
Reframing Perspectives: An Introduction to the CEO Analogy (and a bit of mindfulness!)

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- Psychologist (Health)
 - Focus on people with Multiple Sclerosis
 - Working 4 days per week
 - Eastern Health MS Service
 - Private Practice
 - Search for a thesis topic...
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Things to Consider

- Health & Wellness Framework
 - Education
 - Exercise & Nutrition
 - Medication & Symptom Management
 - Employment & Practical Strategies
 - **Stress Management**
 - **Psychological/Emotional/Social Support**
 - **Spirituality & Finding Meaning**
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6 Things to Try

- Self Identity – a Jigsaw
- CEO Analogy
- Communication Continuum
- Identifying the Stress
- Living in the Moment (Mindfulness)
- Active Relaxation – e.g. Smiling Mind

Handouts Available

The Jigsaw Analogy



Looking at Self Identity

From when we are born:

- Corner Pieces – genetics, family history
 - Straight Edge Pieces – upbringing, role models, personality factors, experiences
 - Middle Pieces - by design, as well as unplanned opportunities and influences
 - Unspoken Expectations for Future
 - Laminate it! Self Identity done.
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The Jigsaw Analogy

First Symptoms & Diagnosis:

- Laminate peels
 - Jigsaw thrown into air –Self Identity in disarray
 - Some pieces return/some are gone
(despite what people say)
 - Identify what you still know to be true
 - Work hard to find, by design (or opportunity),
new pieces to fit
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Reframing Perspectives

- How do you view yourself?
 - Are you aware that ‘their’ journey with MS
is not your journey with MS?
 - How do you view your ‘relationship’
with MS?
 - Controlling MS v Managing MS
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Self Talk

- 'I'm not doing this' 'I'm in control'
- 'It's not going to control me'
- 'I won't let it win' 'I am going to overcome this'

Leads to Health Promoting Behaviours

However if Symptoms Worsen, language changes to:

- 'It's my fault' 'It's winning'
 - 'It's beating me'
 - 'I'm not in control'
-

How do you view the condition?

- Shift approach from 'Controlling the condition' to 'Managing the condition'
 - Just semantics?
 - Self talk is powerful and integral to self-efficacy, resilience, and to one's belief in their ability to overcome future challenges
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Actively Build Support

- Build/Employ a Team
 - Health Professionals
 - Friend/Family Support
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The CEO Analogy

- Everyone has one job in life – to have the best life ever
 - To your identified standards/objectives
 - The CEO of a company has one job – to have the best company ever
 - Be objective. Be strategic.
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The CEO Analogy



"Maybe it's time to update our mission statement."

You are the CEO

- All very well and good for 'others'...
but where does MS sit?
 - Appointed by 'The Board of Directors'
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You are the CEO

- Who are your top level execs?
 - Knowledge and skills
 - Good fit with the Company
 - Behaviour in meetings
 - What is the culture of communication in your organisation?
 - Who could you employ as consultants from time to time?
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You are the CEO

- Outline the departments within your company – be specific
 - What is the policy attached to each department
 - Where are your red flags (current action/outcomes not in keeping with company policy)?
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You are the CEO

- Red Flag examples:
 - Time Management
 - Exercise
 - Solutions?
 - Rewrite the policy, or
 - Start prioritising your adherence to the policy that YOU, the CEO, wrote to meet broader company objectives
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The CEO Analogy



Strategic Communication

- Children, Parents, Siblings, Work Colleagues, Manager
- To Inform, Empower, and Enable
- Strategic communication does not mean 'comfortable communication'
- Where do you sit on the continuum?

MS Communication Continuum

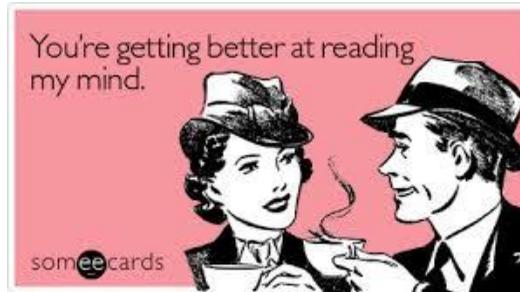
'Everything's fine'

Refuse to complain
 Don't want partner to worry
 Don't want label of PwMS
 Forgo honesty in relationship
 Don't let partner into your reality
 Unrealistic expectations of partner's knowledge/ understanding

'It's all about me'

Partner feels unable to help
 May tune out
 May avoid
 Changes dynamic of relationship
 Unable to see past symptoms

Communication



Stress



*"I can't worry about that now.
I'm worrying about something else."*

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Triggers of Your Stress

- What are your 'Daily Hassles'?



Triggers of Your Stress

- What are the sources of chronic stress in your life?
 - e.g. finances, relationship difficulties, health concerns

 - Which of these:
 - can be controlled/changed by you?
 - are out of your control?
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Managing Stress

- 101 – write it down/reduce the noise
- Establish routines (*just like toddlers*)
- Practice active relaxation (*not just escapism*)
- What are your ‘daily joys’? & What are you looking forward to?

Handout Available

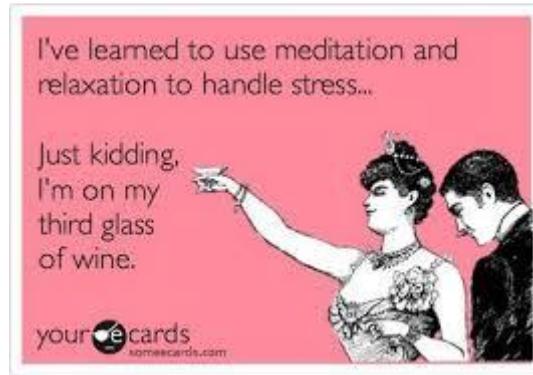
Mindfulness

- Not meditation or relaxation!
- Present (body and mind) in each moment
- Mental training exercise to increase awareness of thoughts
- Recognise emphasis on simultaneous tasks and agendas
- Absence of Mindfulness (noise, multitasking, not being present) - vulnerable to stress responses and psychopathology

'Living in the Moment' Handout Available



'Active' Relaxation vs Escapism



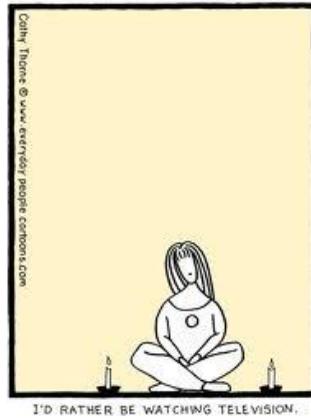
Active Relaxation Training

- Learn how to relax not 'escape'
 - PRACTICE daily
- Reduce physical/mental tension & improve sleep
- 'Smiling Mind' App – Get it!
 - Free and quick!
 - Australian
 - Developed by psychologists



Handout Available

'Active' Relaxation vs Escapism



Thankyou

Questions?

Anytime...

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