

Fastest Way To Prepare

A dramatic image of a city skyline, possibly New York City, with a massive, jagged crack running through the center. The crack splits the city into two halves, with debris and smoke rising from the fissure. The sky is overcast and grey, adding to the sense of impending disaster or crisis.

MODULE 5

MUST HAVE ITEMS
IN PSYCHOLOGY

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Module 5: Must Have Items In Psychology

In this module we are going to talk about psychology for survival and how to prevent post-traumatic stress disorder. These are two huge topics for survival and preparedness and when I say huge, I mean they are very-very important. It can mean the difference between life and death - more than any single item that you have with you or any bunch of items that you have with you. And fortunately on that same note, what you have in your head you have got with you whether you have got any supplies with you or not. So again it's just an incredibly important topic.

One neat thing about this module is that most of what we cover in here, you are going to be able to take action on immediately after we finish this and you are going to own the information. You are going to be able to use it in the future without a whole lot of training, without a whole lot of practice, basically just knowing a few fundamentals. There are some things that you are going to want to practice and we will go over which of those things you do want to practice.

So in survival there is a rule of threes and the rule of threes is that you can survive without food for three weeks. You can survive without water for three days. You can survive without air for three minutes, but there are many cases where you can only survive without a clear head for three seconds and this is a huge issue. Let's look at a few examples - one would be if you are underwater and you breathe in instead of holding your breath, that's a case where boom!! You've basically eliminated/reduced your chances of survival.

Another example is if you panic in a bad situation. Let's say you are somewhere where you need to balance or you are high up off the ground, or even in the middle of a violent physical altercation - if you don't keep a clear head you can be done very-very quickly. And another thing is quite frankly you can have a heart attack. While you won't die immediately; essentially you will be walking dead if you have a heart attack in a situation where you cannot get outside help to take care of the situation. And these are just some of the reasons why psychology is so vital in a survival situation.

Three keys to survival psychology are a positive yet realistic mental attitude, having set goals that you can follow to basically know that you have something to live for, and adequate sleep. Adequate sleep is huge. Now, when we talk about a positive and realistic mental attitude, the first thing I want to tell you to do is throw away your rose colored glasses. They are not going to help you. If you are delusional it doesn't help. If you are trapped in the middle of a blizzard and you keep you telling yourself, 'Oh this is great, we are on a beach, it 70 degrees or 80 degrees or 90 degrees' it's not going to help your situation.

What you need to do is say I'm in a blizzard. I don't have adequate supplies. If I don't take care of things quickly I'm going to be in a world of hurt, so I better get moving. One thing to note, there is a great book called the *Survivors Club* and in there he talks about how during Vietnam one class of people who consistently died first in POW camps were the optimists. And the reason is it goes back to the rose colored glasses and not having a firm grip on reality. And people would say things like "If I just make it till Thanksgiving they are going to rescue us at

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Thanksgiving”. And it would get them to Thanksgiving, but it wouldn’t get them a week past Thanksgiving when rescue hadn’t come.

The people who did better were the ones who said, ‘I’m just going to figure out how to make it through the day’ or ‘I’m just going to figure how to make it through this week’ and not saying that rescue is going to come, instead saying, ‘I’m just going to figure how to make it through and I got to do what I need to do and I know I don’t have a set end in sight and so I better just pace myself. This is a marathon and not a sprint and if I sprint towards Thanksgiving and there is no finish line then I know that’s not a good thing.’

So same thing with a survival situation; you’ve just got to be realistic about your situation, accept it and deal with it. One of the ways that you can do this is to focus on what you have, what you have got control over and what you can do to affect change in your environment. If it’s after an electromagnetic pulse and there are no electrical devices working, you’ve got to just accept reality. That’s something you don’t have control over. What you do have control over is your attitude. What you have control over is what actions you take on a daily basis to improve your survivability. And another thing which sounds so-so simple and that’s because it is, is to practice being thankful. It’s very easy and everyone knows this. If you are in a situation where you have illness in your family, if you are in a situation where you have experienced a loss. If you’ve got relationship issues, if you’ve got financial issues, if you’ve got issues at work, it’s very-very easy to focus on those and just let it drag you down and turn you into a negative, bitter person. So it’s so important to develop the discipline of being thankful for what you do have. I have talked with paraplegics and quadriplegics who practice this on a daily basis and they are great people to be around because they are thankful for what they have.

I’ve talked with people who are in chronic pain who are thankful for what they have. It doesn’t change the fact that they have chronic pain. It doesn’t take away the pain, but it allows them to have a much fuller life by being thankful for what they do have.

On setting goals this is just a huge thing. There is a story about a guy who, I believe it was in the Sonoran desert; he was flying his airplane and crashed. He survived for about a week or ten days walking through the desert with no supplies whatsoever. How did he survive? He should have been dead. The reason that he lived was because he was in the middle of a divorce and there was no way that he was going to give his soon to be ex-wife everything. He knew she was going to get half, so he just absolutely refused to die, and that fire inside kept him going.

Now that’s not necessarily a good fire to have inside, and hopefully most of you don’t have that fire inside, but you can have other fires inside. You can have family, you can have faith, and you can have patriotism. Who knows what the reason is going to be for you? Something has to give more reason to live than to let you give up because things get rough. Things get rough in everyday life and things get really rough in a survival situation or after a disaster.

One great story that I love is about prisoners in Vietnam who practiced golfing in their minds while they were in their prisons; and what they would do basically, and it sounds funny because

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it has been used as a punch line in so many movies, is they went to their happy place. They went to their favorite golf course in their mind and golfed it, every single day in as much possible detail as they could give to the dream and goal. They imagined the colors. They imagined the smell. They imagined how the wind felt. They imagined having good shots, bad shots they had to recover from, everything; and interestingly enough that some of these guys, one in particular, did very-very well when he got off the POW camp and came back to the United States and played golf even though he hadn't touched an actual golf club in years.

This is also called disassociation and you want to be careful with that when you disassociate and basically ignore the reality that you are in and create an alternative reality in your mind. It can be good or it can be bad. You just want to keep things straight in your head of what reality is and what reality isn't.

Another thing is you need to have and we have talked about this before, smart goals. You want to have specific goals. Goals that have a number attached to them are wonderful because it means that there is concrete time when you achieve the goal. There is a concrete goal that you are getting too. You want it to be measurable and again numbers weren't great with this. I want to be X weight by X day or I want to have X gallons of water stored up by X day anything like that.

Next thing is achievable if you say 'I want to have 20,000 gallons of water at my house by the end of the day today' and the only way that you have to get water is to transport it from a stream that's a mile away and all have got to transport it is buckets. It's not achievable and the end result of that is sure you are shooting for the moon and you are setting crazy goals, but you are not going to achieve them. And pretty soon your mind is going to realize that and it isn't going to give any significance to the goals that you set because it knows; it's been conditioned to know that you don't achieve the goals that you set.

Next thing is you want the goals to be realistic and this goes along with being achievable and finally tangible something that can feel, touch, taste and smell. The goals need to be something that you are absolutely positive when you have achieved them.

The next thing is sleep and a lot of people think that sleep is an indulgent and they say things like 'I'll sleep when I'm dead or warriors don't need sleep or we'll sleep when the battles is over. It's really pretty ridiculous even though it's done continually and I want to read you a quote from the article Ethical Standing for Command or Self Care what they call the need for sleep. 'It's time to critically reexamine a love affair with stoic self denial starting with the service academies. If an adversary can turn our commanders into sleep walking zombies from a moral point of view the adversary has done nothing fundamentally different than destroying supplies of food water or ammunition. Such could be the outcome despite our best efforts to counter it, but we must stop doing it to ourselves and handing the enemy a dangerous and unearned advantage.'

Now granted, this for war fighting, but a lot of lessons our troops are learning in war we can apply to our survival situations and sleep is one of them. If we go without food or water we are going to perform at a diminished capacity. If we go without sleep, we are going to perform at a

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diminished capacity and it doesn't matter what you do to try and get around it, the fact is you need sleep to perform at optimal levels.

Some of the things that it impacts are; judgment, immune function, the ability to heal, the speed that your brain can think and the speed that your muscles can twitch, flex, and react. It takes your brain longer to realize that stuff is happening or latency and it takes longer for you to react once your brain does realize what's happening. It affects complex thoughts and motor skills. It affects memory and it affects your ability to learn and this is perhaps one of the most important things it affects your mood and inner personal skills. Frankly you get to where everyone knows this, you get to where you are not nice to be around because all these different things are being affected and you just can't function with other people as efficiently as you know you can.

Now all of these things are bad from a survival stand point. If you get into post disaster situation where you need to be firing on all cylinders you don't want your judgment hampered. You don't want your immune function hampered. You don't want your ability to heal hampered. You need all this things working at a 100 percent and the way that you do that is you get enough sleep and it goes directly against what has become common thought. Common thought is you stay awake and push through and if you sleep you are weak and in reality that's just bonk.

Real life doesn't work that way, in study after study after study after study has been done to try and get around this limitation that the human body has and it just can't be done. Militaries have done it, executives have done it, special operations forces have tried to get around this limitation of sleep and it just doesn't work. There has been some people who have promoted being able to sleep fours a night and function at a 100 percent, and in reality it just doesn't work out. There are a few people who are able to do that, but the vast majority cannot. The vast majority of people start having short comings in all of these areas when they start cutting back on sleep or cutting back from quality sleep.

Now let me put this to you another way; do you want to try and make it through a survival situation while you are drunk or while you are sober? Another way to look at it is if you are partnered up with somebody after a disaster do you want them to be drunk or sober? And here is why I ask this. If you go 24 hours without sleep its equivalent to a 0.08 percent blood alcohol level which is legal intoxication in I believe every state in the US and it's at or higher than the legal intoxication limits around the world.

So just think about that as your trying to push through and do an all-nighter or push through and get stuff done. At some point you are going to have to make up for it. You may as well go out and have a few drinks and try and get stuff done as go 24 hours without sleep.

Now the other thing that people do is they try and cut back a couple of hours a night saying that it won't hurt them and in reality this catches up also and it catches up quite quickly. Just cutting out a couple of hours of sleep at night for two to three weeks also puts you in that legally drunk category. I cannot stress enough how important it is to get sleep and how important it is on your

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performance, your physical performance and your mental performance not only in a disaster, but before a disaster.

You know what this works out to being legally drunk puts you at 50 to 70 percent effectiveness. So if you are going with six hours of sleep at night. If you switch, if you want a really quick way to get a 20 to 50 percent increase in productivity all you need to do is sleep a couple of hours at night and you will lose a couple of hours a day, but the hours that you are awake you will be so much more efficient, it's just absolutely amazing the difference that it makes.

Alright so one of the main ways that people try to overcome the need for sleep is with stimulants and long term... it just doesn't work. Short term there are some benefits to it, if you are trying to stay away for a 24 hour period of time, 48 hour period of time and once you start getting beyond that the brain or the body just needs sleep. But I want to cover a few of this because there is a lot of talk about them and they are very widely used and abused and it's good to know some of the background on.

Nicotine is very ineffective for staying awake and one of the proofs of that is the number of people who fall asleep smoking and start house fires. The next one caffeine and caffeine does work very well especially if you are trying to stay awake for if you are trying to do an all-nighter it will help keep you relatively effective, not incredibly effective but more so than if you don't do anything. But the down side is that it has a pretty significant impact on the adrenal system and blood sugar levels. For a lot of people they end up having less energy over a four to six hour period with caffeine and drinks than if they wouldn't have done anything at all. And a lot of the reason for that is because of the sugar that they have with their caffeine, but it's just not a real clean drug to use. There is a lot of downside to it. It's everybody, not everybody but a lot of people in the US use caffeine and I'm not saying it's horrible to use. It's just very easy to abuse and it's very easy to take it in quantities and timing that hurt other systems in your body.

Another drug that has been used for years by the military and civilians for staying awake for long periods of time is dextroamphetamine or Dextrodrine. It does its job well. It does keep you awake and keeps you effective. There are a few of course a few problems with them. One is addiction it is something that you can get addicted to. Another is it affects mood and interpersonal skills and kind of the way it does that is it makes you very effective at tasks and kind of limits your ability to understand the human element of decisions.

So yes you can get stuff done, but yes you might make decisions that hurt people around you and cause long term consequences. It's a truth that you kind of need to understand before you decide that you want to use to be able to stay awake for 24-48 hours straight.

Another one is Adderall several of the amphetamine based ADD and ADHD drugs. Adderall is basically a combination of four amphetamines including dextroamphetamine. It has a lot of the same problems. There is a crash at the end. It causes of the relationship issues. It causes hyper focus to the expense of the human element, you still need sleep afterwards. If you stay awake for two days on it and miss two sleep cycles third sleep cycle when you actually do go to sleep you

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may not to sleep enough to replace the two nights that you missed, but you are going to have to sleep a significant additional amount.

So it isn't something that you can use on a sustained basis to avoid sleep. You can use it to stay awake and which is what some people do. You really can't use for extended periods of time for avoiding sleep.

Now one of the more popular drugs right now for alertness and being able to work for long periods of time is modafinil or Provigil and its in use not only by executives in a lot of companies especially tech companies, pilots and lots of different military personnel who are over in Iraq and Afghanistan. And this it is none addictive which is very good, but there is also the problem with this that the other ones have and that is that you can't just avoid sleep. Your brain has to have sleep your brain has to have sleep to regenerate. You need it to replenish hormone levels. You need it to replenish other chemicals in your brain and you just can't avoid it.

You can postpone it and if you are going to use any of this, this is probably the cleanest one to use with the fewest side effects, but it will not eliminate the need for sleep. You still need to get good solid sleep.

So what is the solution? The best solution is actually sleeping and you can do this with naps. You can do it with a solid seven to nine hours of sleep at night. If you can get a solid night of sleep and need to nap there some tricks to taking naps. One of them is to sleep when your body wants to sleep and a lot of times that is going to early afternoon and early morning. Another thing is to be aware of is that if you sleep for much more than 20 or 30 minutes at a time you are going to have what's called sleep inertia and everyone's is familiar with this when you wake up from a long nap and your groggy and you just can't get going, cant clear out the cobwebs.

So what you want to do is, if you have a choice between taking an hour and a half nap during the day or three 20 or 30 minute naps take three 20 or 30 minute naps because if you need to wake up and perform right away you will be able to with 20 or 30 minute nap where as you won't be able to with a longer one. And this doesn't eliminate the need for sleep, but it does improve performance and lets you go longer periods of time with less sleep.

Now ideally you are going to have four factors in place when you sleep actually six. Well I'll just tell you the two that I don't have written down here are proper hydration, you ideally don't want to be starving, you don't want to be hungry, you don't want to have low blood sugar. But other than that the conditions that you are looking for are a dark room, a quite room, a comfortable temperature and safe so that you can actually switch your mind off and go to sleep. It's really important to have a dark quite room and personally we use block out shades at home to keep our bedroom as pitch black as possible and it makes a huge difference in the quality of sleep that we get.

Now one thing that everyone knows is that even if you got ideal situations, when you are going through a stressful situation or when you have recently been through a stressful situation your

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mind races and I call those the demons that keep you from sleeping. They maybe from past engagements if you are a soldier or a police or do contract security or other things that have put you in life threatening situations or it could be from fire and EMS personnel or just anyone who has seen a traumatic event that they think about again and again. And going through survival situations there is normally a trauma that has happened at the beginning of it to put you in the survival situation and then there is normally more traumas on top of that.

It could be as simple as a fire burning down your house and almost everything that you own and something's are replaceable with insurance and many things aren't, but it's important to know how to turn this off without using drugs or alcohol because drugs or alcohol will let you shut your eyes and keep them shut, but it won't necessarily let you get the sleep that you need in the deep stages of sleep that help the brain and body regenerate.

Now one of the ways to do this is with free writing and free writing is basically just sitting down with a pen and padded paper or sitting down at your computer and getting all of the thoughts in your brain out on paper and it could be the things that are bothering you. It could be good things, it could be bad things just whatever is front and center of your mind write it down and then next to it write down the feelings that you have got about it and the thoughts and just this process of writing stuff out and organizing your thoughts in such a way that you can write them down makes a huge difference. It's really, it's amazing and in its simplicity and effectiveness.

Next thing is also very simply it's called deep breathing and basically what you do is breath in using your diaphragm and when I say using your diaphragm what I mean is you want your lungs to expand downwards not your chest to expand upwards. And so one way to tell if you are doing this is your belly will go outward when you are doing deep breathing. Many people even in the middle of a stressful situation if they lay down and do 10 to 20 deep breaths where they breathe in for a three for a count, breathe out for a three count, breathe in for a three count, breath out for a three count.

They will fall asleep without anything else and it will be a very good sleep and one of the reasons for this is because your brain is focusing on the breathing. Another thing is deep breathing oxygenates your mind and your muscles and it gives you a state of well-being and kind of lowers your defense system, lets you get to sleep.

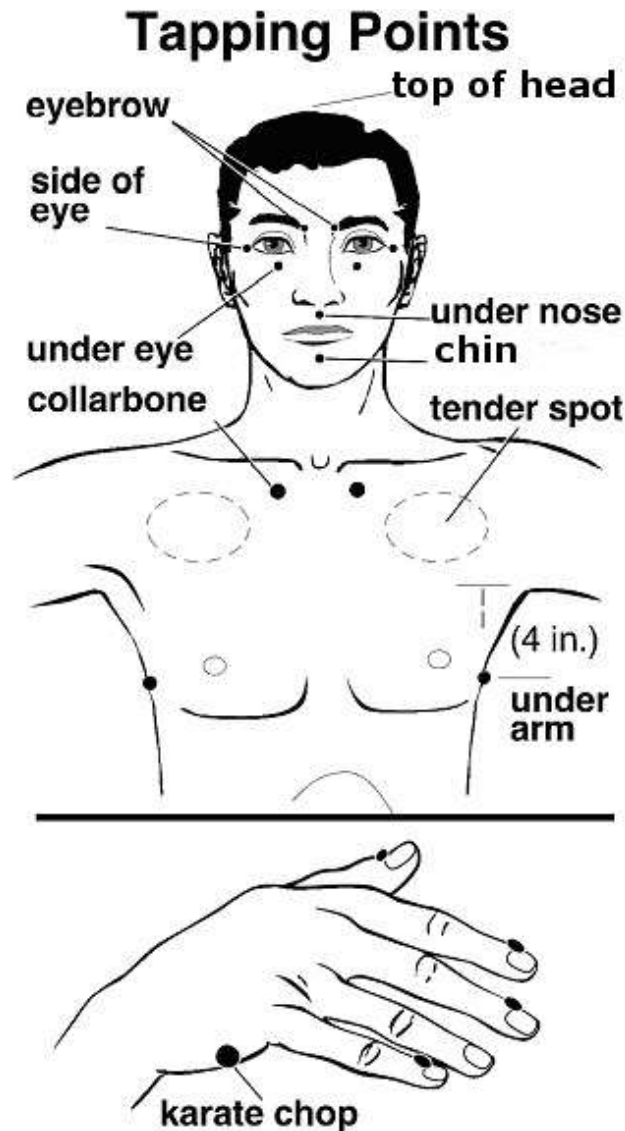
Another thing is meridian tapping and I'm going to get into that because this is kind of a biggie. It's very-very effective and it's somewhat controversial. I'm going to start out by saying that is one of the craziest whack jobs, hokey this I have ever seen and I really don't want to talk about it because it's one the craziest whack job hokey things I have ever seen. The reason I'm going to talk about it and the reason I want you to know about it is because of how well it works regardless of the fact like it doesn't look like it should. It looks kind of ridiculous.

Two popular names are EFT or emotional freedom technique and TFT or thought field technique. Both of this have aspects to them that I don't necessarily like, if its hokey to start with

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there are some parts of it that are very hokey that I just won't do, and I have not found any lessening in the effectiveness by getting rid of the very-very hokey parts of it.



Basically what you do is you tap on meridians and these are acupuncture and acupressure points. There is no magic behind it. I don't necessarily agree with chi or that stuff and if you do that's fine it's just not something that I agree with. But there are several basic sequences that you can do and here is a very basic way to do it and you don't need to write any of this down. You are going to have a copy of the presentation and I'm also going to recommend a couple of resources for you, but what you do is you focus on what's bothering you and write the intensity from one to ten.

I will give an example let's say there was a terrorist attack and that's specific enough what you need to focus on is the consequences of that terrorist attack that are specifically bothering you, like you lost a good friend or the economy crashed or the electrical grid got shut down. Whatever it happens to be you want to get as focused and granular as possible and you may end up doing this a few times for a few different things, but then what you do is you tap points mostly on your face and head for five and to 10 seconds each in order and I'm going to tap next to the microphone so that you can kind of get an idea of the tempo.

It's fairly rapidly and again you want to do it for five to 10 seconds and what you want to do is you want to tap the eyebrow on the inside by the bridge of the nose, the side of the eye. So here is the eye brow, the side of the eye, under the eye on the bone, under the nose and the soft spot right below the collar bone about an inch inside the sternum. Under the arm and then the karate chop and you can do that with the karate chop point of one hand hitting the karate chop point of your other hand.

Now again it does seem quite odd again, you know I was very hesitant to talk about this because it's not believable to me, but it works. I have used it myself several times over almost a decade

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and it works. It works for me and it has worked for every single person who I've suggested it to and if I wouldn't have the great history and experience with it that I do I wouldn't even think about sharing it with you, while you are doing that, after you do the karate chop, you want to go back to the point that's under the collar bone and one inch outside the sternum and keep tapping on that.

While you tap on that you want to look down into right and up into the left and so it's a diagonal and when you do that basically what you are going to do is you are going to do start doing X's with your eyes while your eyes are closed. From down into the right to up into the left and then down into the left and up into the right. After you are done with that you are going to roll your eyes in one direction counter clockwise and then roll them in the other direction clockwise. Then hum five seconds of any tune happy birthday, Mary had a little lamb whatever you want it to be. Count out loud to five and then hum another five to ten seconds of the song.

Again I can say this enough how odd it seems. I can't say it enough how wacky it seems. I can't say it enough how much I don't understand how this works, but I know it works and it has worked for tens if not hundreds of thousands of people and if you try it once in my case I didn't believe it would work and it worked. In most of the people that I have introduced it to they didn't believe it would work. It worked. You don't have to believe in it for it to work. It just does.

Here are some of the finer points of it. You want to focus on the specific thing that's causing you anxiety or causing you to not sleep or whatever it is. Many of the people who teach emotional freedom technique and TFT suggest that you say affirmations while you are doing the tapping, while you are doing the EFT and it's just I can't bring myself to do it. It's too corny and it works without using them. The affirmations they want you to say or something like, 'Even though my house burned down I deeply and completely love myself.' While it's true that I do love myself I don't have a need to say it.

The technique works without doing that so I have just completely stopped doing that for the last several years and I have talked with instructors who have also stopped doing that because it just didn't feel right to them. What you are going to find is if you at an eight to ten intensity on whatever is bothering you and you use the EFT techniques you are going to find that it immediately within a couple of minutes drops down to sometimes one or a two but at least a four to a six and you can do it again and drop it down to a one or a two and in many cases go from having something that's eating away at you or keeping you up for hours at night to being able to sleep right away.

So this is just incredibly valuable and other times you are going to have multiple issues that you are dealing with and wrestling with and this can help you take care of multiple issues by just working through one issue then work through the next issue then work through the next issue until your brain has quieted down enough that you can drift off to sleep and again I don't know why this works further more I don't believe it should work. I just know it does and it's meant being able to go to sleep with drugs or alcohol for many, many friends of mine who have dealt

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with very traumatic things. If you are soldier it's not uncommon thing to have dealt with nasty, nasty stuff.

This is the way that I have been able to help a lot of friends to sleep at night without drugs or alcohol and do it in minutes. So it's very-very powerful. Personally I have used it for dealing with stressful issues. Stress's before events. I have used before free diving to slow my heart rate. I have used it before doing precision shooting. I have used when I had had allergic reactions to slow my heart rate and actually slow down or stop the histamine response. It wasn't an anaphylactic type allergic reaction, but it was an allergic reaction that had predictable results that I was able to counteract by using EFT and another neat application that I found for it was triggering endorphin releases on multi hour runs.

Normally it's called runners high, normally it just kind of happens or doesn't happen and it's not very predictable and by using EFT you can actually make it much more predictable and once you get that endorphin release for me any how I can run extra hours. So it can be a huge, huge advantage or benefit when you are doing endurance events. A site that I want to suggest that you go to is EFT.Mercola.com they do talk about say affirmations. They have a slightly different basic recipe than what I talk to you about, but the fundamentals are all there.

There are a million ways to skin this cat and a lot of it depends on who you are talking. Whether they are trying to brand the EFT for there particular purposes or whether they are just trying to tell you the most effective way to make it work. I don't really have a horse in this race. I just know it works and I like it a lot and know that it has helped several friends of mine and I know that it can help you as well.

The next thing is post-traumatic stress disorder. Pretty much anytime you have a disaster or you have found yourself in a survival situation it has caused a psychological trauma which if you don't deal with it can disable you. It can take you back to what I was talking about with needing drugs or alcohol to go to sleep at night, it can affect your day to day life and there are several names for it. They have been several names throughout the year, shell shock, battle fatigue PTSD et cetera. They are basically the same thing. It's un-dealt with traumas to the brain and not physical traumas, but psychological traumas.

And you can have them not only from combat, combat is the most common exposure that we have to the terminology, but also from just an accident, a car accident or some other accident where you get hurt or somebody around you gets hurt or you see somebody die or get hurt very badly after a disaster or after a loss either of a loved one or of items and the post-traumatic stress disorder can kick in immediately six weeks later, six months later 18 weeks later, 18 months later. There are different time frames when it can kick in. So it's something that you want get in front of and get control of before it sneaks up on you if you have experienced a traumatic event.

Fortunately it's very simple to do this and in fact it can help reduce PTSD incidence by up to 80% and this has been shown on studies of first responders after mass causality incidences. It's as simple as riding and talking and basically what you need to do or what you want to do is

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organize your thoughts and feelings about what happened enough that you can put them down on paper or talk to someone about it. It doesn't have to be incredibly readable. It doesn't have to be presentation quality. The big thing is you need to put words to what happened so that the mind can deal with it like I talked about with sleeping. It can mean the difference between sleeping with or without drugs or sleeping at all so just the simple act of writing and talking makes a huge difference.

Another thing I that I want to suggest if you are interested in going further with this is getting CISM certified and its critical incident stress management. CISM is basically psychological first aid for post disaster incidence. It doesn't mean that you are a doctor. It doesn't mean you are a psychiatrist, it doesn't mean you are psychologist; it doesn't mean you are a counselor. Taking to the physical trauma it doesn't mean you are a doctor, it doesn't mean you are a paramedic; it doesn't mean you are an EMT. This is first aid. It's not the heavy lifting, it's the initial work and sometimes first aid is all people need and sometimes if you don't get first aid you bleed out.

Sometimes first aid is what you need to survive until you get to a higher level of care and it's the same thing with psychological incidence. Sometimes its first aid is all you need. Sometimes you need a significant amount more. You can do a search on Google for CISM training or critical incident stress management training and find what's been offered in your area and a lot of times it s going to be through churches or other entities that are dealing with disaster recovery.

Now this is just such a force multiplier to understand all of this. Peoples efficiency productivity and level of judgment is affected by their psychological state and so if you look at, if you are in a group of six people would you rather be teamed up with five lifeless energy sucking emotional vampires or would you rather be with five positive can do people in a survival situation. Which one you are with can easily determine whether you live or die and it's just that important, but one of the things is before an incident you want to try and pick out people who are positive can do people.

The other thing is its incredibly valuable to be able to alter other peoples psychological states what I mean by this is focus on what influences your mood and then figure out how you can use that knowledge to influence others. To try and take them from being energy sucking emotional vampires to positive can do people who are going to increase your survivability. Some of the quick and easy things are watching blood sugar levels of the people around you.

Watching their eating habits, so are they eating sugary foods or healthy foods, whether they get enough sleep at night? Getting them to set and talk about goals, getting them to practice the art of gratitude encouraging people and respecting people and letting them know that you appreciate them and respect them and that you think that they are key and vital for your group's survival. And by doing this and it's much easier to pull people down than it is to look them up, but by combining this factors the food sleep goals, gratitude encouragement, respect you have a better than descent shot of turning some around and making them a true asset to your team.

FASTEST WAY TO PREPARE

Module 5: Must Have Items In Psychology

This is something of course that you can practice immediately. You can practice it with family members, friends co-workers et cetera. It's not unnatural it really isn't. It's a discipline and it's something you got to practice and do but it's worth it because it makes the sun brighter. It makes the days go by better and it makes bad times much easier to go through. So that's it for this module again there will be resources in the member's area. Let me know if you have any questions by contacting me through the member's area.
