

# SHIFT HAPPENS

## AND WHAT TO DO ABOUT IT

1

Lions and tigers and bears – oh my!

Midwesterners – “I will never live in California. They have earthquakes there!”

Californians – “I will never live in the Midwest. They have tornadoes! And blizzards! And floods!”

3

## Life is full of shifts

External shifts - outside our control. In the last 16 months, what shifts have you experienced?

- External shifts –weather, pandemics, disasters, economic, political, health-related, family-related.
- We've seen all of these plus shifts in our social lives and community connections.
- More to come, unfortunately.
- Change and inconsistency are our new constants.

4

For most people in most places, the hazards are simply part of the scenery and experience.

We can choose to be okay when shift happens – earth shifts, weather shifts, health shifts...life shifts.



5

## We are full of shift, too



### Internal shifts –

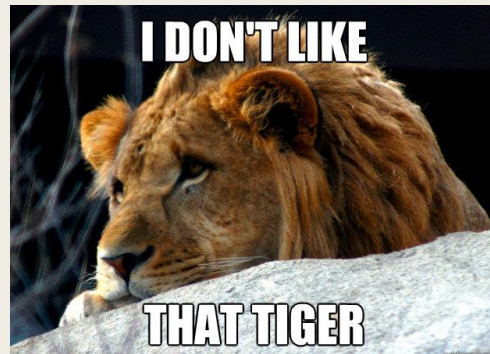
- Our cognitive, emotional, physical and spiritual reactions to external shifts.
- We can manage our internal shifts...or they will manage us.
- Unmanaged internal shifts are more likely to harm us than help us.
- We can trade our *reactions* for *responses*.

6

## The unmanaged “shift” in us

When we do not manage the internal shifts, they may lead to the following “D” words:

- Disengagement
- Disinterest
- Distrust
- Dysregulation
- Dread or despair
- Distance



7

## Shifting the “shift” that happens

The “D” words above are all symptoms of burnout.

- Unmanaged reactions may lead to burnout.
- Vast collection of books, seminars, blogs, and TED talks.

Rather than focus on the negative stuff and how to avoid it, we are going to focus on initiating your own positive internal shift.

How do you begin choosing your positive responses?

8

## Shift with intention

### “Mind the gap”

"In between stimulus and response there is a space. In that space is our power to choose our response. In choosing our response lies our growth and our freedom."

- Viktor E. Frankl



9

## Shift your thinking

Embrace distress as eustress

“The problem is not that there are problems. The problem is *expecting* otherwise and thinking that having problems is a problem.

- Theodore Rubin

Expectations are key.

What are you doing to manage your responses?

“Stress is not what happens to us. It is our response to what happens. And response is something we can choose”



10

## Managing your internal narrative is key

When life is stressful,  
do something to lift  
your spirits...

Go for a drive, go two  
or three thousand miles  
away. Maybe change  
your name.



My Doctor told me to  
start killing people.



Well not in those exact words.  
He said I had to reduce the  
stress in my life.

Same thing.

11

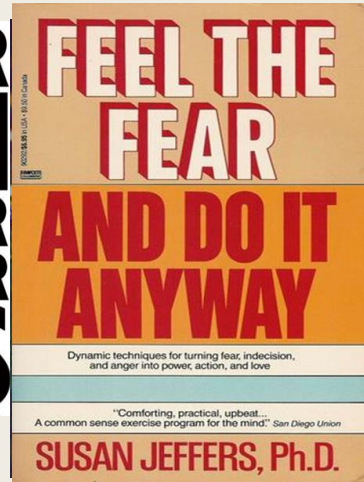
## Managing your internal narrative is key

"STRESS IS NEVER A GIVEN. THERE ARE PEOPLE WHO GET DIVORCED AMICABLY. THERE ARE PEOPLE WHO PACK UP AND MOVE WITH NO EMOTIONAL TOLL. THERE IS NO STRESSOR 'OUT THERE' IN THE WORLD. WE EXPERIENCE STRESS - OR WE DON'T - DEPENDING ON WHAT WE BELIEVE."

ANDREW BERNSTEIN

How can you expect to live a positive life if you keep listening to your negative thoughts?

LET YOUR  
FAITH  
BE BIGGER  
THAN YOUR  
FEARS



12

## When you control the shift in your life...

You begin to live intentionally - not reactively - you choose your responses to the situations in your life. Following are factors I use in choosing my responses:

- Purpose - what am I here for?
- Positivity - I limit my expectations and view problems as opportunities.
- People - I care for others and limit self-interest.
- Passion - faith, purpose, growth, and mission drive my responses.
- Peace - come what may, I will find goodness and grace.

Outcome: pro-active growth even in hardship and potential disaster.

13



## Summary

1. Shift will always happen – accept it as opportunity.
2. Internal shifts are under your control if you choose wisely.
3. If you do not choose to respond intentionally, you risk negative impacts and burnout.
4. The key is to “mind the gap” and choose intentionally and positively.
5. Embrace the shift – turn distress into eustress.
6. Manage your internal narrative.

14

## Thank you!

The greatest weapon  
against stress is our ability  
to choose one thought over  
another.

*William James*



Timothy Denney

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15