

EVERYTHING  
EVERYWHERE  
ALL AT ONCE



Presented by Dr. Parker  
on behalf of Kansas Lawyers  
Assistance Program

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# STRESS IS BAD

- Spitzer, C et al. Trauma, Post-Traumatic Stress Disorder, and Physical Illness: Findings from the General Population. Psychosomatic Medicine 71:1012-1017. 2009. Study of 3,200 Germans ages 20-79yo. Found that the PTSD group (anxiety) was **significantly more likely** to be depressed, abuse alcohol, smoke, be obese and be unmarried than the group with no trauma. After using statistical techniques to adjust for various factors, the PTSD group was significantly more likely **(by a factor of 2-3)** to have chest pain from heart disease, heart failure, inflammation of the breathing passages (bronchitis), asthma and hardening of the arteries in the limbs. What these diseases have in common is inflammation. PTSD (stress) promote inflammation through its effects on stress-related hormones.
- Kroenke, K & Mangelsdorff, AD. Common Symptoms in Ambulatory Care: Incidence, Evaluation, Therapy and Outcome. Am J Med 86: 262-266, 1989. Studied 1,000 patients at a family clinic over three years for: Chest pain, fatigue, dizziness, headache, leg swelling (edema), back pain, shortness of breath, insomnia, abdominal pain, numbness, erectile dysfunction, weight loss, cough and constipation. Remarkably, *the cause of the symptom in 74% of cases were attributed to “psychosocial stress.”* In another 10% the symptom was attributed to a psychological issue. **Only 16% of the symptoms were due to an abnormality of a body organ.**

# REVIEW OF FUNDAMENTALS

*From the Pretty Good Selling book: Twelve Two: How to Transform Your Mind, written by R. Lance Parker, Ph.D.*

Fundamental #1

Don't control the past, future, or what others think, do or feel.  
Do control the present, what you think, do and feel.

Fundamental #2

Should (must, have to, need to, gotta supposed to, expect).  
Is it a LAW? No? Then reframe as a preference (want, desire, dream).

Fundamental #3

“What if?” (what if this happens, what if they think this, what if I fail). Turn into concern and plan for it. Now, choose what you want to happen. Dream. Set goals.

Fundamental #4

Negative vs Positive Thinking. “Don't want” (don't want to be miserable, don't want them to be upset). Rephrase and say what you “do want.” Can't – Can. Didn't – Did. Nothing – Something.

# Step #1: Decide what you can and cannot control.

## Can't Control

Weather  
Judge's decision  
Spouse's comment  
Traffic  
Case outcome  
Kid's attitude  
Bill collector  
What other's think  
Illness

## Can Control

Car window  
Your performance  
Your response  
Your schedule  
Case preparation  
Your parenting  
Your budget  
How you carry yourself  
Healing

**100% focus of mind, body and deed on the things YOU CAN CONTROL.**

Organize your thoughts on paper or a computer.

1. Write the situations down.
2. Review. Are you adding pressure (should) or creating anxiety (worries)?
3. Rewrite situations clearing up the language (perceptions).



## Make plans:

- Plan for each worst case scenario.
- Plan for how to manage situation as it unfolds.
- Make more than one plan just in case Plan A does not work out.





Now, make a plan to  
create BEST possible  
outcomes:

- Given the situation, how would you like things to work out?
- What would be great?
- What would be best?
- What would be better?
- Write it down and start creating a plan to **MAKE** your dreams and goals come true.



#### Relaxation/Stress Management Techniques:

- Get organized (creates sense of control).
- Clean your environment (sense of effectiveness).
- Routine aerobic exercise ( walk, run, bike, swim).
- Healthy eating.- NO SUGAR – CAFFEINE – ALCOHOL – DRUGS – GO GLUTEN FREE. (Your brain is in your body. Feel better – deal better)
- Schedule times to deal with your stressors and try to limit your time on the stressor to that time (Eat the elephant one bite at a time).
- Develop enjoyable activities (don't let the negatives consume your life).
- Diaphragmatic breathing (you control).
- Meditation and time in prayer (this is an opportunity to build your relationship with God).
- Review your goals and plans and update as necessary.
- Chart progress to keep motivated (seeing progress helps feel less stress).
- Keep track of successes and blessings. Remind yourself of these as often (or more often) than you do the stress.
- Routinely do all the above.
- Routine consultation with others (therapy, pastor, mentor, accountability partner, etc.)

# Best Advice to a Lawyer for Stress Reduction

“Your job as the expert is to do your job and write your report to the best of your ability. It is the plaintiff’s attorney’s job to ask questions that presents the best case for her client. It is the defendant’s attorney’s job to ask questions that presents the best case for his client. It is my job, as the Judge, to decide the best outcome of the case.”

The Honorable Robb Rumsey



And if all else fails, print this out and hang it in an easily accessible location.

