

LIVING A FULL FULFILLED LIFE.

DR OYEWOLE ADEOYE
DEPT OF PSYCHIATRY
LAUTECH TEACHING
HOSPITAL, OGBOMOSO.



PREAMBLES

- THIS IS A DIFFICULT PRESENTATION FOR ME
- THE AUDIENCE IS VERY SOPHISTICATED – SENIOR EXECUTIVES
- THE SUBJECT IS ALSO ABOUT LIFE WHICH NO ONE HAS THE FINAL ANSWER
- CONSIDERING THE FACT THAT I AM STILL A VERY YOUNG MAN.



PREAMBLES

A LOT OF THE IDEAS SHARED HERE WERE WRITTEN IN MY WEEKLY COLUMN IN PUNCH;

- WORK-LIFE BALANCE
- MADNESS OF OUR MATERIALISM
- CONSULTATION OF THE PRIVATE LIFE
- DEVELOPING PSYCHOLOGICAL RESILIENCE FOR POST-COVID 19



INTRODUCTION

- COVID-19 PANDEMIC BECAUSE OF ITS GLOBAL EXPRESSION.
- POORLY UNDERSTOOD – VARIED PRESENTATIONS
- NEW WAVES, FRESH LOCKDOWNS IN SOME REGIONS
- VARIOUS DISCORDANT CLAIMS ABOUT VACCINATION



INTRODUCTION

- COVID 19 APPEARS TO HAVE OPENED MORE DEFICIENCIES IN OUR PSYCHOLOGICAL, SOCIOCULTURAL AND SOCIOECONOMIC DYNAMICS
- IT APPEARS TO BE COMING IN WAVES
- LOCKDOWNS IN OTHER PARTS OF THE GLOBE
- COVID 19 VACCINATIONS CARRIED OUT AND THE RUMOURS
- POOR ADHERENCE TO THE SAFETY PROTOCOLS



INTRODUCTION

- NO DOUBT THAT WE HAVE HAD SIGNIFICANT MORTALITY ACRUABLE TO COVID 19 IN OUR ENVIROMENT
- A GOOD NUMBER OF US MAY HAVE BEEN LUCKY TO SURVIVE THOUGH
- MEDICAL CONSULTATIONS, CARE AND RESOURCES CHALLENGED
- REPORTED INCREASE IN BRAIN DRAIN AND APATHY



CONSEQUENCES

- GENERALLY BAD ECONOMY
- INCREASED ROBBERY ATTACKS
- BOKOHARAMS , AGITATIONS FOR REGIONAL OR RACIAL AUTONOMY.
- END SARS – VIOLENT PROTESTS, KILLINGS , ARSON AND CARNAGE
- FRESH WAVES OF KIDNAPPING , VIOLENT CLASHES AND FAILING SECURITY ARCHITECTURE



CONSEQUENCES

- JOB LOSSES
- ECONOMIC LOSSES
- TARRIFS INCREASED
- PETROL PRICE PER LITER INCREASED.



CONSEQUENCES

- ANGER AND HUNGER
- BLEAK FUTURE – DIFFICULT TO PLAN
- HIGHLY RESTRICTED INTERCONTINENTAL ENGAGEMENTS
- CHILDREN STUCK ABROAD ; DIFFICULT TO PAY THEIR FEES
- FRUSTRATIONS IMPACTING
 - MENTAL HEALTH
 - PHYSICAL HEALTH
 - SOCIAL HEALTH – RELATIONSHIPS



CONSEQUENCES

- MENTAL
- ABNORMAL GRIEF REACTIONS
- DEPRESSIVE ILLNESSES DUE TO LOSS
- ANXIETY DISORDERS DUE TO FEAR OF THE FUTURE
- ABUSE OF PSYCHOACTIVE SUBSTANCES EVEN ALCOHOL



CONSEQUENCES

- MENTAL
 - SUICIDAL TENDENCIES SECONDARY TO LOSS
 - INCREASED INTIMATE PARTNER VIOLENCE
 - PARANOID SYNDROMES ON THE INCREASE
 - VIOLENT AGGRESSIVE BEHAVIOUR
 - INCREASED SOCIAL ABRASIONS



CONSEQUENCES

- PHYSICAL
 - HYPERTENSION COMMONER IN YOUNGER AGE GROUP
 - KIDNEY DISEASES ON THE INCREASE
 - HEART ATTACKS
 - CANCER
 - LIVER DAMAGE
 - STROKE



CONSEQUENCES

- INCREASED NON COMMUNICABLE DISEASES
- LIFESYLE CHANGES FEEDING UNHEALTHY BEHAVIOUR
- UNHEALTHY DIETARY HABITS
- PREDICATED ON PSYCHOLOGICAL TURMOIL AND TENSION



CONSEQUENCES

- SOCIAL
 - PARENTING CHALLENGES – CHILDREN MORE DIFFICULT (STRESSED)
 - MARITAL CHALLENGES – MENTAL, ECONOMIC, EMOTIONAL
 - CAREER CHALLENGES – TENURE, RETRENCHMENT, ABUSE
 - BUSINESS CHALLENGES – LOAN SERVICING, LOSS OF MARKET



CONSEQUENCES

- DISTRUPTION OF PLANS
- HIGH CRIME RATE
- DEATHS DUE TO NON-COVID CAUSES
- SHRINKAGE OF SOCIAL AND ECONOMIC NETWORKS



INTERVENTION

- TWO PARAMETERS ARE INVOLVED ; **MIND** OF MAN AND THE EXTERNAL **ENVIRONMENT**
- **ENVIRONMENT** – LISTED UNDER THE CONSEQUENCES AND SUBJECT TO CONTROL OUTSIDE OUR IMMEDIATE CONTROL
- ALTHOUGH NO MATTER HOW BAD THE ENVIROMENT OUR **MINDS** ARE UNDER OUR MANAGEMENT
- THE LOCUS OF INTERVENTION IS THEN **THE MIND** OF MAN TO NAVIGATE THE ENVIROMENT- ECONOMICAL, SOCIAL AND PSYCHOLOGICAL



INTERVENTION

- PERSONAL ADAPTION FOR CHANGE IS A FUNDAMENTAL CAPACITY OF MAN EMANATING FROM HIS **MIND**.
- THIS CAPACITY HELPS HIM TO SUBDUE AND MASTER HIS BODY AND HIS **ENVIRONMENT**.
- HE HAS CAPACITY TO **CHOOSE HIS RESPONSE** IRRESPECTIVE OF HOW FORMIDABLE THE ENVIRONMENTAL IS.

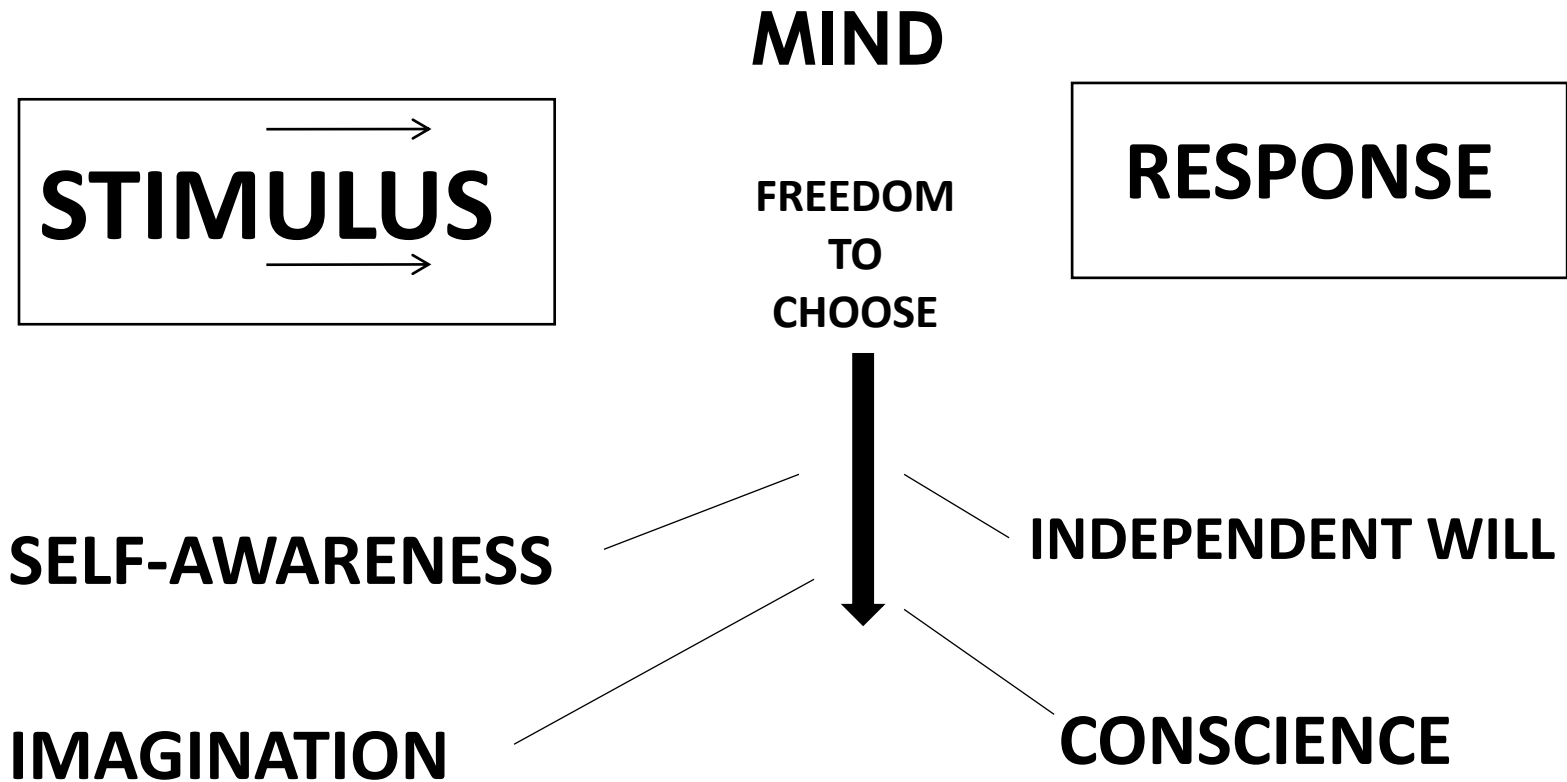


INTERVENTION

- HUMAN BEINGS ARE DIFFERENT FROM ANIMALS BECAUSE WE HAVE CAPACITY TO **ACT AND NOT BE ACTED UPON.**
- **PAVLOV'S EXPERIMENT – IS COUPLED-CONDITIONING STIMULUS** IN LOWER ANIMALS BUT WE ARE HIGHER ANIMALS
- WE ARE ENDOWED TO **CHOOSE OUR RESPONSE** NOT TO BE CONDITIONED BY THE ENVIROMENT



SPACE BETWEEN STIMULUS AND RESPONSE



- **MAN** IS CAPABLE OF EXPANDING THE SPACE BETWEEN STIMULUS AND RESPONSE THROUGH:

1. SELF AWARENESS

- WE MUST CAPITALISE ON OUR STRENGTHS TO REDUCES OUR WEAKNESSES TO NON-ENTITY.
- TEMPERAMENTS AND DEPLOYMENT OF **EMOTIONAL INTELLIGENCE**.

2. IMAGINATION

- THE CAPACITY TO **TRANSCEND** THE IMMEDIATE ENVIRONMENT AND CREATE THE FUTURE.
- SPIRITUALITY



3. CONSCIENCE

- THIS IS THE MORAL SENSOR OF THE HUMAN MIND.
- IT GUIDES US IN OUR COPING AGENDAS

4. WILL POWER

- IT IS THE EXECUTOR OF OUR MANY PLANS
- IT ENSURES THAT OUR PLANS ARE IMPLEMENTABLE AND PRACTICAL



APPLICATIONS

- **TIME** – TIME IS A CONSTANT FACTOR AND NEEDS NO MANAGEMENT BECAUSE IT HAS NO VARIABLES.
- **THE VARIABLES OF SELF** SHOULD BE MAXIMIZED IN THE DIRECTION OF SET GOALS
- **QUADRANT OF CRISIS** - IS THE PRECURSOR OF STRESS
- **QUADRANT OF PROACTIVITY** - IS THE CURE OF STRESS



SELF-MANAGEMENT MATRIX

| | URGENT | NOT URGENT |
|---------------|---|---|
| IMPORTANT | <p><u>I ACTIVITIES</u></p> <ul style="list-style-type: none"> • Crises • Pressing Problems • Deadline-Driven projects <p>QUADRANT OF CRISIS</p> | <p><u>II ACTIVITIES</u></p> <ul style="list-style-type: none"> • Preventive, Production Capacity activities. • Relationship Building • Recognizing new opportunities • Planning, Recreation. <p>QUADRANT OF PROACTIVITY</p> |
| NOT IMPORTANT | <p><u>III ACTIVITIES</u></p> <ul style="list-style-type: none"> • Interruptions • Some calls, some reports • Some meetings • Proximate Pressing matters • Popular Activities <p>QUADRANT OF VANITY</p> | <p><u>IV ACTIVITIES</u></p> <ul style="list-style-type: none"> • Trivia • Busy work • Some mails • Some phone calls • Time wasters • Pleasant Activities <p>QUADRANT OF LAZINESS</p> |



THE PRINCIPLE OF **QUADRANT OF PROACTIVITY** ALSO TO:

- FINANCES – ADJUSTMENT IN SPENDING
- RELATIONSHIPS – MARITAL, FAMILY, BUSINESS
- PHYSICAL HEALTH – DIETS , EXERCISE, BODY INTELLIGENCE
- TIME MANAGEMENT.



RESILIENCE – GOAL OF INTERVENTION

- CAPACITY TO PERFORM OPTIMALLY UNDER PRESSURE
- ABILITY TO USE RESOURCES WITHIN AND AROUND US TO RESPOND TO CHALLENGES
- HABITS, PRACTICES AND MENTAL ATTITUDES THAT CAN HANDLE PRESSURE EFFECTIVELY



■ THE WAKING HOURS

- ALL RELIGIONS SO THAT THE MIND IS CONNECTED TO THE **INNER SELF**
- PRAYER RITUALS
- MEDITATION
- GOAL-SETTING AND VISUALIZATION



- **HARVEST OF INSPIRATION** – MUSIC, THE HOLY BOOKS , WALKS.
- **PRACTICING THE FOUR TASKS OF LIFE** – TO LIVE, TO LOVE, TO LEARN AND TO LEAVE A LEGACY THROUGH GIVING.
- EXERCISES
- TIME WITH LOVED ONES – LISTENING, CONNECTING AND MENTORING



SPIRITUALITY FOR METAMOTIVATION

- SPIRITUALITY IS PERSONAL EXPERIENCE NOT COLLECTIVE.
- SPIRITUALITY IS PRINCIPLE CENTERED.
- SPIRITUALITY IS BASED ON CONTINUOUS CREATIVE INTROSPECTION.
- SPIRITUALITY TAKES PERSONAL EFFORT, FOCUS AND ADJUSTMENT OF MINDSET.



DISCOVERY OF PURPOSE

- NURTURING WITH THE INNER LIFE- SCRIPTURES, BOOKS
- EXPANDING AND DEVELOPING OUR SELF AWARENESS – RESETTING GOALS
- INTERPRETING THE INNER LIFE EXPERIENCES.
- ALIGNING TO THE ULTIMATE TASKS OF LIFE.



- THE TASKS OF LIFE;
 - To live
 - To love
 - To learn
 - To leave a LEGACY.

- WHOLE-PERSON
 - WELL ADJUSTED, FULFILLED AND ACTUALIZED
- ABRAHAM MASLOWS GOAL ACHIEVED.





Thank
you



www.ciinigeria.org



Chartered Insurance Institute of Nigeria