more energy? Will this decision move my life in the right direction? If the answer is yes, that’s great! Then, your job throughout the day is to match your thoughts and spoken words with the healthy choices and decisions you have made. In times of chaos, you can find great peace and comfort when you manage your life to a few, but important priorities.

How Your Body Responds To Stress

Those who experience a permanent and life altering change, as in the case of a natural disaster, are generally dealing with many stresses at once. These compounded stressors will result in physiological changes that if ignored will result in illness and disease. It is important to understand the negative effects of stress so that you are empowered to make healthy choices.

When the body perceives threat or danger, a fire alarm is pulled inside of our system, releasing stress hormones that mobilize energy, deliver glucose to the muscles, glycogen to the blood, and increase oxygen transport throughout our entire body. Bodily functions that are not needed in crisis like digestion, sex drive and immunity are all suppressed under this fire alarm release.

Please note: In some cases, sex drive increases to compensate for unprocessed stress and can result in dangerous situations in a shelter to the point of rape and abuse. Take time to learn about important safety information that is provided by your shelter; it can be a lifesaver when it comes to sexual offenders.

The body's emergency system is easily triggered by a threat, or even a perceived danger throughout our lives and must be regulated, or problems related to overall health will continue to increase throughout life. A person who cannot handle stress, conditions their body for the continual on-switch fire alarm and has difficulty turning it off. Those who handle stress well or understand how the body responds, have the ability to turn the switch off more quickly. When the fire alarm is constantly activated day after day, week after week, a person is living in a chronic state of tenseness. What may feel cool at first can eventually feel like a relentless flirt with death- the long-term detriments of which can be deadly.



Furthermore, if blood sugar is unstable through inconsistent and poor eating habits, high blood pressure can result, contributing to blood clotting problems, a decreased sexual drive, and a compromised immune system. With this kind of strain, your entire mind/body navigational system is negatively affected. Additionally, high levels of cortisol (the 'fight or flight' response chemical that helps us recognize and respond to danger), secreted for long periods of time, have been linked with diabetes, heart disease and obesity. **There is an obvious correlation between stress and the increasing numbers of overweight and obese people in America.** The process described above is the picture of growing old fast. Needless to say, we would age less rapidly and uncover the secret to living longer were we perceiving life's events and the stress that accompanies them differently.



*“Coming together is a beginning;
keeping together is progress;
working together is success.”*

–Henry Ford



Mian Khursheed/REUTERS



How Well Have You Weathered This Storm?

How well have you adapted to these most imminent life storms? Did you or are you adapting in a healthy manner? Did you find yourself to be strong, flexible, and resilient, or did the storm overpower you? As a result of the storm, where are you now? Are you thriving, are you functioning, or are you merely surviving? How do you know if you have adapted well? Someone might say, "I gained a few extra pounds." That is not healthy adaptation. These are some of the things that you will hear from people who are having trouble adapting to a life storm: "I lose sleep obsessing," or "I'm sleepy all the time," or "I'm depressed," "I have trouble focusing," or "I don't like being around people anymore," or "I don't exercise as much," or "I eat too much," or "I eat too little."

COMPENSATORY BEHAVIORS

All of us have certain behaviors and tendencies that we are inclined to fall back on when going through a life storm. The way we respond to or transition through a storm tends to be the same time after time, and reveals how well we have learned to adapt. Some people spend money they don't have. Others get drunk, do drugs, act crazy or hang out with the wrong people. *This is called compensatory behavior*—over-doing something in one area to make up for the lack of control we feel in another. **As human beings, we have a tendency to go overboard seeking pleasure in an effort to escape the pain and discomfort of the storm.** Living through disasters will stretch you in ways not yet endured. However, escaping with your life is an awesome reality that must be focused on daily to properly navigate this potential mass of destruction.

So, the first step to understanding how to *thrive* in a disaster is knowing how to control your body's response to stress hormones and the compensatory behaviors we engage in. Sounds doable, right? OK. Now it's time to see how...

Thriving Under Stress

How we transition in a life storm depends on whether we *react* by resorting to an old compensatory behavior, or *respond* with a preferred behavior, which are deliberate, positive actions we take that are designed to get us through to the other side. If you are reading this while working or living in a shelter, remember that there will be better days to function and even thrive again; for now, do the best you can with what you have.

“Stress is good for us.

Our bodies are hard-wired to handle stress...our physiology is designed to process and convert stress into energy that can enable us to perform at peak efficiency. Properly utilized, stress can propel us toward success in every area of life. Stress is meant to define us, not defeat us; to illuminate us, not eliminate us; to complement our lives, not complicate them.”

—Terry Lyles, Ph.D.



Coaching Evacuees on TV

The key is to first identify your weakest link. Once we are aware of our weaknesses, we have a better chance of preventing ourselves from slipping into a mode of self-destruction. For example, if your weakest link is physical, you may discover that your lack of energy spurs a desire for junk food. Because you know this is a weak link, you can do your best to choose healthy foods that fuel your energy and schedule regular rest periods. You might even consider asking your family and friends to prepare healthy meals for you.



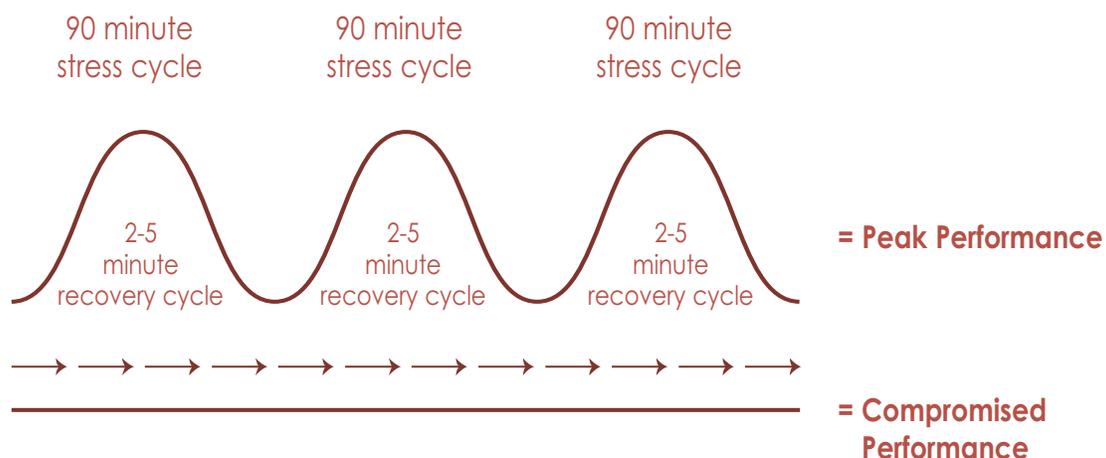
Below are some examples of weaknesses and possible positive action plans. Take time now to identify your challenges and create positive action plans.

Area	Challenge	Things I can do to help myself
Mental	Example: I keep thinking that it's not fair that this happened to me.	Example solutions: I take a few minutes to visualize my new and better future; breathing slowly in and out through my nose. I focus on the good that I can do now by helping a neighbor who is struggling.
Emotional	Example: I am very moody and my emotions are all over the place.	Example solutions: When I notice that I am moody, I take 3-4 breaths in through my nose and out through my mouth to relax. I talk about my feelings with someone I trust.
Spiritual	Example: I have lost my passion and motivation to excel in life.	Example solutions: Make a gratitude list and focus on my new opportunities instead of only the potential threats.
Physical	Example: I am constantly fatigued.	Example solutions: I carry a water bottle around with me and drink as much water during the day that I can. I schedule regular rest periods every 90 minutes throughout the day.

Rest, Recharge & Hydrate

Our bodies normally operate in 90-minute cycles of stress, and then recovery (as shown below.) The key to peak performance and sanity is to work with it, not against it. **Structure your day in 90-minute segments, particularly during a time of crisis, and you will discover that it is much easier to deal with the stresses of the day.** Work a cycle, take a break to refocus and recover, and then repeat 90 minutes later. Eat a meal or a snack every two cycles, or 3 hours, and drink water regularly in between meals. By doing this, you will have a better chance of avoiding the flat line indicated at the bottom of this graph that represents compromised and undesired performance. Compromised performance happens when we hit the ground running and go full throttle without stopping all day long, and then collapse into bed at night. As a worker or volunteer in disaster rescue and relief, it is critical to honor your need for recovery and to work with your body's natural cycle to avoid burnout.

Below is a chart that graphically illustrates the difference between peak performance and compromised performance.





Here are some things you can do to recover, that take only minutes:

- Make a phone call to speak with family or friends
- Do some stretches outside while taking deep breaths
- Sit or lie quietly with your eyes closed, then envision what you want in your life most right now- see it as if it's already happened
- Think back to a special time that you share with loved ones that will lift your spirits and share it with someone
- Meditate
- Walk around the block a few times
- Journal about something you have seen or learned
- Read a chapter in a favorite book, some inspiring words or poetry, or an article in a magazine
- Speak to a co-worker or friend
- Take a nap
- Engage in a hobby that delights you such as knitting, reading, listening to or viewing sports programs, surfing the web, etc.
- Put on some music that you enjoy and just take it in
- Go into nature and watch some birds or other wildlife at play



While the activity of resting and recovering every 90 minutes seems small, it is one of the *most critical aspects* of leading an increased high performance life. The professional athletes I work with train themselves in this way to guarantee optimal *mental, emotional, spiritual, and physical* performance on the field, court or track. They know the power of this physiological truth and use it to their advantage daily. Now, you can too!

Personal Challenge: For the next 30 days, live in 90 minutes segments, taking short breaks every hour and a half and eating a small meal or snack every 3 hours.

Personal Guarantee: You will dramatically improve your life!

Navigram Awareness

Sometimes, in dealing with intangible things such as emotions, a graphic representation can help. The following chart or my “navigram” will help you visualize where you are on the emotional landscape at any time, as well as how our emotions relate to each other.

<p>HIGH NEGATIVE Negative Emotions/High Energy</p> <p>Angry Fearful Frustrated Anxious</p>	<p>HIGH POSITIVE Positive Emotions/High Energy</p> <p>Excited Connected Challenged Pumped</p>
<p>LOW NEGATIVE Negative Emotions/Low Energy</p> <p>Sad Depressed Lonely Exhausted</p>	<p>LOW POSITIVE Positive Emotions/Low Energy</p> <p>Calm Peaceful Relaxed Recharged</p>

The two quadrants on the right are positive, while the two on the left contain negative emotions. At the upper right is the high positive quadrant, characterized by positive emotions with a high energy level. Below this is the low positive quadrant, characterized by positive emotions with low energy levels. The negative quadrants follow a similar pattern.



These four emotional quadrants are separated by lines, which represent a membrane or barrier that we must pass through when moving from one quadrant to another. Sometimes something happens that drags us from one quadrant to another; at other times, we make a deliberate choice to move. Something may make us angry, propelling us into the high negative quadrant, but, as I've noted before, we actually choose how long to stay angry. **Circumstances may cause us to feel frustrated, but how long we choose to stay that way is up to us. At some point, every emotion- anger, sadness, depression, excitement, calmness, joy-becomes our own personal choice.** Again, while it may be difficult to comprehend that we choose our feelings (especially in the aftermath of the recent disasters), it is one of the most important things that you can do to ensure a swift and complete recovery. By taking full responsibility for yourself, mentally, emotionally, spiritually, and physically you remain constantly empowered to act on your best behalf—which is the mode of thriving.

...Life manifests itself in our bodies in numerous ways, and one of the most significant is through emotion. Like stress, emotions have gotten a bad rap in recent years. Emotions are the gauges that tell us that we are alive. The issue is not emotions, but learning how to navigate our emotional landscape. We do this first by identifying the energy level or emotional quadrant we are operating from (high or low, positive or negative) and then, if necessary, making the transition from where we are to where we want to be emotionally.

A WORD ABOUT DEPRESSION:

Depression is a common symptom in people who feel unable to cope with stress. Acute depression is caused usually by negative external circumstances such as these disasters, loss of a job, loss of a family member, financial reversal, to name just a few- and is normally temporary in nature. Clinical depression, on the other hand, is different because it is chemically induced by the depletion of serotonin in the brain. As with any level of depression, it is usually helpful to work with a trained professional who can assist you in your recovery.

The Breath of Life

Breath and emotions are interconnected, just as energy levels and emotions are.

As we noted on the prior page, there are many ways to recover and move from negative to positive emotional quadrants, but the quickest way of all is through breathing. I realize that this may sound overly simplistic, so I will explain. Oxygen is necessary for our survival. We can live days without food or water, but not even minutes without oxygen; our body cannot function without it. The athletes I work with who are wanting to attain the highest levels of fitness know this all too well. In sports science,

fitness is defined by the speed at which oxygen is transferred from the lungs to the heart and muscles and to the blood cells of our body. A person with a high level of fitness can transfer high amounts of oxygen to the body, just like a person with low levels of fitness transfers low levels of oxygen. Can you now see how breathing (the intake of oxygen) is directly tied to our physiology?



The word *emotion* means 'to move or put in motion.' Therefore, as breath (oxygen) puts the body in motion, our *emotions* also put our body in motion. Think about it. When you become scared and need to run from something like a burning fire, your breath rate increases. Why? Because your body needs the oxygen in order to flee the scene so you can move to safety; it was the emotion that caused your breathing pattern to shift.



Doesn't it make sense, then, that we can control our emotions and therefore our physiology with particular breathing patterns? It just doesn't seem possible that we could stay angry while taking long, slow breaths in and out through our nose, does it? Take a pause now and take some long deep breaths in and out through your nose. Do you feel the difference? Below are the breath prints for the quadrants; practice these breathing patterns and you will feel the connection:

Quadrant	Breath Print
High Positive	<i>Fast, deep breath in through the nose and a fast breath out through the mouth.</i>
Low Positive	<i>Deep, slow breath in through the nose, and a slow breath out through the mouth. It is a relaxing, calming breath. For the most relaxing breath, make your exhale twice as long as the inhale.</i>
Low Negative	<i>Shallow breath in and a slow breath out through the mouth... the breath of a sigh.</i>
High Negative	<i>Shallow breath in through the mouth and a fast breath out through the mouth...the beginning of hyperventilation. This is the fight or flight breath.</i>

Whatever quadrant we are in emotionally, we breathe according to the breath print of that quadrant; it is natural; it is physiological. **The fastest way to change emotional quadrants is by breathing according to the breath print of the quadrant where we want to go.** For example, if we are in the high negative quadrant- angry or fearful- and want to move to the positive side, the quickest way is to take three high positive breaths: deep in through the nose and fast out through the mouth. Try it now!

What this does is transport enough oxygen into our blood stream so that our system interprets that we are moving in that direction physiologically. Our emotions must follow because emotions and breath are interconnected. Practice this consciously every day and you will not only gain critical awareness about your body, but also gain control over your emotions. Regulating your emotions is critical to health and peak performance. How does it feel to know that it's this easy to elevate yourself to 'thriving' status just like the elite athletic clients of mine? As I said before, it just takes training and practice.

Setting Yourself Up to Win

So, now you know one of the quickest ways to work with your emotions and navigate daily storms. Below are some additional tips for moving from negative to positive states. Remember in a previous section, you identified your weak links. Use suggestions on this chart, while adding ones of your own to strengthen those areas of weakness. *Practice these with the breathing patterns for maximum benefits!*



Dr. Lyles coaching victims to take the time to create a winning plan.

Mental

- Focus on what is in your control.
- Look for the positive in every situation.
- See how you are helping and believe that you and all of your colleagues are doing the absolute best that they can at this time.
- Before going to sleep, think about or write down all of the victories you witnessed or were a part of during the day. (Small things add up over time; keeping track will help you stay focused on the positives.)
- Certain conditions are truly temporary; see them as such.

Emotional

- Talk to someone about how you are feeling. If you need support in any area: *mental, emotional, spiritual or physical*, ask for help or just someone to listen. Make a list of people you feel comfortable talking with.



- Allow yourself to feel your feelings. Pushing them down will only cover them up and could result in sickness.
- Write letters or keep a journal to help process the trauma of your experience.
- Make a list of what you are grateful for and add to it every day. When you are feeling low, refer to the list.

Spiritual

- Focus on your purpose for the relief efforts, and on your overall purpose in life—it will give you the inspiration to continue.
- Remember the 'big picture' while handling the little details of the day.
- See yourself as a humanitarian who was sent to help those in need.
- Ask yourself (why?) you are alive, and then discover (how?) to help someone else in need.
- Have faith and trust that many good things will come out of this disaster.
- Take time to talk to God or ask for spiritual guidance and share how you feel.

Physical

- Take regular breaks every 90 minutes, even if it's just for a few minutes (see page 20 for suggestions on positive recovery activities.)
- Drink water regularly; it's critical to stay well hydrated and balanced.
- Eat small but frequent meals or snacks of healthy, low-fat, low-sugary foods, with little food prior to bedtime. Foods have a direct impact on our moods; healthy foods will help to calm nerves and tension, whereas junk foods agitate and create negative moods such as depression and anxiety.
- Do some stretching, exercises and breathing to keep grounded and focused.
- Do your best to go to bed at the same time each night. Prior to falling asleep focus on positive thoughts and expect a restful and restorative sleep experience.

Nutrition For Recovery

One of the most essential elements of any stress recovery program is nutrition. My colleague Dr. Brian Clement, the Director of Hippocrates Health Institute in West Palm Beach, FL, has worked successfully with hundreds of thousands of people under severe stress, often life-threatening. Dr. Clement's specialty for more than 30 years

has been managing the stress associated with terminal illness and life-threatening diseases. I have asked him to put together a **Nutrition for Stress Recovery** protocol that draws from the Institutes' 50-year history of successfully working with stress related disorders. Once your basic needs of shelter, water and food are established, I highly recommend you incorporate a sound nutritional protocol to ensure the sustainability of your Stress Recovery Program.

Building and maintaining a healthy body involves giving attention to four major areas: nutrition, exercise, hydration, and rest and recovery cycles.

NUTRITION FOR STRESS RECOVERY

By Brian Clement, Ph.D., N.M.D.

Hippocrates Health Institute was founded by a heroic woman who made a miraculous recovery from cancer. For more than 50 years, Hippocrates has been working with people on the front lines who, quite often, are in the most vulnerable period of their lives. There is a very real place between hopelessness and success that can elevate you from your darkest despair. Of course, emotional and mental renewal, including the support provided in this manual from gifted professionals such as Dr. Terry Lyles, is critical during times of chaos. Additionally, there are several physical components, required to help your body, including the brain, to reduce the affects of stress.



Modern science has established that proper nutrition is a fundamental element in defining your ability to handle stress. **Foods are chemicals and, similar to stress, create reactions in your body.** The first step in healing is to eat a wide variety of vegetables and some fruit each and every day, preferably in their uncooked state. When you consume the right nutrients, by means of diet and correct supplementation, you are significantly improving your capacity to deal with the stresses of life. Many of us find it difficult to eat healthfully due to time constraints and availability; so whole food supplements can temporarily assist until you are able to prioritize nutritious foods.

At a time of crisis, the body is easily drained of proteins, vitamins, minerals and trace minerals. This is why we highly recommend our bottled bioactive nutrient that can help you recover faster by minimizing the effects of stress. In our 50-year history, we have found that nutrition is as crucial to healing the emotions that accompany trauma as counseling. So, we created a **Stress Survival Nutrient Pack** that consists of vital elements to support the brain, nervous system, and immunity; it has helped hundreds of thousands of our guests on their road to recovery—we know it will help you.

STRESS SURVIVAL NUTRIENT PACK

- WHOLE FOOD VITAMIN C-200 mg
- WHOLE FOOD B COMPLEX-300 mg
- CHLORELLA green algae-ten
- TURMERIC CURCUMINOIDS-2,000 mg

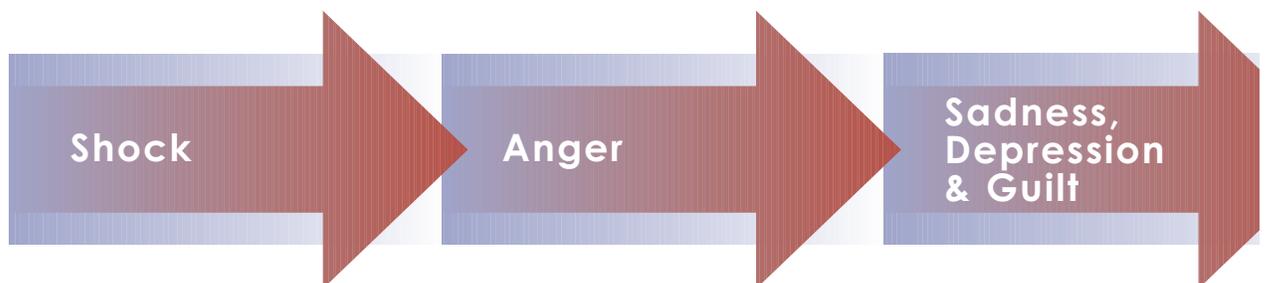
For more information on this product please go to www.TerryLyles.com.



Authored by:
Brian R. Clement , C.N., Ph.D., N.M.D.
Director, Hippocrates Health Institute

A Word About Grief

Tragedies and disasters like Hurricane Katrina result in untold losses to hundreds of thousands, and sometimes millions of people. Grief is a normal cycle that we must go through any time we experience a loss; it is the space between past reality and future reality yet to be revealed. One exercise that is extremely helpful when you have lost loved ones is to write them letters and then destroy them as a memorial to their life. This can keep emotions flowing and venting to avoid blockage and transference that can be witnessed in other mental and physical capacities. Beyond the death of a loved one, we could also be grieving the loss of personal items that are very dear to us such as homes, family comforts, and even future expectations. The common stages of grief are:



The first stage is shock and can last for several days, especially during a sizeable crisis. This state of survival can look quite normal to the outside viewer, but shock does not necessarily mean glazed glances and incoherent responses. Many people who are considered among the “walking wounded” look normal to the untrained eye, but be assured they are not. Viewing dead bodies during relief and recovery efforts while at the same time grappling with your own personal safety and loss can be a paralyzing experience. I saw this in the Asian Tsunami area with thousands killed and many thousands wounded and without shelters and recourse.



Once the shock wears off, a myriad of other feelings persist until a person comes to terms with the tragedy and adapts to their new reality. *It is important to remember that during the grief process, it is quite normal to move back and forth through these stages.* Beware, however, of getting stuck in one stage for long periods of time. If this occurs, consider seeking professional help so that you can move successfully to a higher level of functioning. For many, a complete recovery could take years, but be assured that grief will transcend to adaptation with each passing day; there is truth to the old adage that time heals all wounds. As you use the tools presented in this manual, you will find that your road to recovery will be easier and faster.

“I never lost faith in the end of the story... I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade.”

—Admiral Jim Stockdale,
former prisoner of Vietnam War and vice-presidential candidate

Questioning

ACCEPTANCE OR
REALITY ADAPTATION



Brian Snyder/Reuters

Healing Trauma

Traumatic personal experiences often leave vivid images imprinted in the mind, images that have high negative emotions attached to them. Such experiences can cause the brain to become cross-wired, leaving the victim with severe anxiety disorders and excessive fears. Any word or event that the victim associates with this traumatic experience can stimulate a strong and highly negative emotional response. Something must be done to help this person dissociate their unhealthy negative emotions from their mental images of the event. The following exercise, I call “on the ceiling” can be helpful for doing just this. If

“Faith is taking
the first step
even when
you don't see
the whole
staircase.”

—Martin Luther King, Jr.

you have been directly affected by any of the recent disasters, please take a few quiet minutes whenever possible, even daily, to do this exercise; it will help you immensely.





ON THE CEILING EXERCISE:

1. Get comfortable and close your eyes.
2. With your eyes closed, think of the situation or the experience that you had that put you in the high negative emotional quadrant. Take a minute or two to get that event solidly fixed in your mind. Imagine it as though it has just happened, and is still very fresh. Remember not only the event itself in all its detail, but also how you felt. On a scale of 1-10, with 1 being low and 10 high, where are you emotionally as you picture this event?
Rating: _____
3. Now, see yourself stepping outside of your body and to the side, looking back as if you are watching yourself experience this event on a television screen about ten or twelve paces away. Again, on a scale of 1-10, where are you emotionally?
Rating: _____
4. Now, imagine yourself moving even farther away to the ceiling, about 25 or 30 feet high, looking down on yourself in that situation. Once again, monitor your emotions on the scale of 1-10. Where are you now emotionally?
Rating: _____

Did you notice that your emotional response became less intense the further away you moved from the situation in your mind? **The more we learn and implement techniques to dissociate ourselves mentally from traumatic experiences, the less intense our emotional responses.** We will be more in control and productive in our lives because we are able to focus on our present conditions and environment rather than the heavy weight from the trauma. This is very powerful and not to be overlooked, because what our mind sees, our physiology believes and experiences. When we pull away mentally from a bad experience, our emotions will follow. You can also do this exercise with a supportive family member or friend, talking through your visualizations and experiences.

I commitment to myself and for my own well being to do the *On the Ceiling* exercise

By (Date) _____ Signed _____

Falling Forward

Journal entry: February 6, 2005

It was a long journey...arriving in Thailand through Bangkok toward Phuket. But trying to figure out what was going on in the middle of a disaster zone is always a little challenging. As expected, I encountered several obstacles right away, including a Thai officer saying that they were doing 'fine' and in no need of assistance. To say his assessment was ridiculous would be an understatement; I knew how bad the damage was. I asked a second time to make sure I heard correctly; I had, but as it turned out he was badly mistaken on the lay of his homeland and the magnitude of the destruction.



*Having flown half way around the globe to be told that things are okay just inspired me more to do my work. I persisted, not for myself, but on behalf of the many grieving Thai people. Thankfully, I prevailed and began the process of **falling forward** that would consume all of my time and energy for the next three weeks. Eventually, I landed in the middle of "Wat Yen Yao" temple, a beautiful monument of worship turned to a makeshift mortuary with several thousand dead bodies awaiting identification and placement with their grieving families. **The sheer agony of this disaster became instantly obvious; yet, there was something inside telling me just keep on going.** So, I just kept falling forward every day and began to learn how to lean into success that is not yet seen. I moved by God's grace; and from that place inside I believed someday and at some time, it would eventually be OK. I moved where the doors of opportunity unlocked to help people, as best I could, out of their immediate pain and anguish.*

Prior to these tragedies, many of you were moving forward with your dreams, desires and aspirations. As you know and understand, dreams always meet resistance with day-to-day challenges. But, what happens when those dreams are suddenly pulled from your existence and nothing but the clothes on your back remain? It is at this point that opportunities will arise for you to fall forward through the process of recovery, not knowing exactly what will become of your life, except that you will soon be OK again. And in many cases, more than OK. It is tragic times like these that allow many of us to embrace the greatness of life and give thanks in a way that takes us to another level of happiness and acceptance. With this said...believe in the success of a healthy life that is not yet seen, and your relationship with these tragedies and with life itself will be greatly enriched from this day forward. YOU HAVE MY WORD!

May God be with you now and always,
Terry Lyles, Ph.D.



Coaching Accountability Chart

RATING SCALE 1 - LOW 2 - AVERAGE 3 - HIGH

WEEK	PURPOSE	NUTRITION	EXERCISE	ENERGY	RECOVERY
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

RATING SCALE 1 - LOW 2 - AVERAGE 3 - HIGH

WEEK	PURPOSE	NUTRITION	EXERCISE	ENERGY	RECOVERY
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Taking “**Action**” is a crucial step towards a successful recovery process.