Balancing Life with Practice

John D. Kelly IV
Director Shoulder Sports Med
Univ. of Penn.
Before Enlightenment: Father’s Day
A Day in the Life of a Care Giver
Sweet Spot = Maximal Effectiveness
Not about time management:

- It is all about energy management!!!

The challenge:
Minimize energy drains
Maximize energy supply

Manage Emotions and Relationships
High Octane Life: the BASICS

- Diminish EGO
- Practice Mindfulness
- Prioritize Relationships
- Live a positive, honorable and compassionate life

- EMOTIONS
- RELATIONSHIPS
You CAN Attain Balance!

- Requires DECISIONS to...
- Minimize energy drains
- Maximize energy sustenance
- HIT THE SWEET SPOT
Energy Drains
Emotions

• Worry, anxiety
• Perfectionism
• Compulsive behavior (overwork)
• Interpersonal conflicts
• FEAR
• Desire

• EGO
EGO

• Psuedoself mind creates
• Not aligned with true self
• Never satisfied
• *Separates* us from others
• Causes conflicts with others

• *Edging* **God Out**
Develop *Awareness*

- Become AWARE when your EGO is active.....
- Recognize that it will not bring PEACE
- Anger, defensiveness, fear, JUDGMENT, PERFECTIONISM >>> EGO
- Create space with negativity, *watch it*, get back to present
- Act upon your values.....anyway
Perfectionism

• An illusion, EGO at work
• Not from your SOURCE
• Never satisfied
• Always ‘missing the mark’
• The ‘two hour physical exam’
Mindfulness

• ‘The end of suffering’
• Anxiety, worry, guilt, obsessions, grudges, judgment, perfectionism .....dissolve in the present

• We develop clarity, see things as they really are
• We act from our ‘source’
• We naturally extend compassion
When we are in the moment:

- Relationships blossom - unconditional acceptance
- We are open to inspiration, passion, and enthusiasm
- We **forgive** and forget past transgressions and bring our ‘A’ game to the OR, office, school and home
When we are in the moment....

• We are MORE Efficient!
• We attend to one task at a time

• Multitasking DOES NOT WORK!!!!
Multi-tasking Misery for Kramer
Develop Mindfulness

• Read about it – Eckhart Tolle
Develop Mindfulness

- Jon Kabat-Zinn

- Practice it – meditate, pray, yoga, deep breathing

- Your breath...connection to NOW

- Be gentle with yourself
When Stress Mounts:

• Stop
• Breathe
• Be

M. Baime, MD
Example: Perfectionism

• In surgery trying to get reduction PERFECT

• After 20 min..........STOP- BREATHE- BE

• Be aware that perfectionism has taken over!

• Label and watch it...get back to present.....>>inspired thought
Focus on Relationships: 80% Happiness (B. Tracy)

- MARRIAGE

Big Kahuna

*Quality* of life depends on it

Largest determinate of happiness
Marriage/Partnerships

• Great unions don’t just happen
• Result of commitment and decisions
• We create the marriage we want

• FUELS our LIVES!!!!
Marriage/Partnership

- Vows: determine your growth and happiness
- Transforming
- ‘For better or for worse’ holds the key to growth
- A sacred union
Don’t drink the Kool Aid: Marriage/Partnership Trumps Career!!!
Proactive Marriage

• You assume responsibility
• Become aware (what am I bringing to this?)
• The relationship reflects what is going on in your internal life
• Look at your spouse/partner with COMPASSION
• Bring your ‘A game’ ........ ANYWAY
Commitment

• When we commit we:
  make the most of a situation
  look for the good and for
  GROWTH

‘the hardest times to choose love
become the very times that you can
most grow spiritually’ Gary Zukav
Solid Union

• Greatest legacy for children
• Stay the course.......72% of unhappily married couples become HAPPY five years Later!!!

• GROW where you are planted!!!!
• Your spouse/partner: greatest spiritual teacher!!!!!!!
Union

- **Consecrate** your life to your spouse, partner
- Place the relationship **above all else**
- Drop your EGO: ‘It is more important to be in relationship than to be right’
Power Quotes

• ‘success in marriage is not about finding the right person, but being the right person’
  Barnett Bricker

• "Life without commitment is not worth living."
  Rabbi Abraham Heschel
Love your Spouse as God (Higher Power) Does

• ‘The marriage affirming mind-set is about completely loving the personhood of your spouse for the simple reason that that’s how God loves that person. It’s a decision on your part to love your spouse no matter what and to love in an active way.’

Greg and Jennifer Willits
Stay Close to Your Source

• Your Source Directs You to be Honorable, Loving, Grateful and Compassionate
• Honor and service: energy efficient
• Honesty and Integrity: no agendas
• Service replenishes us
• Feeding our EGO depletes us
Humble Yourself to Higher Purpose

• Something inside (source) is *changeless*

• You are a servant for **good**
  The Universe is always working for your good

• ‘it’s not about you’
The Universe is Friendly

• ‘Believe everything is rigged in your favor’

Rumi
Service, Humility, Honor and Compassion

- A focus outward.....not inward
- Promotes joy and is sustaining
- We are ‘hard wired’ for altruism
Compassion

• ‘feeling of deep empathy and sorrow for another stricken by misfortune, accompanied by a strong desire to alleviate the suffering’

• Is the patient Obnoxious or WOUNDED?
• Resilient people DO NOT JUDGE!!!!
When we are Present...

• Inspired life
• No agendas
• We naturally think of others and extend love and compassion
• We treasure relationships
“You can’t live a perfect day without doing something for someone who will never repay you”

John Wooden

• Service is its own reward!!!
Even when you are ‘unconscious’
Be a Love Finder....
Generate Blessings

• You reap what you sow
• Bless or stress others.......you will receive same
• Law of Attraction
• Emotions are contagious!!!!

• YOUR CHOICE
‘Resiliency’

• Determined by presence of UPLIFTS in life - Wayne Sotile, PhD
  (Not by presence or absence of hassles)

• GENERATE UPLIFTS
• Be a LIGHT......not a critic
• Extend compassion, not judgment
• You DECIDE to spread around GOODNESS...which will come back to BLESS U
SWEET SPOT

• A peaceful mind that is PRESENT
• A life of authenticity, honor, virtue and compassion
• A life dedicated to others and RELATIONSHIPS
• A ‘love finding’ perspective
First thing first

• Quiet your mind, live in the moment... naturally Act from a ‘higher center’

Peace
Clarity
Enriched relationships
Loving and compassionate disposition
High Energy

• By getting our emotions and relationships in order, you will have enormous energy…. a river flowing with natural productivity

• A **peaceful** mind generates **true** power!
Charles Edward Montague

• ‘There is no limit to what a man can do so long as he does not care a straw who gets the credit for it’
Action Steps:

1) Practice Relaxation

- Take a yoga class
- Get back to your Faith
- Join a class on Mindfulness
- Read about ‘living in the moment’

- BREATHE
2) Sell Out for Your Relationships (Marriage)

- Write a ‘vision’ for your relationships

- If you have a spouse/partner.............

There will be no real SWEETNESS in your life, unless you make the relationship a SACRED PRIORITY
3) Write Your Values, Write Your Mission

• Aspire to live a high octane value life – love, respect, honor, truth, service and compassion
• Incorporate your values into a daily mission statement
• Refer to it daily and do it ANYWAY
4) Start your Day with a Sixpack

• Write out 6 goals for tomorrow
• In the am start with the hardest ....‘just do it’
• Gain confidence facing your fears
• Create ‘space’ between you and your fearful self.....then ACT
• You will rewire your brain!
5) Be a Light....not a Critic

• Look for the good and find it
• Dropkick judgment, extend compassion
• In every event, bless others: be blessed in return
• In every encounter, see the true dignity we all possess
• In every event ask ‘where is the gift?’
‘To love another person is to see the face of God’

Les Miserables
Victor Hugo
6) Get Help when You Need it

- JDK4 saw therapist during residency
- Learned Cognitive Behavioral Therapy
- 8 week course mindfulness
- Took meds when dad passed away
- Make yearly men’s retreat
- Listen to my body!!!!! (vacation, sleep)
Kelly Challenge

• Dedicate the next 30 days to be the *most loving, compassionate and present person* you can be

• Don’t expect anything in return

• Assume *total responsibility* for your encounters and relationships

• Watch your happiness BLOOM!
Life is worth living!!

- Peaceful mind + honorable life + rich relationships + optimism + compassionate orthopedic vocation

ONE HECK OF A LIFE!!!!!!
THANK YOU

johndak4@gmail.com
610 639 4884
mariesakelly@aol.com
610 639 4883