

Stop Hiding and Start Living

How to say F-IT to Fear and Develop Mental Fitness

By Dr. Bill Howatt

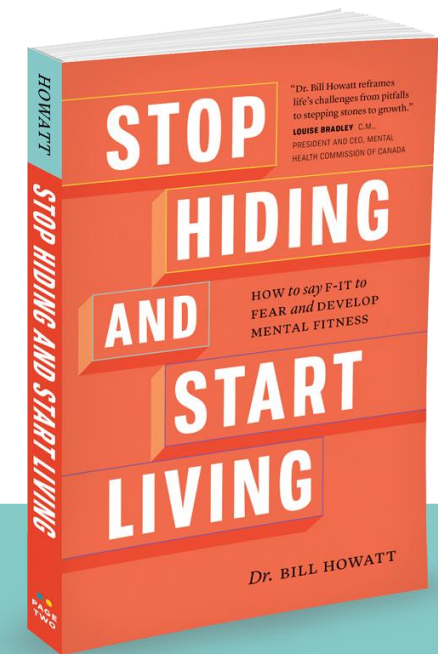
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“Without learning how to fail, we’ll never truly flourish. This is the crux of Dr. Bill Howatt’s new book, *Stop Hiding and Start Living*. Part mental health primer, part workbook, *Stop Hiding and Start Living* Lays out the building blocks Dr. Howatt deems foundational to mental wellness, while reframing life’s challenges from pitfalls to stepping stones to growth.”

Louise Bradley, C.M.,
President and CEO
Mental Health Commission of Canada

www.billhowatt.com | #MentalFitness

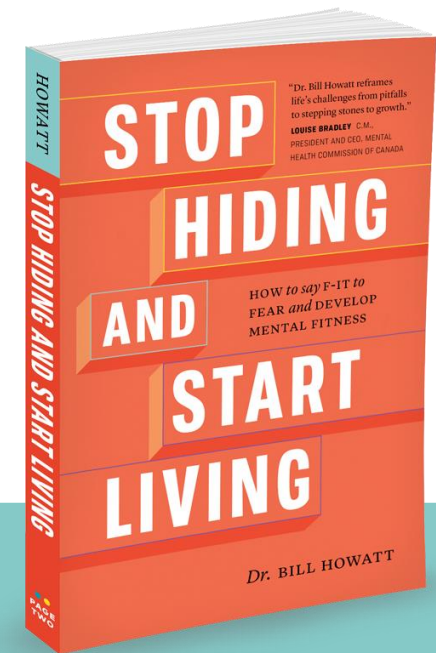


Stop Hiding and Start Living Webinar

- The **goal** of this webinar is to be a primer for the F-IT Model.
- The **objective** is to encourage you to take action to positively impact your mental fitness.
- The book provides **exercises** to walk you through the F-IT Model.

If you do not have a copy of the book, at the end of the webinar

I will tell you how to get a copy or book a webinar for your organization.



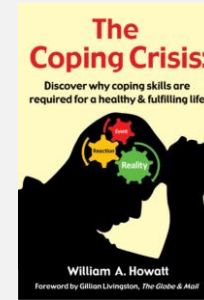
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The Coping Crisis
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Total Health Index



Regular contributor to:



The ChronicleHerald



This program's purpose is to positively impact mental health

MENTAL HEALTH



a state of well-being necessary for an individual to realize their own potential, where they can cope with and learn from the everyday stresses of life, can work productively and fruitfully, and is able to contribute to their community.



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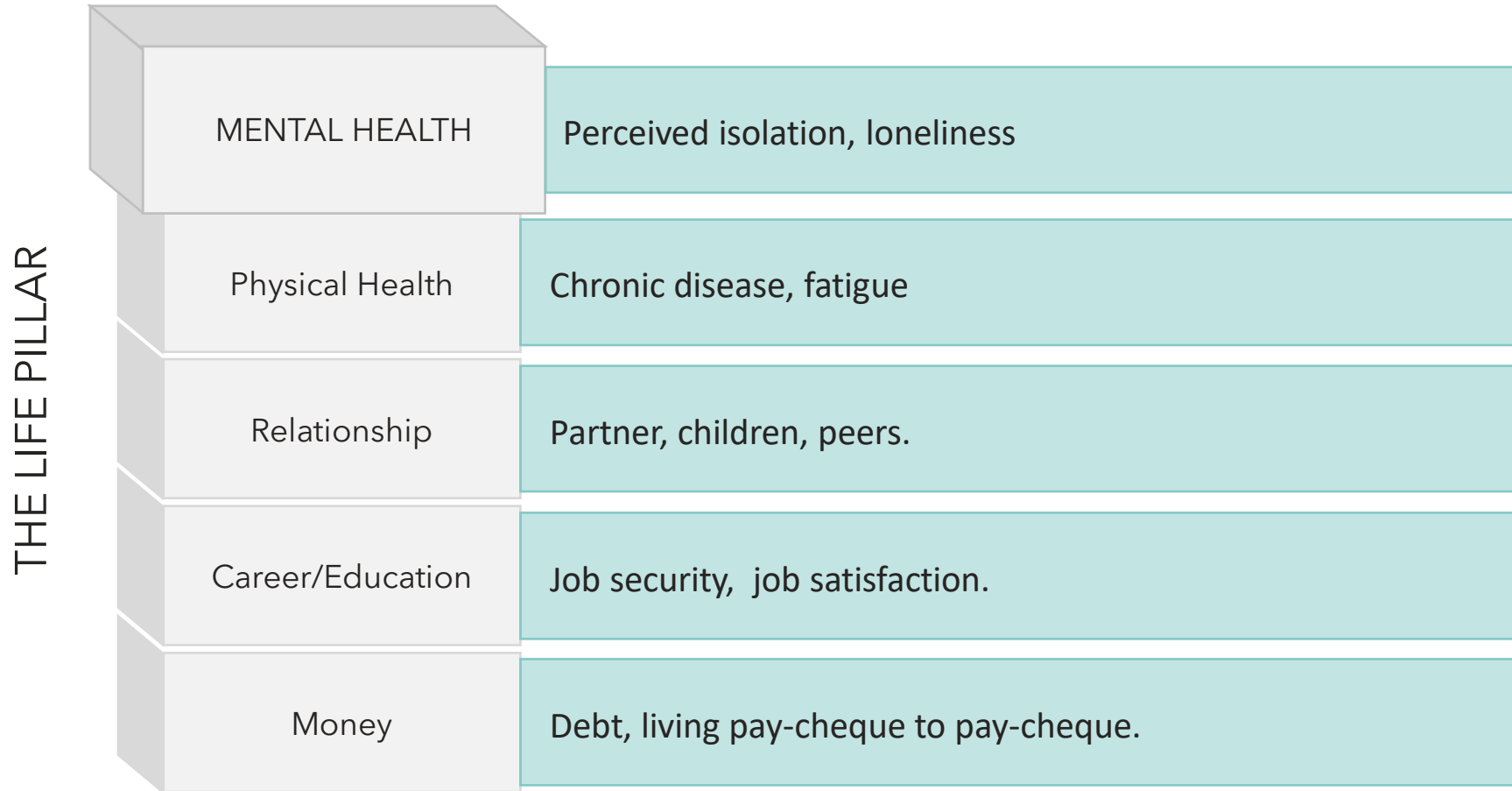
3 | F-IT Model in Action

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Life can be wonderful, and life can be hard



Do you have any challenges in any of these five areas that are creating **strain** for you today?

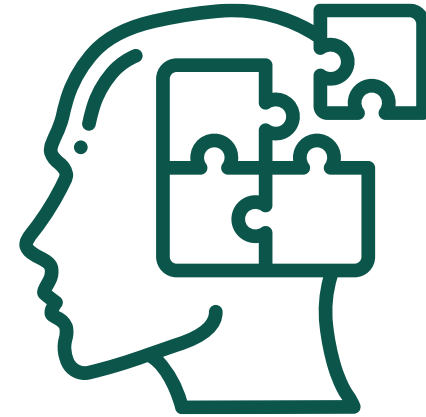
Have you every experienced an F-IT moment?

F-IT MOMENTS

- Have you ever seen a person get to the point in their life they felt so stuck that out of the blue, for no reason that seemed different than yesterday, they say enough is enough.
- Because of their frustration they suddenly act and start to make positive change.
- This is an F-IT moment. They have moved out of fear.
- Think back: have you ever had one of these moments?

Own your story

- We all have positive memories (experiences).
- We all have negative memories (experiences).
- What we focus on daily influences our mental health.
- One first step to shape our mental health is to be aware of what story we are running in our head.
- These stories influence our reality



**Mental health begins with
self-awareness**

Bad Stress is a Sign and an Opportunity



Bad stress can be defined as any situation where we have a difference between what we want and what we have.

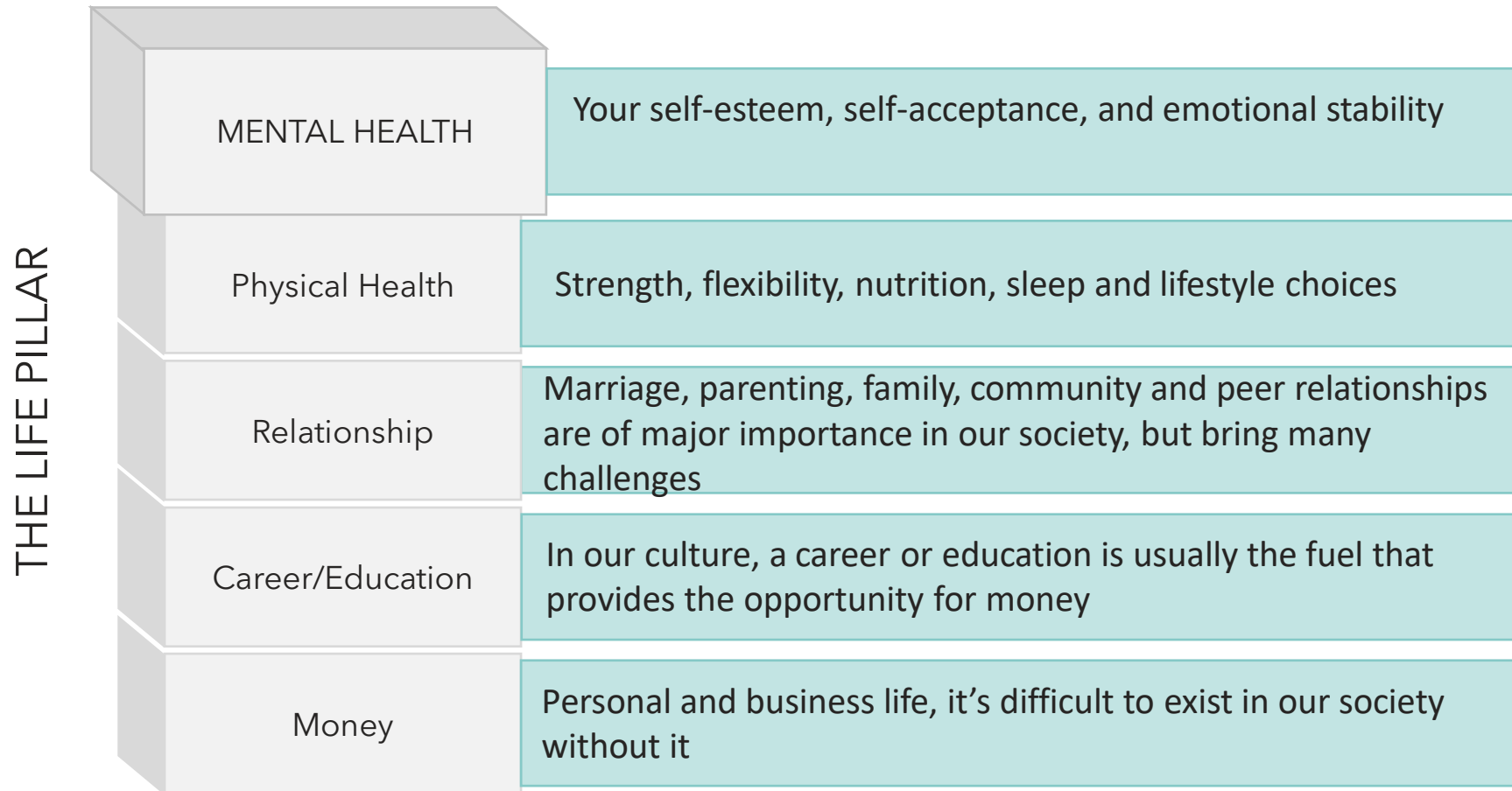


The first step to taking control of bad stress is to recognize it. Then name it. Then own it.



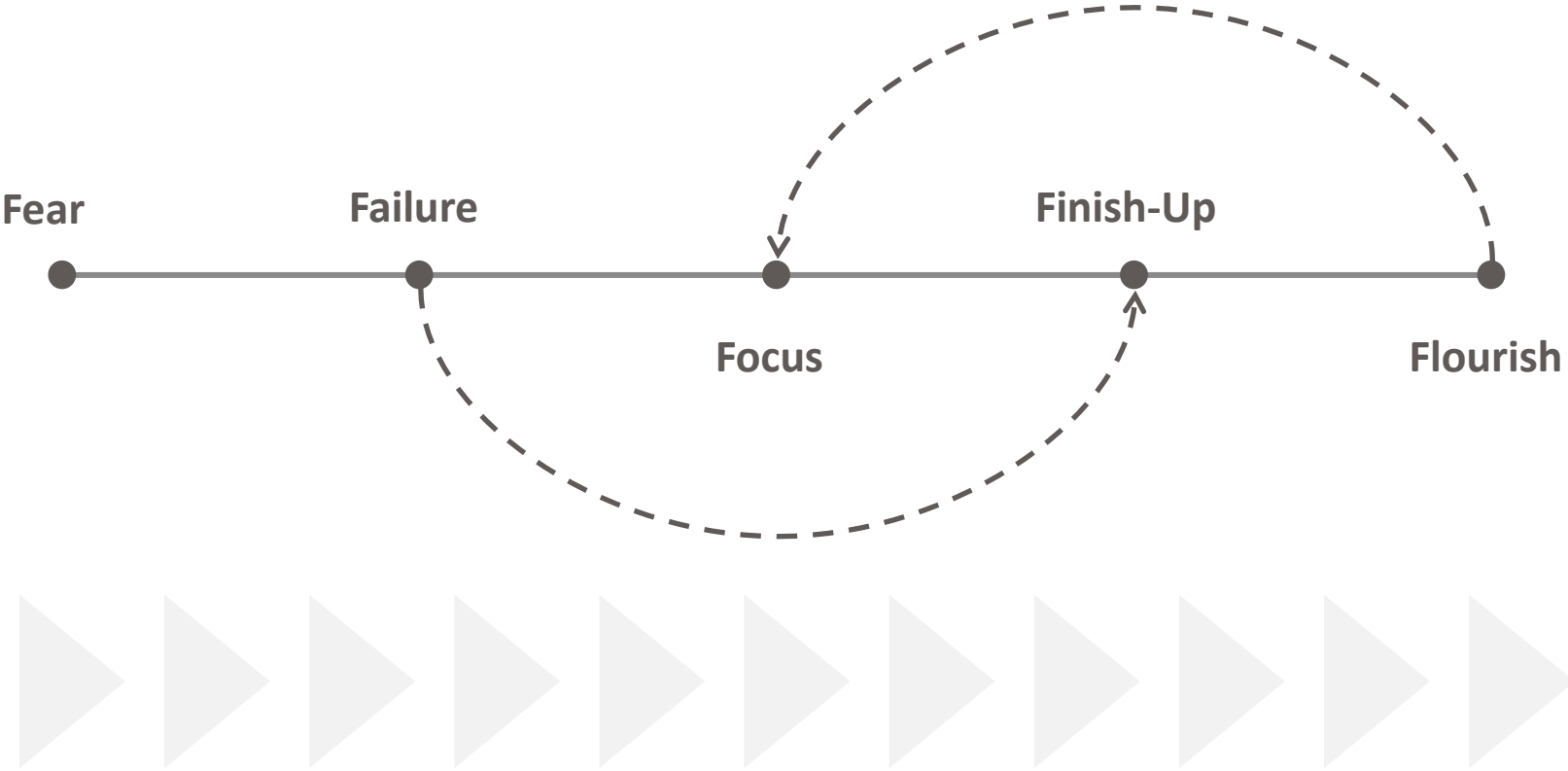
When we acknowledge we are dealing with a bad situation this provides an opportunity to change it.

Assess your five pillars of your life



- Pick one pillar in which you want to make some improvements.
- Be specific about what area you would like to see improved and why.

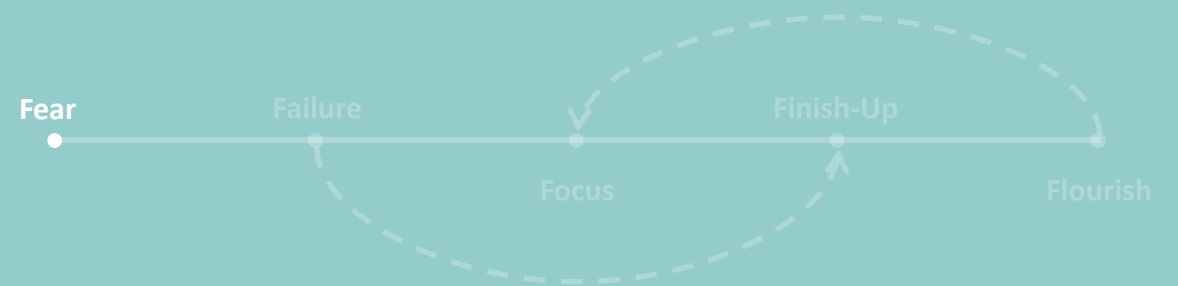
The F-IT Model



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Fear



Fear comes in all degrees, from mild to severe, and can provide an opportunity for new learnings.



How we cope with fear will determine whether we're able to move forward.



Fear protects us from physical danger but can also prevent us from finding happiness.



Fear can hold us in a suspended state of animation that can prevent us from taking risk to improve.



Fear can keep us stuck in a static routine that suppresses our opportunity for new growth.

Fear Trap



Is a negative cycle of bad stress that brings powerful negative emotions that are all-consuming.



The longer we are caught in a fear trap, the greater the chances of feeling hopeless and helpless.



One by-product of the fear trap is the fear of failure that can paralyze hope.



Fear can bring emotional pain that drives a person to look for symptom relief (e.g., food and alcohol).

Antidote to fear is hope



Moving past fear starts with having hope.



Hope provides an opportunity to see potential success.



Hope provides a path that may not be perfect but can be a bright light.



Hope provides permission to take a chance and fail, as the alternative is more fear.



To fuel hope, be clear on the benefits for moving forward.



Best to evaluate risk before acting, to avoid making knee-jerk or emotional decisions.

Mental Health F-IT tips for moving out of fear



Accepting fear is normal can be challenging but necessary.



Fear is linked to our fight and flight response that is hard wired. To change it requires allowing our powerful conscious brain to take charge.



When we realize that as bad as a situation is it will not change unless we choose to do something different. It's hard but real.



Life is not about luck. It is about acting and accepting there can be consequences such as failure.



Allowing ourselves to fail opens the door for growth.

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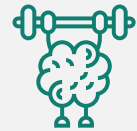
Failure



The value we place on success can influence our perception of the meaning of failing.



Our expectations around failure will influence our attitudes. For example, no one gets through this life without failing.



Failure is not the enemy; not trying is. It is helpful to normalize failure as a learning opportunity.



Learned helplessness creates the expectation we will fail, which blocks trying again.

When needed, challenge internal rules



Some have the rule that failure is a bad thing. To manage and move through failure it is necessary to tame it.



To tame failure requires being aware of what lens you are looking through. Look for the positives (e.g., you tried).



The best failing takes place when you're doing.



Fake failing happens when you think you'll fail before you even attempt something. Fake failure is unproductive and harmful.

Moving past failure



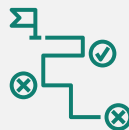
Failure is dynamic, never static.



What was easy one day can be hard the next.



It's important to know upfront that you may take two steps forward and one step back, and that success is never a straight line.

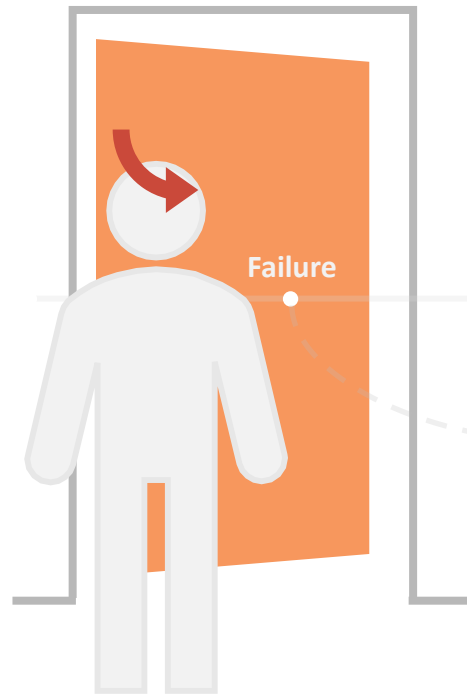


The goal of the F-IT model is to provide a road map for how we move from fear to flourishing. One unavoidable step is to move through failure.



If worried about failure, ask yourself what is the worst thing that can happen if you fail. Is it worse than not trying at all?

Mental Health F-IT tips for moving out of Failure



Accept the fact there is no such thing as perfection.



The faster we fail, the faster we learn it is a concept that is not intuitive for many.



The reality is most everything we have mastered required failure upon failure.

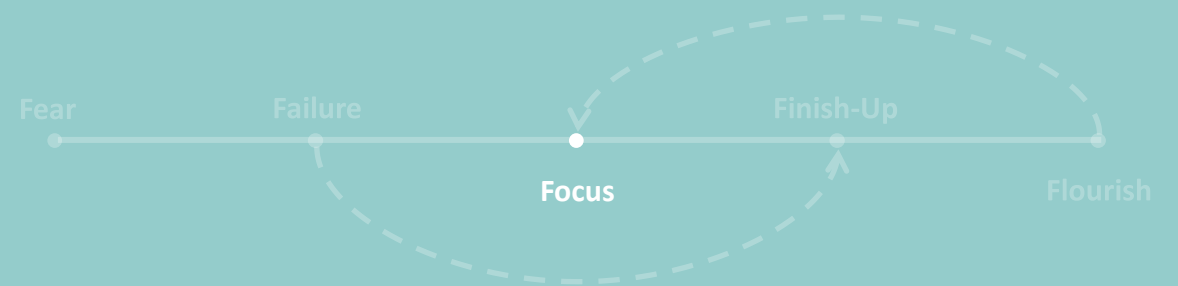


When we have an area in our life that we want to improve, and we try to improve it and fail. There is no evidence if the next time we try we will fail, or the next time.

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Focus



Our focus and commitment can help us get through failure.



Purposeful focus requires intention and a desire to use time, resources and effort to learn.



Focus requires clarity and attention to what you want to overcome.

Focus

Focus helps to promote that you have a sense of control to get what you want.

To achieve focus requires making decisions and taking accountability for your decisions and choices.

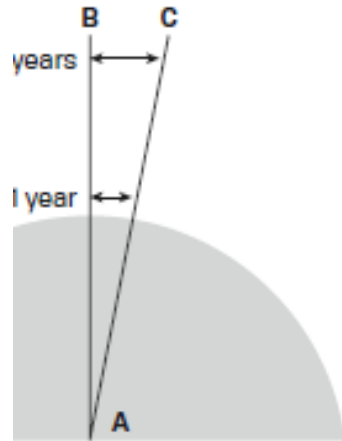
What you focus on will expand—good or bad, so it is important to be clear where you are focusing your attention.

Focus requires energy. That's why it is important to take care of your physical.

Those who accept they are in control of their actions are more able to make decisions that help them achieve their desired outcome.

To move past focus to finishing requires taking accountability for when we make a mistake.

Focus success increases when we are clear of our end goal



Notice the distance you can go off course if you do not measure your progress.

GOAL-SETTING



Be clear that focus is not about perfection. It is about clear intentions and a consistent effort to do what is needed to get from point A to point B.

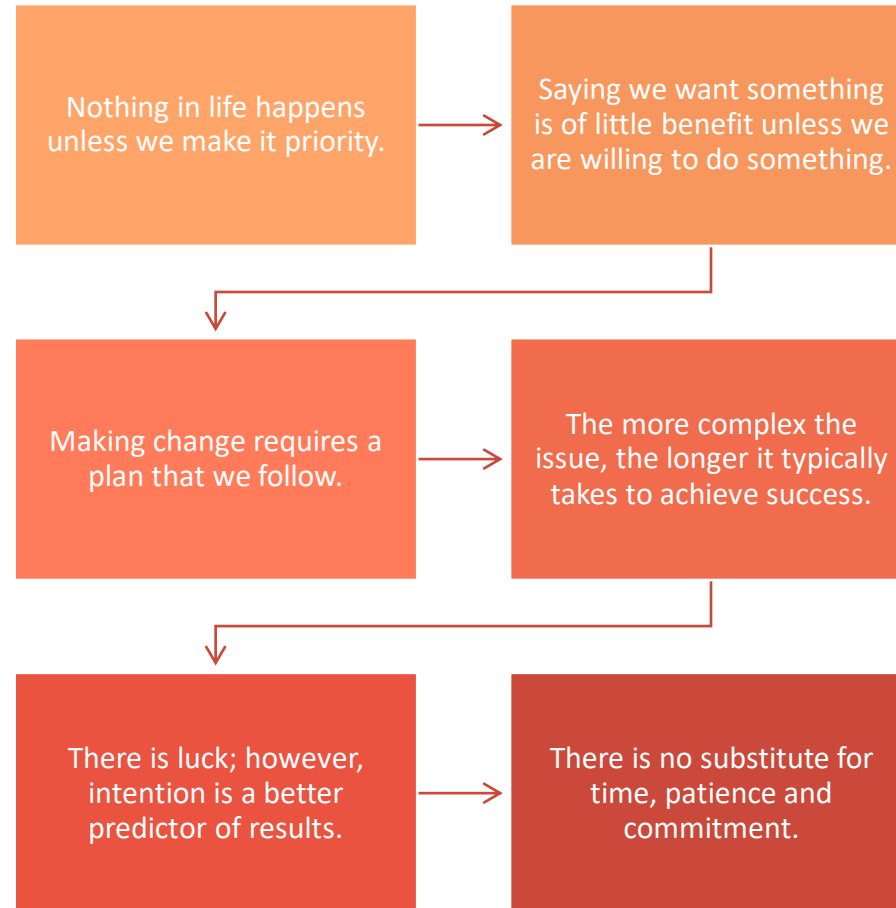
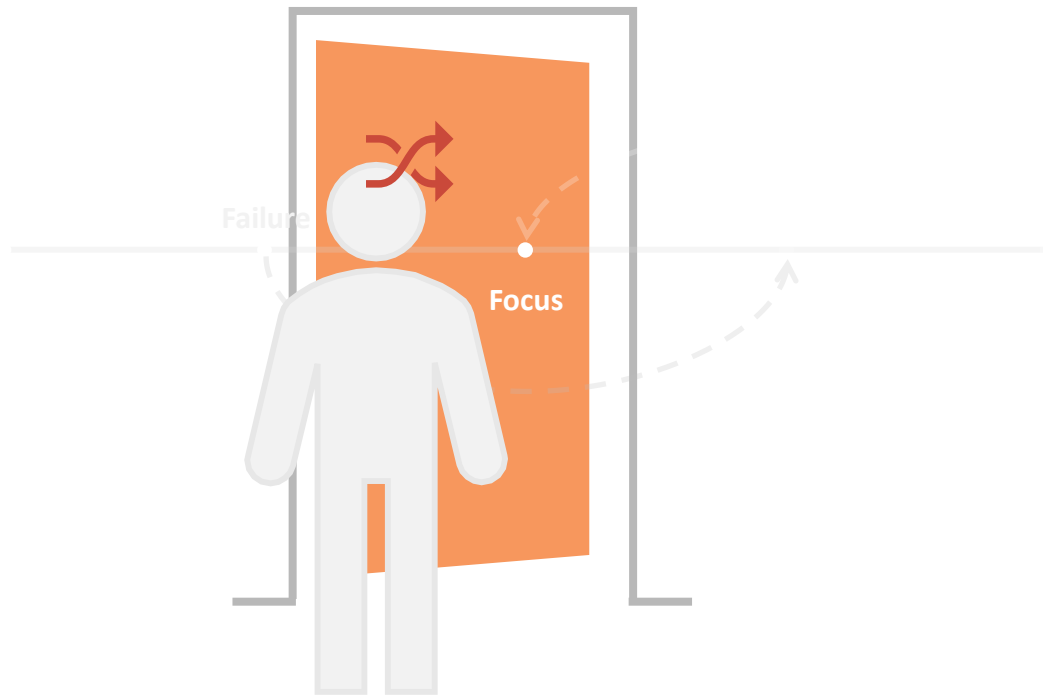


Focus is also knowing when it is time to correct your path and make changes to get back on track.



Not paying attention to progress can quickly result in going off course and missing your desired goal.

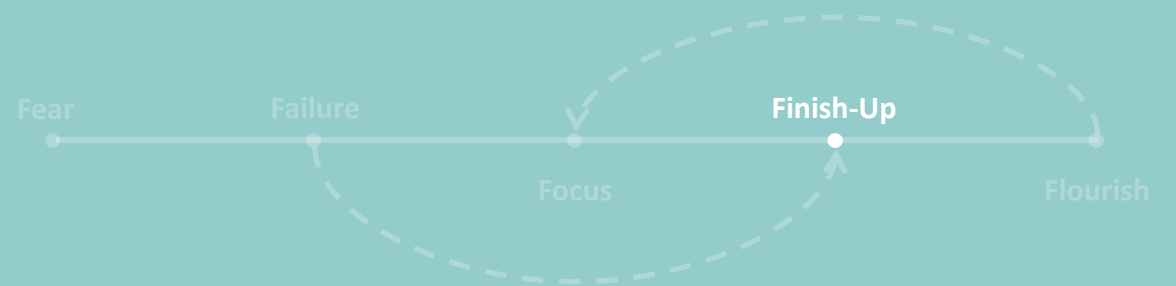
Mental Health F-IT tips for moving out of focus



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Finishing benefits from three Cs



Conviction – desire for the goal

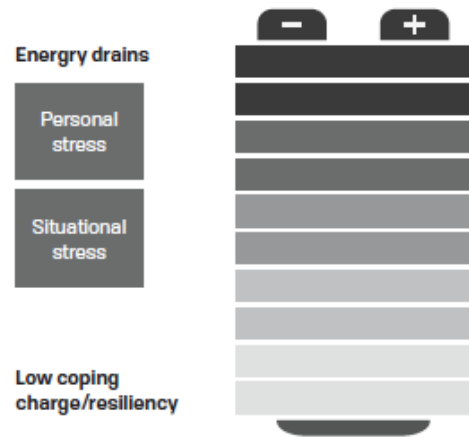


Competency – knowledge and skills to achieve the goal



Coping – ability to solve challenges on the journey to the goal

Finishing requires Resiliency that:



THE RESILIENCY BATTERY



Is a trait you can learn and develop.



Helps provide energy to push forward and finish what you start, even in the hard times



Determines how well you will recover from stressful experiences and overcome hardships



Defines the amount of energy you have in order to charge your battery.

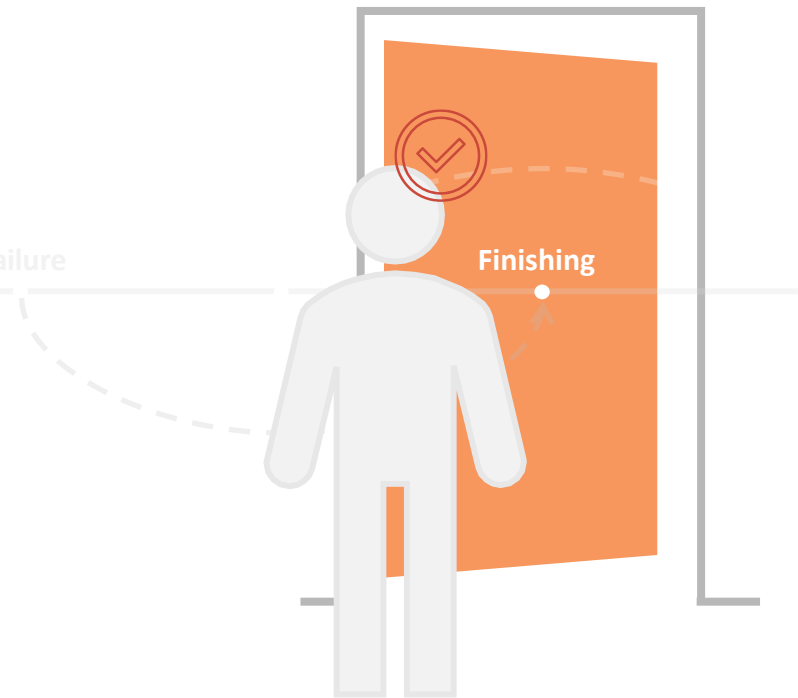
Practice Cognitive Hygiene

Cognitive hygiene is a strategy for supporting our mental fitness



If you constantly have negative thinking, learn how to catch it, challenge it and park it. Replacing it with a positive or reframing it takes practice, but the more we do it, the easier it gets. We can learn to retrain our brain to be more positive, which is important to help finish what we want done.

Mental Health F-IT tips for moving out of Finishing



The micro decisions we make daily impact our resiliency.



The higher our resiliency levels, the more charge we will have and the more energy we will have to finish what we start.



The desire to finish something is linked to our motivation. Our motivation is inspired by our values (what we most care about).



We seldom will finish something unless we are crystal clear on its value.

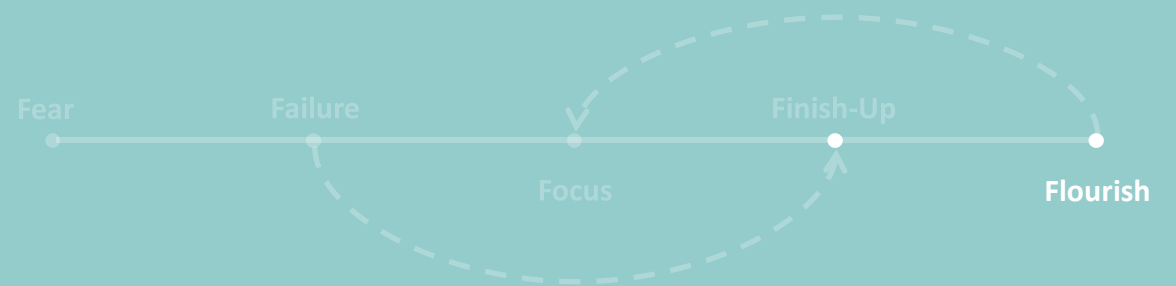


Our mental health is influenced by what we believe we have accomplished.

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Flourishing



This is not about perfection; it's about feeling you've achieved a desired level that you are satisfied with.



To stay at this level requires commitment, monitoring and measuring progress to stay on track.



Learning to celebrate and being happy with how you are doing or what you have is a key piece of the puzzle.



This ultimately is about a state of mind. The more you believe, the better your mental health.

Do not become obsessed

- Avoid becoming hyper focused on one area of life at the expense of others. Too many of us are living in a state of acute health risk or poor relationships but are excelling at work.
- If you're working, a key area you can self-monitor is your career level. Work consumes a large percentage of our time. For some, it takes over and becomes our life. When work becomes the only facet of life in which you are flourishing, it can be extremely destructive. Repeated focus on work can, if not managed, evolve into an addictive disorder: workaholism.

Flourish weekly with intention using your weekly check list

Five Levels	Examples: does not need much detail, just be clear what actions you are consciously committing to each day
Money	<input type="checkbox"/> Pay off credit card each month
Career	<input type="checkbox"/> Have a short meeting with my project manager about daily tasks
Relationships	<input type="checkbox"/> Protect date night <input type="checkbox"/> Text mother to see how she's doing
Physical Health	<input type="checkbox"/> Get minimum of seven hours sleep <input type="checkbox"/> Monitor weight
Mental Health	<input type="checkbox"/> Complete daily journal <input type="checkbox"/> Meditate five minutes a day

Final Thought on Flourishing



We all need to define success on our own terms.



Being healthy and happy is not intuitive.



Happiness requires intention.



The good news is that we can be taught how to flourish.

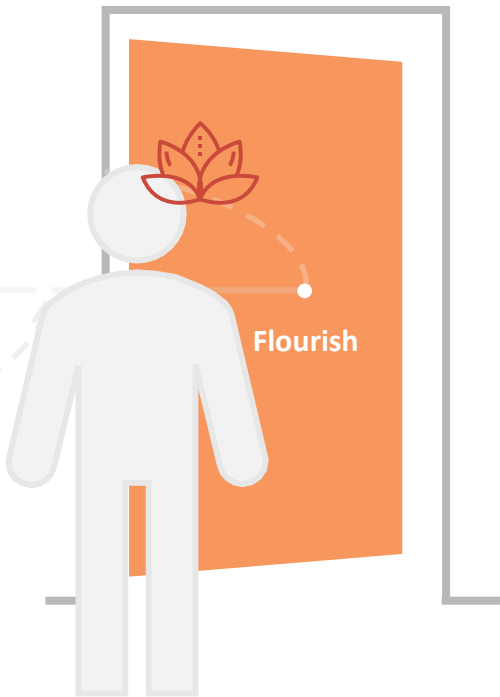


We do not have to be happy every day to be flourishing.



We all define what happiness is for us, no one else.

Mental Health F-IT tips for moving out of Flourishing



When we believe we are flourishing in one or more life areas this is a personal decision.



Only we can define what is ultimately success for us.



Flourishing is not about perfection; it is about finding harmony.



Flourishing can become its own source of energy.



When we feel we are flourishing our mental health will be thriving.



Mental fitness is about the journey, not the destination.

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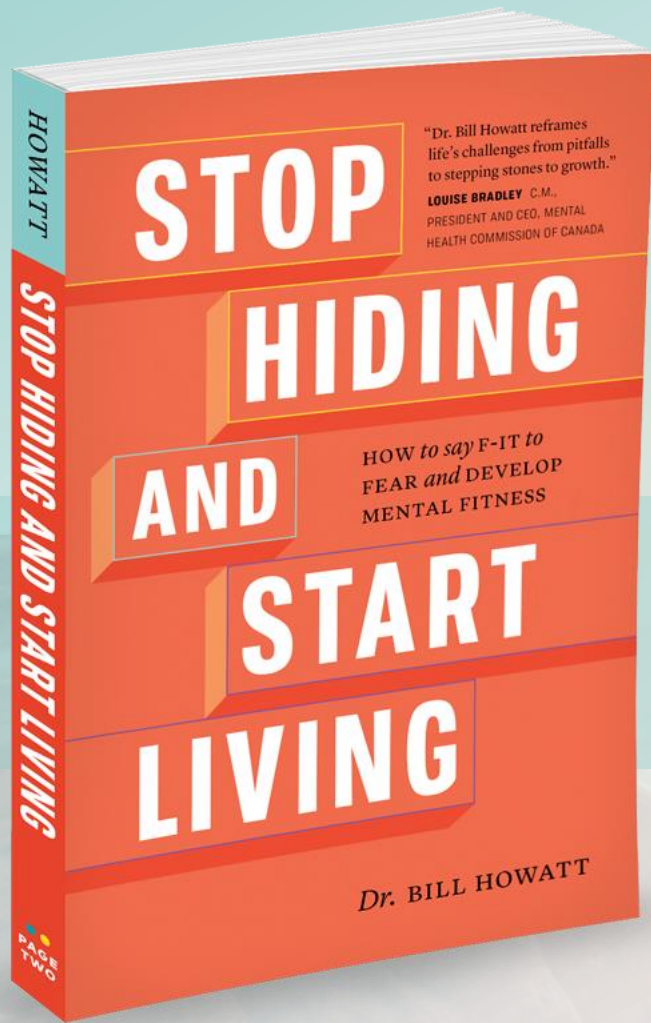
Your turn: explore the F-IT model

This model is dependent on wanting to **consciously** improve in one area: money career, relationships, mental health or physical health.

- What do you want to improve in the area you select? Why?
- What does success look like?
- Where on the F-IT continuum does this situation fall?
- Regardless of where you are, being aware is the first step.
- Once you are aware, the next step is to being the journey one step at a time.

The F-IT Model in Action

	Fear	Failure	Focus	Finishing	Flourishing
Money					
Career					
Relationships					
Physical Health					
Mental Health					



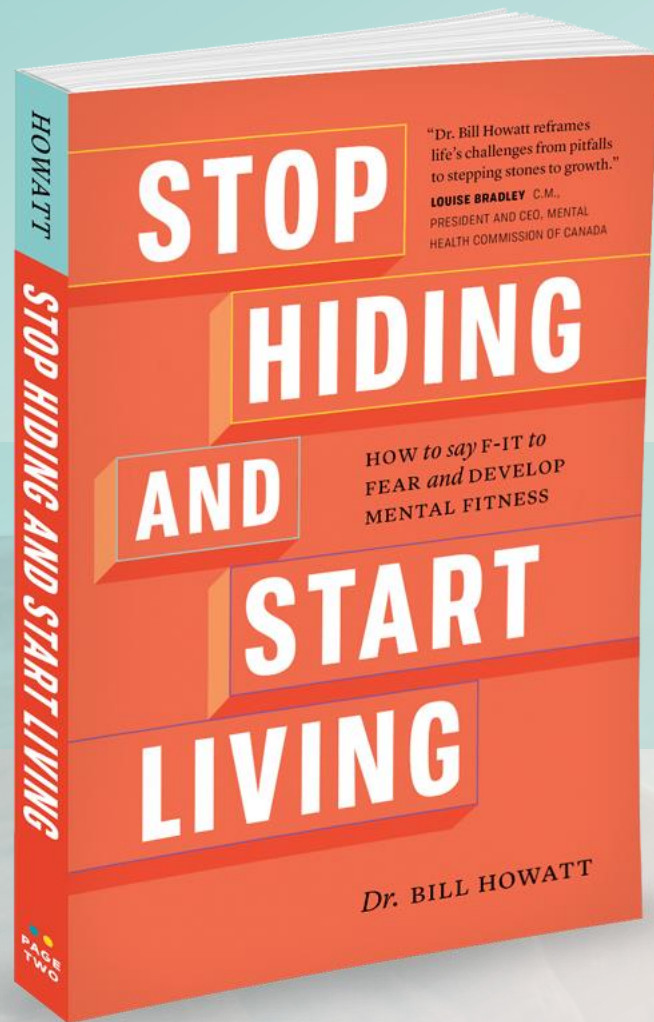
Promote mental fitness within your organization

Share Dr. Bill Howatt's *Stop Hiding and Start Living* with your team today

This book is a helpful resource for everyone in your organization and provides tools and exercises that your staff can do independently at home.

Inquire about available bulk order discounts on both the paperback and e-book.

Email bill.howatt@howatthr.com and support your staff today.



Work 2.0 Reboot Special: *Stop Hiding and Start Living* Webinar

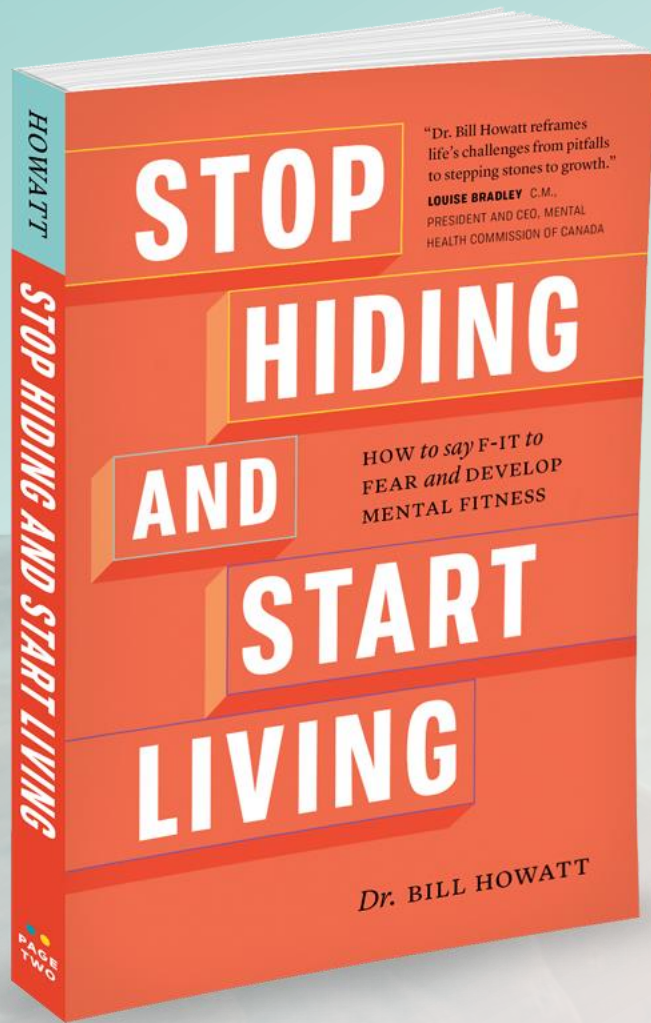
Give your team a gift to help them boost their mental fitness during this challenging time.

- ✓ Confirm Dr. Bill Howatt to present his "F-IT" Model live with your staff
- ✓ 45-minute live webinar for you and your team + 15-minute Q&A

This webinar is FREE with a minimum purchase of 200 copies of *Stop Hiding and Start Living*. You will also receive an additional discount off the retail price. Provide every staff member with a paperback or e-book.

To book a webinar email bill.howatt@howatthr.com.

** Marketing materials for webinar are available to assist in promoting within your organization.*



Thank you!

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