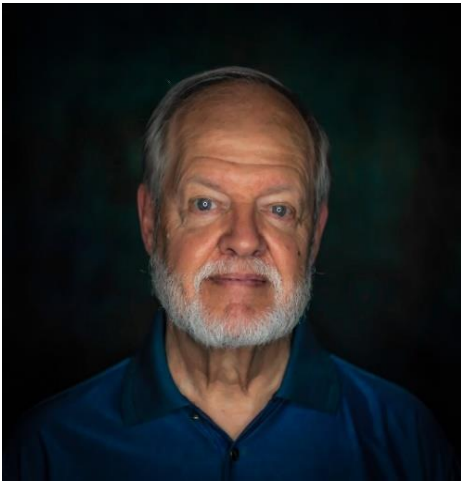


Douglas McKee RN CRNA

Prevent Anxious Thoughts By Upgrading Your Life Skills



The development of *our most important Life Skills* begins at the moment of our conception, peaks at 18 months, and is finished before we start school.

Bottom line: The Life Skills of a five-year-old will dictate our choices and manage our relationships for the rest of our lives.

Covid-19 has overwhelmed our coping skills and we are seeing huge increases in anxiety, stress, depression, divorce, drug and alcohol abuse, and suicide.

When we discovered nearly all emotional problems are caused by *poor life skills*, we should have realized they are not “mental illnesses” at all. They are uncontrolled negative emotions we have because our *toddler life skills* create more unwanted negative results than we can tolerate.

The solution is to upgrade our life skills for relationships, making choices, and managing our emotions with versions that can create better results, fewer problems, and fewer negative emotions in the more advanced and complex situations we encounter as teens and adults.

DOUG'S FAVORITE TOPICS

Emotions: Anxious thoughts consume eight hours of our day and our *worst decisions* are made when our emotions are out of control. Taming the emotional part of our brain is key to keeping the smart part in control so we can choose how we want to use our time and energy.

Value to your audience: Everyone wants to know *how to be cool, calm, and collected*. Goal: Viewers are taught a quick and easy method to prevent anxious thoughts so they can be.

Relationships: Everything our brain does is about relationships. Not only relationships with people, but relationships with things like money, or food. Every relationship is formed to reach a goal. When we have the skills to evaluate the goal, or the purpose, behind each of our relationships, a huge amount of our anxiety, stress, anger, and anguish will simply vanish.

Value to your audience: We are hard-wired for close and nurturing relationships. Goal: Teach your audience skills that enable them to evaluate their relationship, and decide which ones to keep, repair, improve, or eliminate so they can focus on the ones that really matter.

Choice: Choice is the skill we use to create the next step in our life. Our subconscious *already knows the skills for making consistently good results and we use them many times each day*.

Value to your audience: Better choices create better results with fewer negative emotions. Goal: Teach them how to consciously apply the skills they already use in their successful habits.

Author


Mental Mechanics: A Repair Manual


Already Wise: Our Inborn Ability To Make The Best Choices


Life Is All About Skills-Online Course- Upgrading Life Skills

Anesthetist – My profession has given me the opportunities to interact, test, and refine my skills with many thousands of anxious patients and their families, stressed-out Residents, Med Students, Nursing Students, friends, and clients.

Speaker – Love to

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