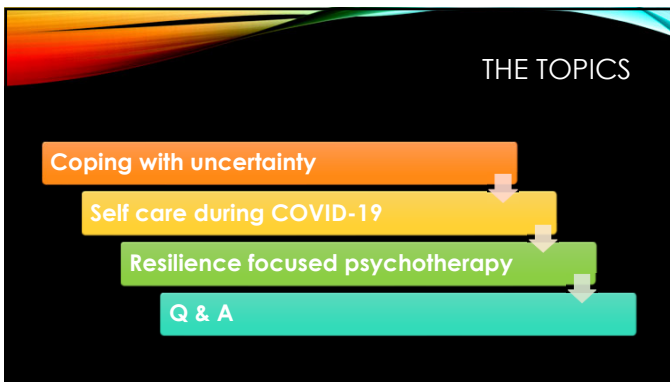




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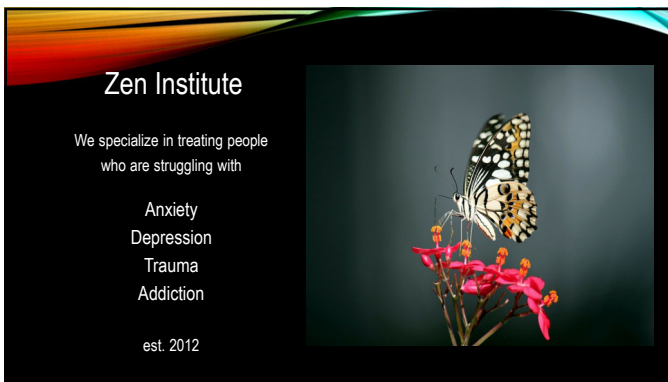
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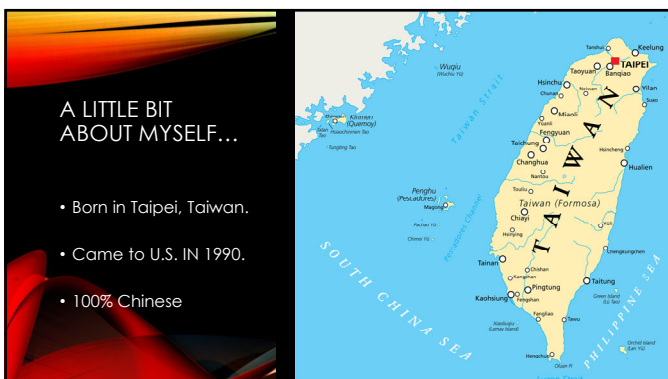
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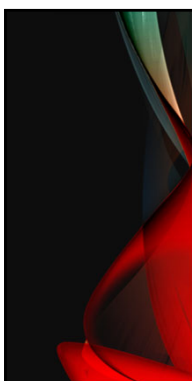
6



7



8



THE FIRST YEAR IN AMERICA...

1. CULTURE SHOCK: Language barrier
2. COPING WITH UNCERTAINTY:
 - Being abandoned by all of my loved ones
 - Financial hardship
 - Trying to survive in a foreign country
3. INNER TWIN Therapy:
Learning to be my own best friend

9

COVID-19 PANDEMIC

```
graph TD; A[Social distancing] --> B[6 feet apart]; A --> C[Wearing masks];
```

10

ISOLATION

LONELINESS

11


FEAR OF UNCERTAINTY

12

FEAR COMES FROM...

NEGATIVE THOUGHTS

- 60-80,00 thoughts/day
- 90% repetitive
- 70 % negative



13

The ONLY thing
does NOT
change
in life is
...

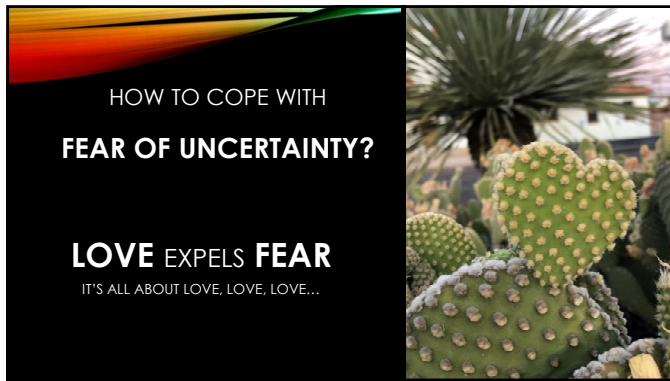
Time for
Change



14



15



16



17



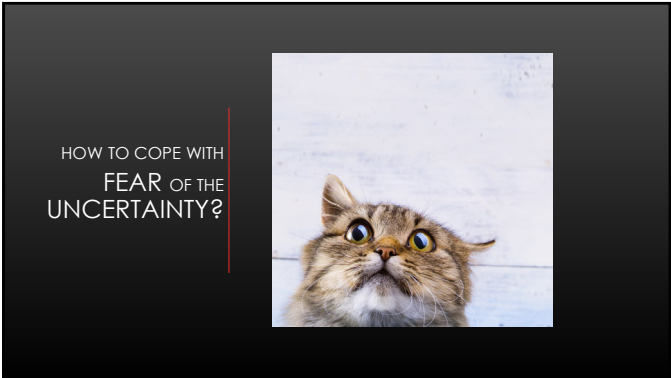
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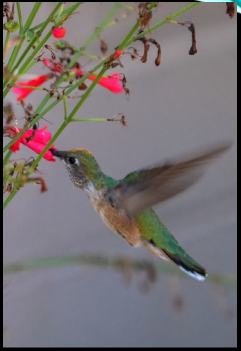
21

"If you are depressed,
you are living in the past;

If you are anxious,
you are living in the future;

If you are at peace,
you are living
in the present."

~ Lao-tzu



22

HOW DIFFICULT
IS IT TO LIVE
IN THE
PRESENT?

- The untrained mind will take you to the past and future
- Your mind is designed to "Solve Problems"




23

On a daily basis, most of the time...

No one is dying in front of you,
Your house is not on fire,
and EVERYTHING is OK....

So, where does your mind go?
The PAST and the FUTURE.

Two places that are
100% out of your control.



24



25



26



27

THE FUTURE:

- Future is not here. You can't control something that does not exist.
- Planning for the future needs to be done in the HERE and NOW.
- What you do NOW will lead to the future.

28

THE FUTURE:



What if my loved ones and I get sick from COVID-19?



What if I can't pay my bills?



What if I made the wrong decision?

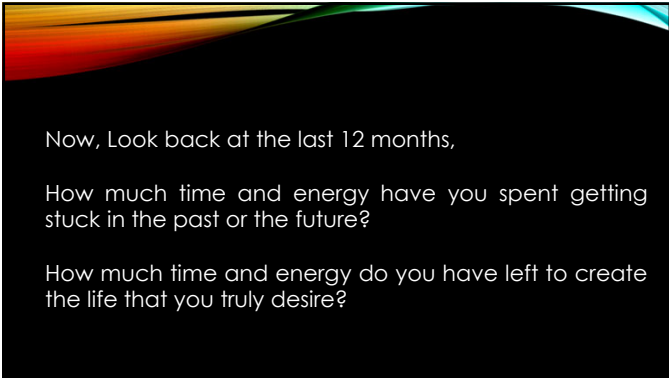
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In Fact,

NOT being able to live IN THE PRESENT

indeed IS the source of PAIN and SUFFERING!

30

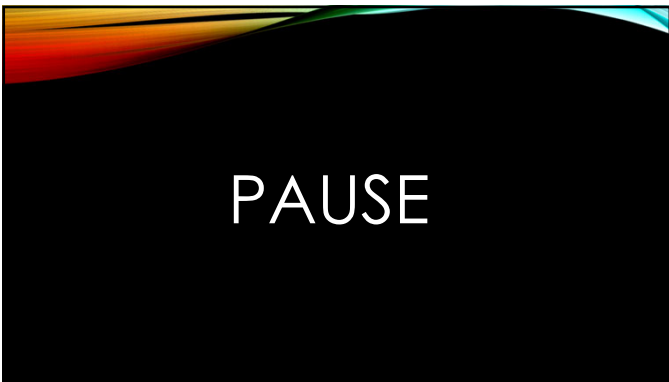


Now, Look back at the last 12 months,

How much time and energy have you spent getting stuck in the past or the future?

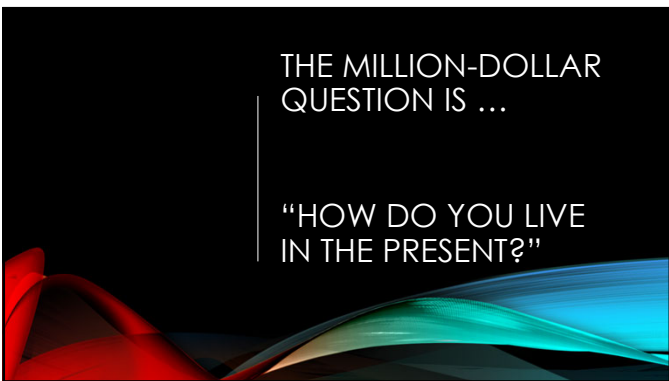
How much time and energy do you have left to create the life that you truly desire?

31



PAUSE

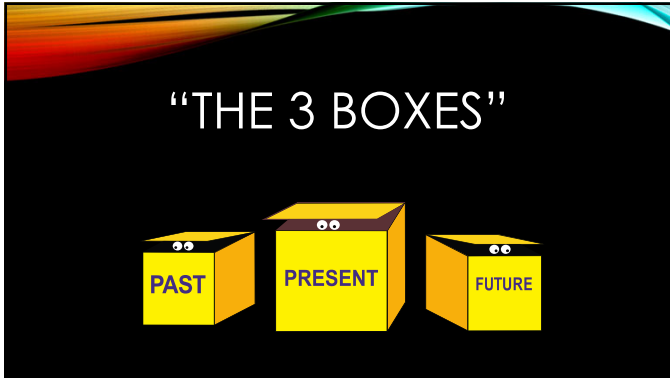
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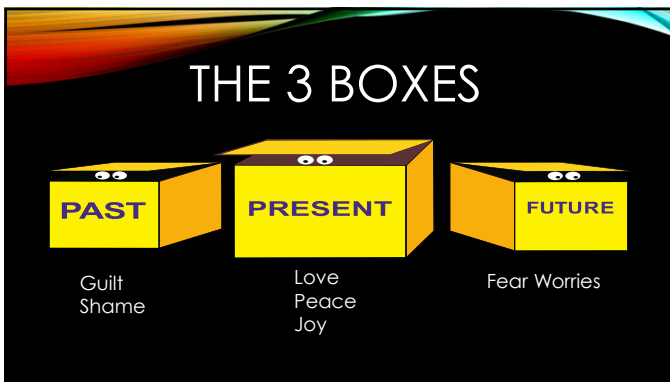
THE MILLION-DOLLAR
QUESTION IS ...

"HOW DO YOU LIVE
IN THE PRESENT?"

33



34



35



36

PAST

PRESENT

FUTURE

WHY WOULD YOU CREATE
A LIFE THAT IS DELUSIONAL?

WHY WOULD YOU
CHOOSE TO SPEND YOUR
TIME BEING PARALYZED?

37

In order to use your power to
choose...

You must


draw your own conclusion

38

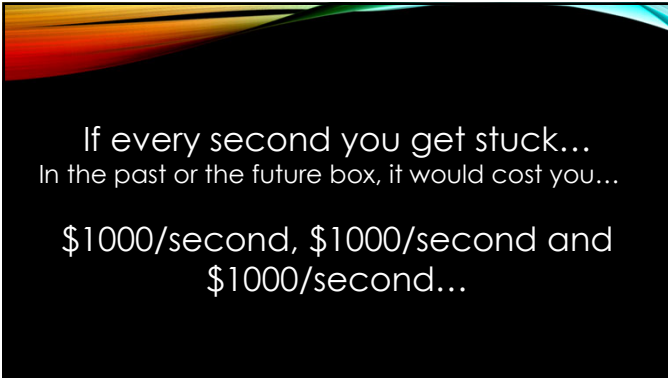
Have you suffered enough?

How about another 5 more minutes, 5 more hours and 5 more days, getting stuck in the past or the future box?

You won't be able to settle down and be content with this moment, unless you have the clarity to see the negative consequences of NOT being present!



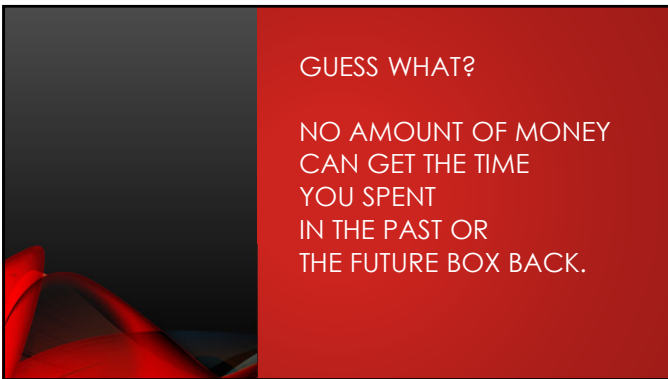
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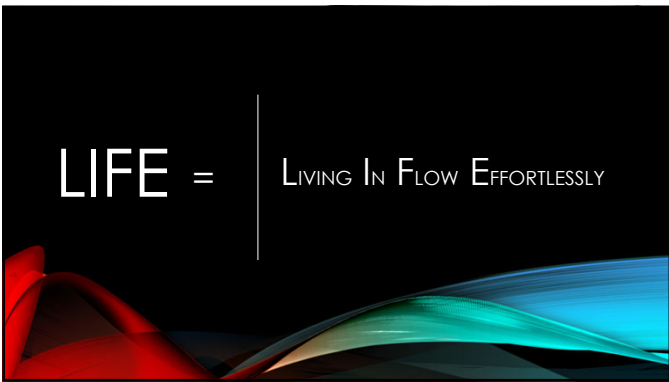
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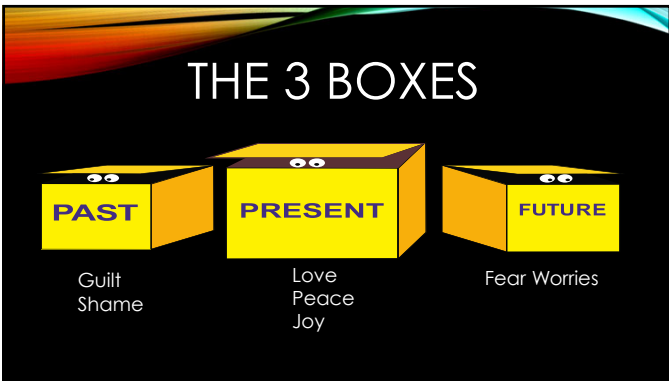
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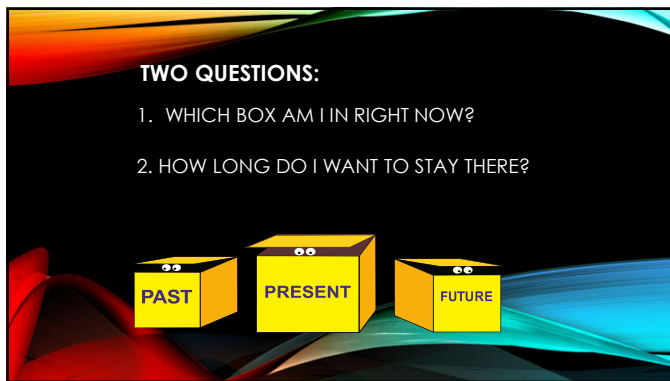
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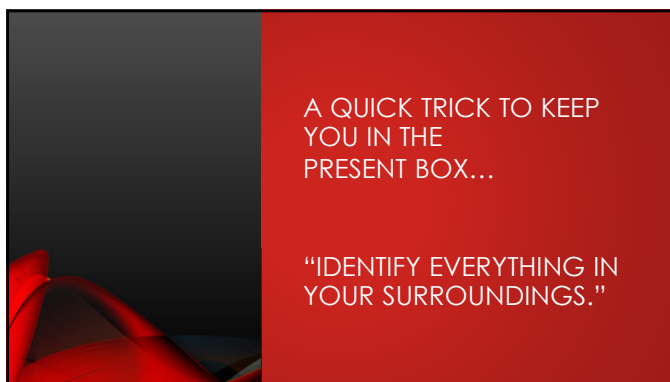
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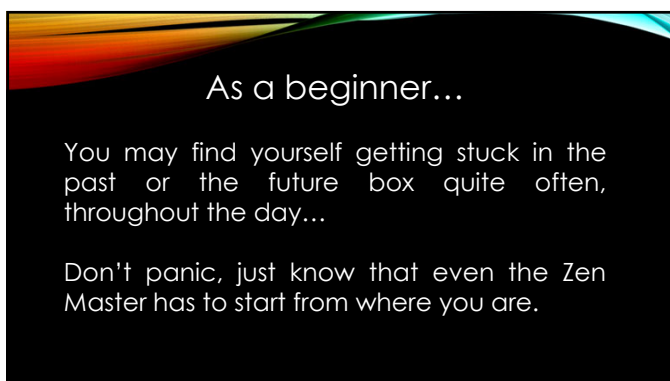
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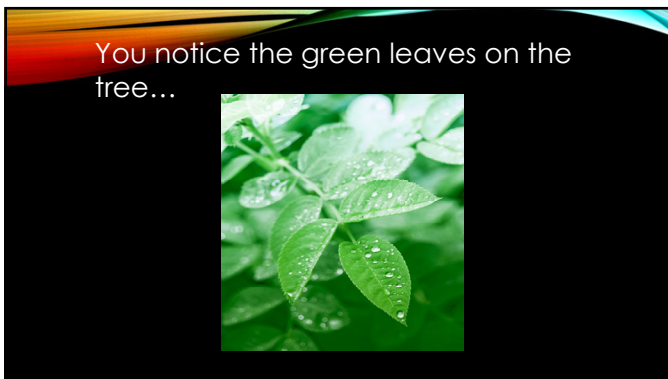
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53



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PEOPLE ARE SMILING AT YOU....



55

Life is Beautiful and
Magical...



56


THE BOTTOM LINE IS.... YOU ARE



57

Adena Bank Lees

LCSW, LISAC, BCETS, CP



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- + CHANGE AS RESULT OF STRUGGLE
- SENSE OF NEW OPPORTUNITIES
- INCREASED CONNECTION WITH OTHERS
- "IF I LIVED THROUGH THIS I CAN FACE ANYTHING."
- GREATER APPRECIATION FOR LIFE
- DEEPENING OF SPIRITUAL LIFE/CHANGE IN BELIEF SYSTEM

Post Traumatic Growth

Tedeschi and Calhoun, 1998

59

HYPERAROUSAL

Use mindfulness, grounding, Breath work

Overreactive, unclear thought, Emotionally distressed

Can't calm down

WINDOW OF TOLERANCE

The body is in its optimal state, Can access both reason and emotion, Mentally engaged

HYPOAROUSAL

Shutting Down

Depressed, lethargic, numb, unmotivated

Use mindfulness, breath work, physical activity

Reference: Siegel, 1999

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- CREATING/ANCHORING SAFETY
- TELLING YOUR STORY WITH SUPPORT
- REINTEGRATION INTO SOCIETY

Herman's Stages of Trauma Recovery

Herman, 1997

61

- OBSERVING EGO
- INTRA-PERSONAL/INTERNAL STRENGTH
- INTER-PERSONAL STRENGTH
- TRANSPERSONAL STRENGTH

TSM SAFETY STRUCTURES

Hudgins and Toscani, 2013

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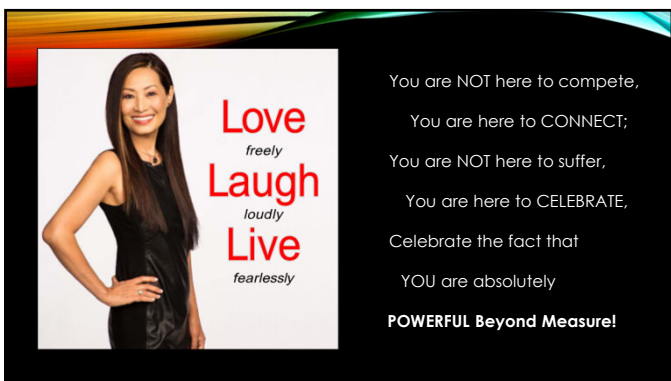
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65



66

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wenchi@MyZen.us
adenabanklees@gmail.com

More tools: Wen Chi Chien YouTube Channel
Upcoming Podcast: LOVE freely, LAUGH loudly, LIVE fearlessly

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**RESILIENCE
IN COVID-19**

Wen Chi Chien M.A. LPC
Founder, Zen Institute

Adena Bank Lees
LCSW, LISAC, BCETS, CP



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