



Michael Clarkson
Intelligent Fear

Author Intelligent Fear,
Quick Fixes for Everyday
Fears



INTELLIGENT FEAR

AGEWORKS

WITH

MICHAEL CLARKSON



INTELLIGENT FEAR

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Most Fear/Stress: Stupid



Strategies

1. Awareness
2. Tough-Mindedness
3. Put Worries in Perspective
4. Use it or Tame It



Strategy #1: Awareness

3 Ways We Fear



Emergency Fear / Arousal

We become different people

Worry

Lay awake at night and our mind jumps from worry to worry

Specific Fear / Phobias

If we develop a specific fear or phobia *glossophobia* / public speaking

Fight or Flight

The body burns fuel faster, providing speed and energy.

Muscles have increased activity.

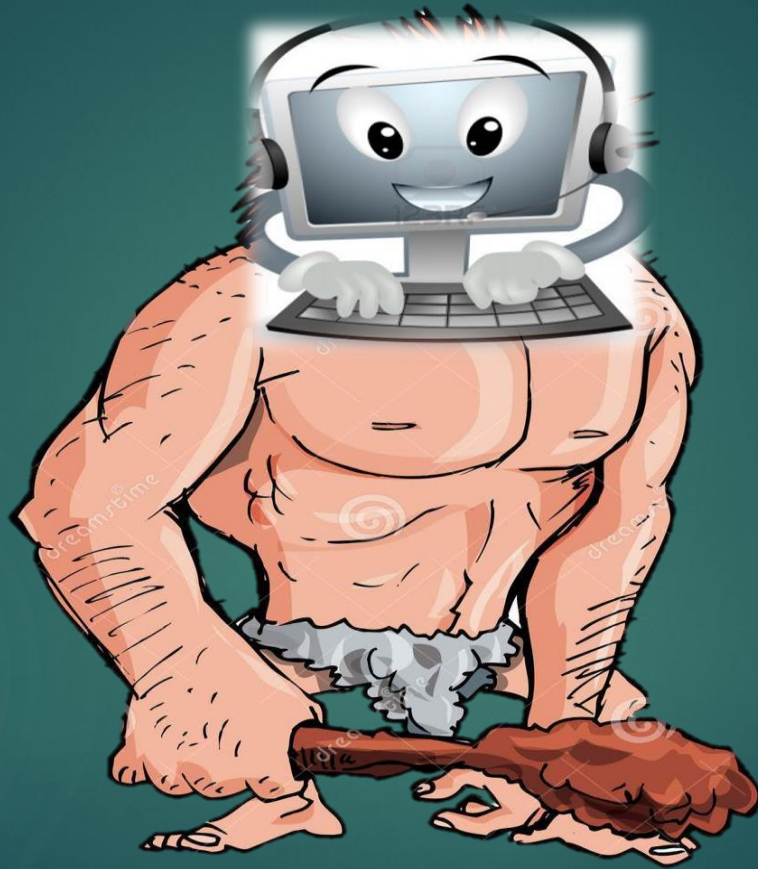
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Concentration is better. The five senses become sharper and the body's function is brought to its peak.

Heart rate and breathing speed up

Lungs work faster and longer.



We are sophisticated animals

The Evolution of Worry



Caveman's worries fewer but more intense

Our Original Virtual World



Our Daily Routine

Touch face - 3000 x

Think about money – likely too much

Speak – men 13,000 words / women 20,000

Thoughts – 66,000




Stress / Worry's Physical Cost

Friendly Fire

- Depression, anxiety, irritability
- Over-eating, smoking, alcohol, drug abuse
- Cortisol drip can affect your immune system
- \$400 billion annually in North American worker absenteeism from stress
- It makes us feel vulnerable
- Keeps people from realizing their dreams in many areas

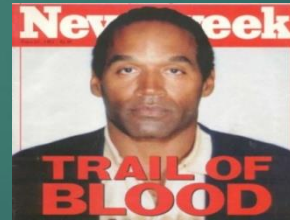


SIGNS OF STRESS AND ANXIETY

- Speech or work patterns speed up.
 - Concentration or decision making deteriorate.
 - Signs of irritability, depression, lack of motivation.
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- A woman with dark curly hair, wearing a black one-piece swimsuit and black sandals, is crouching in a fearful or startled pose. She is looking towards a large, blue, inflatable shark-shaped ring that has a red interior with white teeth. The background is a solid teal color.
- There is a change in patterns of behaviour.
 - Sick days are used up by November.
 - You talk to your computer and some days it talks back.
 - Your spouse knows the names of all your co-workers.

Fear in Mainstream Media

- Due to a number of factors, mainstream media such as CNN and the Toronto Star have drifted slightly away from in-depth, responsible reporting to more superficial, sensational reporting.
- The crazy part: it makes us feel less safe than we should be.
- Don't become a news junkie.



Individual Factors for Worry

We're all different

- Software environment
- Trauma
- Hard drive genetics



STRATEGY #2 – Tough Mindedness

THE CULTURE SHOCKS OF THE “TRADITIONAL” GENERATION

- The Great Depression
- World War II
- The Comfort Zone of the 1950s
- Immigration Altering the Face of Communities
- The Age of Technology and Communications
- Retirement
- Losing the Independence of Home
- The Rise in Political Polarization (us vs. them)
- The Loss of a Spouse

The Cultural Revolution of the 1960s

- The Emergence of Child Power
- The Emergence of Women Power
- The Rise of Secularism



Adaptation: THE AGE OF OPTIONS

- Old days, our parents and grandparents: knitting, cards, lawn bowling, interfering with their children's lives.
- We've earned the right to be couch potatoes if we want.
- We think bigger than we did – some people continue to drive into their 90s, even skydive!
- Seniors have taken up painting, piano playing, chair ballet and learning a new language.
- I'm going to take voice lessons.
- Join the world of social media.
- YOUNG AT HEART

BENEFITS OF GROWING OLD NOW

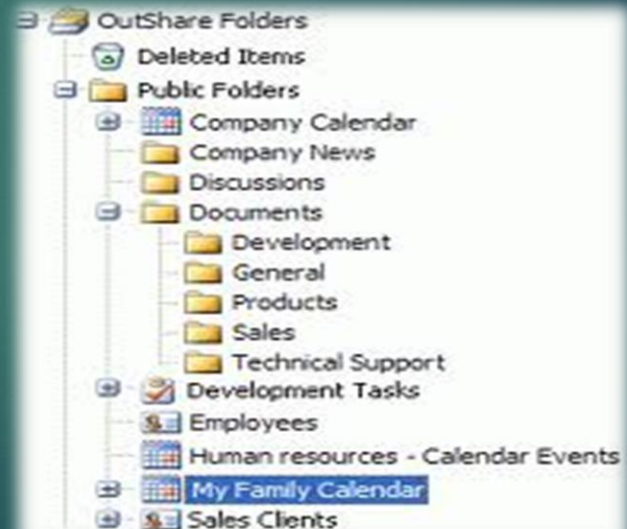
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- No one can fire you because of your age. . .and businesses are hiring seniors part-time.
- We're generally healthier than we were, with new drugs being developed all the time.
- In an age of eroding respect towards authority and parents, respect for the elderly has held its own.
- Life expectancy is longer.
- The Age of Communications: we can reach our grandchildren across the continent.

Strategy #3 – Put Your Worries in Perspective

Do you control your mind or does it control you?

Put worry into 2 folders

- a) Healthy Worries to deal with immediately
- b) Delete trash



Worry and its benefits



Is there is any more important resource than worry?

- Without worry we would not have overcome:
 - fear of fire, predators, drought and starvation
 - in the business world, fear of competitors
 - constant changes and transition
- Effective worry is called planning. It motivates us to prepare for changes and work on our skills. It gives us satisfaction in achievement. People who never worry never get anything done.

(A) Dealing with Healthy Worry

FOUR HEALTHY THINGS TO WORRY ABOUT:

- Health
- Job/Finances
- Loved Ones
- Spirituality/Balance

THINGS YOU MAY BE ABLE TO CONTROL:

- Your health and lifestyle
- Your effort at work, home and in relationships
- Your reaction to bad things

HEALTHY WORRY IS CALLED PLANNING AND IT ALWAYS FOLLOWED BY ACTION



(B) Delete Trash: Don't always believe what you think:

We see too many things as threats.

Of the 44,000 daily worries

- 40% of worries are unjustified
- 30% are things which occurred in the past
- 22% misc. and needless health concerns
- 8% legitimate threats



Distinguish Real from Phony Threats

- Get the facts

WORRY AT NIGHT

Why it's often worse:

- Fatigue and your resources are down
- Darkness is related to uncertainty and fear of the unknown
- You're on your back and unable to take action.

Suggestions:

- No caffeine, hot bath
- Think about the things you have, not the things you don't have
- Keep paper and pen at bedside to expose your worries.



SERIOUS WORRIES



- A big worry is only part of your life. You have other issues, people and responsibilities.
- If you don't share trouble, you don't give the person who loves you a chance to love you enough.
- Suffering is a chance for self-discovery, to develop courage and to raise your anxiety threshold.

Strategy #4 – Use it or Tame It

Say yes to the stress?



HYPER FLOW

Look upon worry and tension as fear energy



Feel the stress as fear energy and realize it is there to help you. It will make you stronger and CAN help your focus.

Studies show in a business deal the person with higher testosterone wins.

Allodoxaphobia



Allodoxaphobia



Subconscious defense of self and ego:

We change our behaviour for others:

- We dress for others
- Worries over spellcheck
- Joggers speed up
- Our ego defenses and our nervous system never shut off

* Drawbacks:

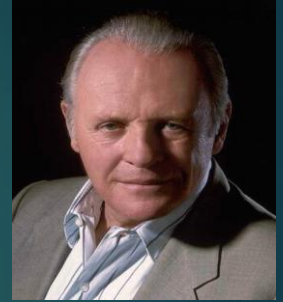
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Finding ways to use Allodoxaphobia

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Validations vs. approval

- Seeking approval or acceptance from others or yourself is healthy motivation, especially in a team setting.
- To seek acceptance is natural from the time we lived in small bands. To seek validation is over-compensation.



HOW TO TELL IF YOU ARE DEFENDING YOURSELF TOO MUCH

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2. You take things personally
3. You say **ahah!!** a lot
4. After accomplishment, you feel a sense of relief
5. If you think others are always scrutinizing you (spotlight effect)
6. If you constantly put others down, or talk over others
7. If you get so irritated with others hair stand on your neck
8. If you lay awake at night, counting the clients who might not like you rather than counting sheep
9. You are always trying to prove yourself through your work

Emotional Energy

- Your internal drugs make up for loss of physical energy at times.
- Fight or flight hardly diminishes with age.
- We still get excited about things and our emotional energy kicks in.
- Our emotional energy kicks in when we do something for other people, or when we are with friends.
- Let your emotional energy reflect your love of life.



Tame Fear and Stress for Optimal Use



Seek a Healthy Lifestyle and Mind



Life is 20% what happens to you and 80% how you react

Find an Escape



The value of a guffaw

- Releases soothing hormones, endorphins and serotonin, lowers blood pressure
- Induces a feeling of happiness
- Encourages a sense of perspective, hope and control: children laugh 400x a day/ adults 15x



“We all start life with a sense of humour, but it gets knocked out of us. The messages we get are ‘wipe that smile off your face’ or ‘act your age’ or ‘don’t laugh in church’. And we separate learning and work and play too much.”

Lila Green, who gives seminars on humour to companies

Learn to Laugh at Yourself



Fear of Memory Loss

(occasional memory loss is not dementia)

GOOD THINGS ABOUT MEMORY LOSS

- You can watch your favourite TV shows over and over again, like it's their first season.
- You can have your own Easter egg hunt.
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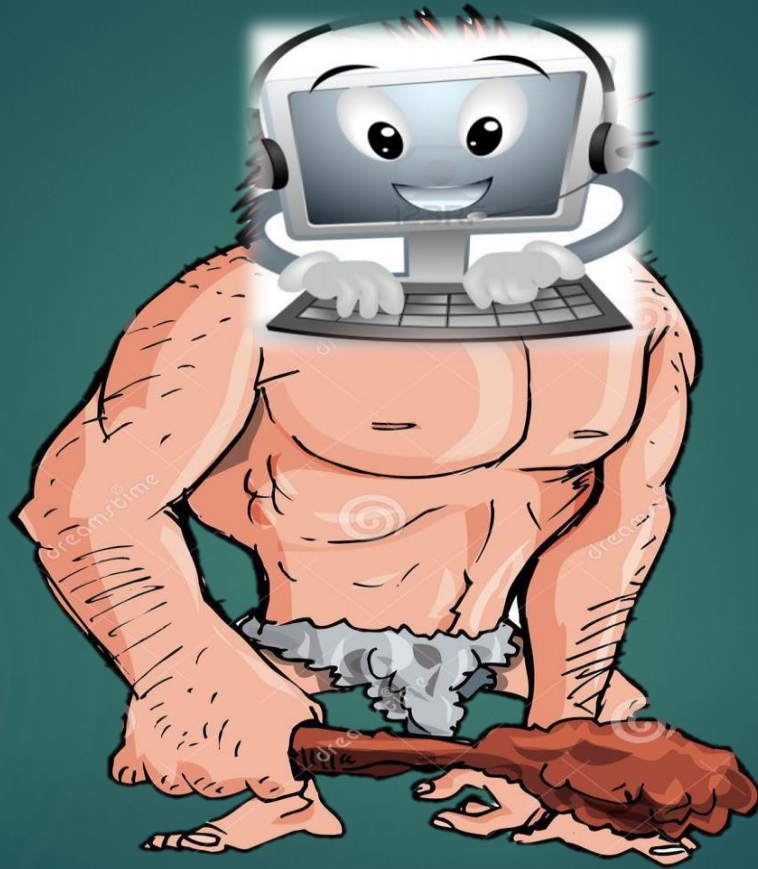
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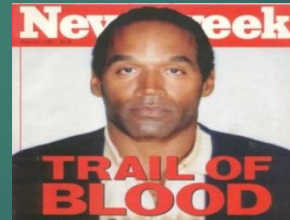


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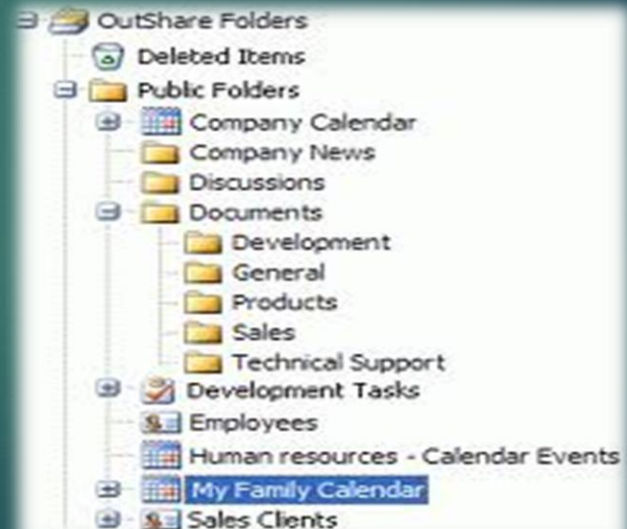
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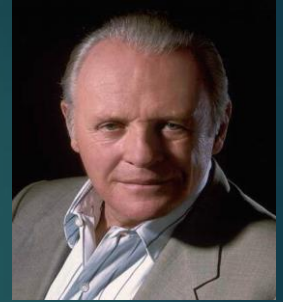
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