Before we begin..

NOTE: Please come speak to me if you need help finding a professional.

(Common & popular patterns: general advice might help)

(Seek Professional Help)

Symptom Severity

low

high

# psychological injuries

(Today's workshop)

@can_agile #Agile2018 #safety
Working Agreements

- COURAGE: Scrum Team members have courage to do the right thing and work on tough problems.
- FOCUS: Everyone focuses on the work of the Sprint and the goals of the Scrum Team.
- COMMITMENT: People personally commit to achieving the goals of the Scrum Team.
- RESPECT: Scrum Team members expect each other to be capable, independent people.
- OPENNESS: The Scrum Team and its stakeholders agree to be open about all the work and the challenges with performing the work.

Context: Physical Aid

First Aid Kits and Baymax - Hello I am Baymax

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What About Emotional Care?

We spend more time taking care of our teeth than our mind.
If you have a cut and are bleeding, you wouldn’t ignore it.

Reference Definition:
• Entropy: the general trend of the universe toward disorder and death.

=> Psychological injuries get worse if we ignore them.

Q: What might it mean to practice emotional hygiene?

Table Activity: Symptoms

Q: What are signs or symptoms that indicate you might be mentally or emotionally unwell?
Common Wellness issues

Physical
- Sleep *
- Back
- Diet
- Gut
- Fitness
- ... 

Mental, Emotional
- Focus, Concentration
- Failure *
- Loneliness *
- Anxiety *
- Depression
- Burnout
- ... 

Study Area: Sleep

What happens to your body and brain if you don't get sleep
Study Area: Loneliness

Loneliness creates a deep psychological wound.
- Distorts our perceptions
- Makes us believe those around us care less than they actually do

Chronic loneliness will kill you!
- Raises chance of early death by 14%
- High blood pressure, high cholesterol, suppresses immune system
- Scientists concluded that chronic loneliness poses as significant a risk to your long-term health and longevity as cigarette smoking

=> Pay attention to Emotional Pain

@can_agile #Agile2018 #Loneliness #EmotionalFirstAid

Study Area: Failure & Rejection

Failure:
- Are you aware of how your mind reacts to failure? You need to be.
- Don’t let your mind convince you that you are incapable of something
  - ☹️ belief >> feel helpless >> you stop trying >> you won’t succeed
- STOP EMOTIONAL BLEEDING!
  - Fight feelings of helplessness. Gain control. Break negative cycle.

Rejection:
- Low self esteem => more vulnerable to stress and anxiety
- Revive your self esteem. Treat yourself with compassion.

@can_agile #Agile2018 #Failure #EmotionalFirstAid

“I have not failed. I’ve just found 10,000 ways that won’t work”
- Thomas Edison
Problem: Rumination

Definition:

- **Rumination**: the focused attention on the symptoms of one’s distress, and on possible causes and consequences, as opposed to its solutions.

Constant focus on the negative can lead to clinical depression, alcoholism, eating disorders, and heart disease.

Don’t let it become a habit.
- A 2-minute distraction is enough to break out in the moment.
- You can improve your outlook in ~ 1 week.

=> Battle Negative Thinking!

“There are two wolves and they are always fighting. One is darkness and despair. The other is light and hope. Which wolf wins?”
- Tomorrowland
First Aid: Meditation

**Mindfulness** - How Can You Be More Present? In the moment?

**Meditation** - a means to help you be present.

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Action: Heal Psychological Wounds

- Get more sleep
- Take action when you’re lonely
- Change your responses to failure
- Protect your self-esteem
- Battle negative thinking
- Be more attentive to experiences in the present moment

=> Practice. Build emotional resilience.
**Action: Build A Monitoring Kit**

+ Daily human contact/touch
+ Make your Happy Playlist [music/comedy] (to battle rumination)
+ Care for another living being (e.g. plant, pets, people)

**References**

YouTube: My *Salubrious* (Wellness) channel:
- [https://www.youtube.com/channel/UC2hrpr2iDsfKSHwZqjOFgTwA](https://www.youtube.com/channel/UC2hrpr2iDsfKSHwZqjOFgTwA)
  - Reference videos on: Sleep, Stress, Mindfulness, Conference talks
  - Music: Happy tunes playlist, Stress-reducing playlist

And More:
- Book “The Anti-Anxiety Toolkit” - by Melissa Tiers
- Book “Feeling Good: The New Mood Therapy” - by David D. Burns
- Book “Genius Foods” - by Max Lugavere (brain health)
- Psy-TaP.com - collected quick neuro-science techniques by Kevin Laye
- HappyMelly.com - join the *Happiness At Work* movement (podcasts & more)
Please Be Well,
Dear Coach.

Paul Carvalho

*Ask me about*: Agile, Lean, Quality, DevOps, Leadership & Happiness

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