



How to use NLP and breathing to manage daily stress
Laura Lane's interview with Edward Olvera and Jacquie Nagy
Episode #20, Hope, Strength and Courage Podcast – Full Transcript

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Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer, where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in paediatric oncology as they share their best advice, as well as day to day advice collected from other cancer moms and leaders in personal growth and development. From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day-to-day challenges of caring for your child. Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015 I wrote about our experiences in the book "Two Mothers One Prayer: Facing your child's cancer with Hope Strength and Courage". Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

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This week before I introduce today's interview, I'd like to tell you about the projects I've been working on to better support you as a cancer parent and the sponsor partners who are helping to make it happen. I am most excited to tell you about our partnership with Royal Bank of Canada and Ronald McDonald House Charities South Central Ontario where we are donating of 100 copies and launching our Stronger Daily Planner for the most amazing moms on the planet. Everything you need to say sane while caring for a child with cancer. A daily, weekly, monthly tracker for all things childhood cancer related. A planner to keep track of diagnosis, treatment plan, symptoms, medications, reactions, food intake, blood count tracker plus everything else you need to keep track of for your family at home. If you would like to learn more, or inquire about how to order your copy or how to sponsor copies for families at your local hospital, please visit our website STRONGERPLANNER.COM. This project has been made possible with the funding help of Royal Bank of Canada, Ronald McDonald House Charities South Central Ontario to help us distribute the planners, the design expertise of Mockingbird Design and Impressive Printing in Hamilton Ontario.

Our other exciting news is our 30 min free webinar series "Coping Skills for Cancer Moms" hosted every Friday at 12pm North American Eastern time. I hope you will join me each week as I cover one of seven pillars to living with grace and ease. My goal is to share the valuable



skills I learned when our daughter Celeste was diagnosed, give you a short activity to help you apply the skill then open things up for questions, all in less than 30 minutes. If you are struggling right now, this might be just what you need help you feel loved and supported and give you the strength you need to carry one more day, one more week, one more month. To learn more please visit my website LauraLane.ca.

Now for today's episode which features part 1 of my interview with NLP Practitioners Jacquie Nagy and Ed Olvera.

Last week we spoke with Kevin Hall, bestselling author of *Aspire* as he shared the deep insights he learned when his own daughter Summer was diagnosed with a brain tumour. He talked about how he and his family only wanted positive people surrounding her as she went through her treatment and recovery.

This is also a big part of the discussion we had during this week's interview with NLP Practitioners Jacquie Nagy and Ed Olvera, as we discuss how to use NLP and Breathing to manage daily stress.

I hope you will enjoy this interview as much as I did.

I am pleased to formally introduce you to Edward Olvera and Jacquie Nagy.

Edward has been working in behavioural health, social work and the life coaching field for the past four decades. He met John Grindor in 1983, with an initial training in the patterns of hypnosis and the genius of Dr. Milton Erickson. In 1989, he was introduced to the new code NLP in a residential practitioner training in Syracuse, California. And later participated in trainer trainings and coaching certifications. He has worked in a wide array of settings including schools, wilderness programs, hospitals, social services, outpatient clinics, and private practice. In 2016, Edward launched a life coaching practice: *Choice Inspirations: A Service to Help You to Become Your Best You*.

Jacquie Nagy is the "be your self coach". She's a professional speaker and member of Canadian Association of Professional Speakers (CAPS Manitoba), a certified new coach, neuro linguistic programmer, Master and trainer, adult educator and coach. Jacquie shares the how to practice tools so people can gracefully coach themselves under pressure. Jacquie is the owner of *Holistic Directions Incorporated*, offering live NLP certification trainings to give individuals, coaches, leaders and parents the life changing skills that no one ever shows you to live a more happy and authentic life. Jacquie's mission is to flip the model of teaching the theoretical **what** and **why** in the field of self development into teaching the practical "how to" skills; so that families can live more healthier, holistic and autonomous lives.

Thank you so much, Edward and Jacqui for joining me today.

Edward: Thank you, Laura.

Jacquie: Thank you so much, Laura. I'm just delighted to be here.



Laura: Well, I'm thrilled to have you and I'm so thrilled to learn about NLP. It's not something that I know an awful lot about, and I'm sure our audience has the same situation. So would you, each of you, share with me what led you to the field of NLP? Jacquie, would you begin first?

Jacquie: Sure. I have to think back a little bit about that. I was introduced to NLP in my corporate career and I still learned how powerful one of the patterns within the field was in my sales position. And I kind of just tucked it away and forgot about it. Then I reached a point in my life where, I guess a cross roads, if you will, where I had an opportunity to do something completely different and I was not in a very good space. So my career was shot, my personal life wasn't doing well. My health was really poor. And I thought well, this is an opportunity to do something new and something different. After I got myself back physically in good health and started to look for what I wanted to do for the rest of my life. And I remember that workshop in NLP that I took. And I started doing some research and I discovered that this was possibly a field of study that I wanted to really dive into. I was at a, I guess a pivotal point of my life that if I was going to do anything different, now that was the time. And I was around 50. And I have to say that first eight day training course about NLP was the most profoundly life changing experience I have ever been on. And I had been on a lot of training courses through my corporate career. And it was at that moment that I decided that that was what I wanted to do.

I wanted to become a trainer in NLP. The practices that I learned there were for me, what has always been missing in my life. I started on a field of self discovery when I was in my teens, fairly traumatic childhood and a lot of challenges being a single mom, and I just never found the "how to". There was a lot of people telling me what to, or why I need to do it, and I never have found the steps of how ... but how, you know? And when I got that I thought oh, this is it. I'm so passionate about taking these skills that have worked so well for me out to the world and bringing it back to my community. That's what got things started because that was in 2008. And, so then, it's been quite a journey.

Laura: Well, that's terrific. And how about you, Edward? What brought you into the field of NLP? What ... what was the catalyst that changed your life?

Edward: Well at the time, I was approached it from a career professional development standpoint. And NLP was coming of age sort of in that era, where it became known that what they were doing was highly effective, and very, very powerful and quick for results. So that really was an interest to me. I also had an interest in hypnosis which John and Richard the co-developers of NLP had modelled Milton Erickson and he was an absolute genius in terms of getting results. His focus was really what the essence of the NLP is how do we get people to help them shift in very rapid ways? And so his entire career was based on that utilizing hypnosis and what later became the field of grief therapy was really based on his work. So that was my initial interest in attending a seminar with John, and he's very compelling in his presentation style and very great teacher so that sort of began a journey for me.



Laura: Oh, that's terrific. So, still need to know a little bit about what NLP is. So I want to start with you, Jacquie, if you could really just describe what NLP is, and then, Edward, if you have anything to add in, that would be great. Jacquie?

Jacquie: First of all I want to thank you for asking these questions and I hope I can do the listeners ... provide clear answer. I would say that if you asked that question to just anyone on the planet who's been through some NLP training and had the experience, they would probably answer it differently.

Laura: Okay.

Jacquie: So that's one thing I want to frame my answer on, is really my, my understanding of NLP through my own personal experience, and through observing others. And I'll answer quickly two ways. On a very high level, which is what John and Richards initial intention was, it's a modelling method for achieving excellence in whatever field of life a person is wanting. So, you can take that into any context whether it's relationships, communication styles, sales, leadership training, personal matters, inter/intra communication. You know, people that get stuck in limiting beliefs or dealing with traumatic PTSD. That is the subset of the modelling or the sense of pattern, the step by step, how to patterns that then lead to achieving a different result as Edward has pointed out.

So, it's kind of twofold. It's the modelling aspect. So, if we're observing somebody else who was doing what we want to do, NLP is the set of patterns that will get you to do what they're doing. And that's a set of tools that you can take away and use to achieve whatever results that you're wanting, as well.

Laura: Okay.

Jacquie: I hope that makes sense.

Laura: Yeah. It's starting to make sense. Yeah. So, Edward, is there anything you can add to that?

Edward: I completely agree. It was based on modelling which you could think of as a child who models their parent. That's the essence of modelling in its very simplest terms. In the late 1980s though, this is the development of new code. And this was a fairly significant shift in how do we go about creating the conditions for someone to make changes. And so new code comes with a shift to – from a conscious emphasis to an unconscious emphasis, utilizing games that are designed to kind of engage both hemispheres, all our sensory systems, to create some rhythm as a part of it. And this is, you know, in a video presentation will be difficult for people to get a true sense of this. That it's actually the experience of the game itself where the power lies for helping make the shifts and it's very, it's fun and fairly rapid and quick to get through so. That's new code.

Laura: Okay. So, I'm going to ask you the question. I'm going to throw this at you that ... can you give me an example of where specifically NLP would be used? Give me an example



maybe, a client that you know of, or someone that they have a problem and how NLP helps them. What specifically are you doing?

Jacquie: I could probably give about a thousand. I'm going to go with the one that just came to mind as I tend to go with what my unconscious presents me. What came to mind was a recent - a woman who was on a recent NLP practitioner training system so this is the full eight-day training course, certification training. And she had been really feeling stuck in her life. She had had quite a lot of traumatic experiences earlier on, and that she started to work through on the training as I mentioned earlier. We got about day six and she decided that she was going to really dive into a dream she had at an earlier stage of her life, where she wanted to write. She didn't know how or what she was going to write. She just had a desire and a love and a passion for writing. And had never really allowed herself to follow that path. So, after a significantly powerful NLP practice, she broke through the metaphor that she had been keeping inside of her of this brick wall. She always bumped up against this metaphor of this brick wall. She broke through it, and you can even see her whole-body shift. Her breathing changed, her skin tone. You know, her eyes were clearer, and you can almost feel the room was all sort of feeling her shift. And she wrote about it afterwards to me about the profound change and since then, I connected her with the woman who helps other women write books. She is now a published author. She has started poetry. She has a website. She's doing services for other writers and assisting others. So, this is something. She's about maybe in her late 40s. So, this is the profound kind of work that NLP can help a person break through and really, like I said, live that dream that we've always wanted to dream.

Laura: Right. So how can we bring this home for parents whose children have cancer? What are the things that ... right now the difficulties that they're going through – they have a child who's been diagnosed with cancer, which can be so frightening. They're living a stressful life - doctor's appointments, sometimes traveling, not being at home, having to stay at Ronald McDonald House or other places while their child is seeking treatment post - during the treatment itself, it can be so difficult. All of the things that they're watching their child go through, and then at the same time, then preparing or at home now, the child has done treatments, may or may not be in remission. There's that constant doctor's appointments, scans. There's a lot of stress in their lives. They're experiencing trauma almost on a day-to-day basis, and they're watching this for their child who's experienced these traumas and all of these treatments, they can be surgeries and pokes, and scans, and all of the obtrusive things that happen when you go through high dose chemotherapy, radiation treatments for children. And then trying to get back and have a normal life. What is it that can help? What is it about NLP that would be beneficial for these families and what they're going through?

Edward: In the brief terms we're going to cover today is the essence or the importance of breathing and the unique twist on that from the NLP standpoint. But as you say, the stress is ongoing. And so being able to maintain, build, nourish oneself care and also the networking that goes with the support that goes with that, I think is critically important for a sense of well being because it is an ongoing challenge that, you know, it's not in the future. It's, it's



right now, it's today, it's every day, it's tomorrow. So, you know, finding a way to maintain your sense of well being as you've lived through this. And then creating, you know, opportunities to access memories that really do provide the kind of comfort or encouragement that I think spirit's so critically important. You know, during times like this, that are so, so difficult. And, you know, really cherishing or embracing the things that are inspiring, comforting things, that make us feel good, and that get us through the day. I think these are the things, and this is ... NLP and what we're doing very much is about the here and now. It is about the present moment. And it is about making the most of those present moments, despite some very difficult circumstances that obviously families with a child that has this disease is going through.

Laura: Terrific. So, what is the advice that you would give to parents, then? Could you share four things that they can take home? What would you like to start with?

Jacquie: I'll start, Laura. I would like to share about breathing. And many of the people listening maybe even thinking, oh my gosh, one more person tells me just take three breaths or, you know, breathe or breathe and step away. While I think that in some situations, yeah, it's helpful to sort of stop yourself from maybe saying something inappropriate or whatever. It's so much more powerful than we really want. So, what I want to introduce the concept of using breathing as a leverage point.

So again, when I said earlier with NLP we really are teaching the utilizing a set of step by step processes that impact our neurological and linguistic maps of the world. So, what do I mean by leverage point? Well, the metaphor I like to use is a set of dominoes that are all set up. And you know how you hit the first domino and it's very difficult to stop the rest of them from all falling.

So, we in NLP look at breathing as a really essential leverage point in terms of managing the current moment and what's happening in every single present moment, really. I mean, you can't get down every split second however, I would argue that, you know, in some really intense situations that almost breaks down to that level where a split-second response can be a domino effect to what happens after. With that kind of concept in mind when the breathing is not working in our favour, it's going to impact the whole physiological state that we're in. And when I say physiological what I mean is muscular, so whether there's tension in the muscles, or the muscles are relaxed; the skeletal in particular, the spine; spinal posture is really, really key for what state we're in. Now, obviously, a posture that's looking like this is much less resourceful in posture that's upright.

Laura: Right

Jacquie: And the third part of this, and there could be others, I just kind of brought it down to three, is the hormonal. So, cortisol is the stress hormone. (20:14) And there's so much research out there right now, that is indicating that our group thing, deep, deep breathing can in fact, alter the function, if you will, the functionality, of our hormones, and in particular the cortisol, which regulates our stress. So that's the one thing I want to point out about



breathing. Is that's the first domino in the whole very complex, musculoskeletal and hormonal biochemical processes that we as human beings are creating within this body that we have.

The second part of it is intention.

When we look at breathing as an essential point of the state that we're in, the internal physiological state, every state that we're in also supports an intention because within the state are certain behaviours. So, if you think about a state, for example, fear, which I'm guessing many parents who are in a situation dealing with kids with cancer would be in the state of fear - this is one that I would categorize as being unresourceful in certain situation on a day to day basis. However, the intention that that fear state serves is to be on alert, to be protective, to be watchful, and to be ready for just about every emergency that could occur.

Laura: Right.

Jacquie: Right. So, in essence, our bodies are working beautifully, to serve the intention of being protective and, you know, ready to take care of any emergency. However, a fear state, as you can imagine, can be very exhausting. The breathing changes, the heart rates change, and there's tension in the muscle – we're ready to respond. Well, if you're doing that, I won't say 24/7 most likely calls, you know. And you're going to exhaust the adrenal gland. It's going to really break down a person's ability to even pay attention to other things which are so important which is self care.

Focus gets really narrow, and we lose the ability to consider other aspects of what's going on that we could be taking advantage of to servicing intention, and we get so stuck into that flow state. The brain has a pattern also of wanting to fall into homeostasis. So, it finds a state that it can maintain and it wants to just stay there as it takes more resources to get out of it.

Laura: Okay, get it.

Jacquie: Okay, so it takes a little bit of work for the brain and the body to move away from this state versus, if you look at being a state of calm, even in a situation that can be quite challenging. If we go into that in a state of calm, knowing we still have the same resources available to be attentive to what the needs of the other person are, to be ready to make any kind of actions and judgments very quickly to, in an emergency – it's still going to serve the same intention. However, it's a far more resourceful state as we get to save more of our resources for when it's really bad, when it really matters.

Laura: That makes sense.

Jacquie: So, the same intention for the state we go into it is far more, more of a, a resting state. I liken it to you know, being ready for anything. You know, being kind of ready to jump in rather than being in it waiting for it to come out at you. It's a little bit different.

Laura: Like a lifeguard on duty and the person who's in the water trying to save people.

Jacquie: Oh, I like that metaphor. That is a beautiful metaphor, yes. And both have the skills to save the person. Yeah, great.



In part 1 of interview with Jacquie and Ed, I really appreciated learning and properly understanding what NLP is all about and how we can use breathing as a leveraging point. Going from simply breathing to setting an intention on the state of being we choose to be in. Being in a state of calm rather than fear.

Please join me next week for part 2 of my interview with Jacquie Nagy and Ed Olvera as Jacquie goes into detail of her 4 steps to shift from overwhelm to intentional resourceful living.

In the meaning time to learn more about Jacquie and Ed please visit their websites at www.holisticdirections.com

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini E-book at www.twomothersoneprayer.com

Today's advice comes from Jackie:

Everything was a blurb. I can't recall what was said or what our plan was. But some minor advice... wear good shoes, eat healthy and get rest as it's a long journey. And take help from family and friends when offered. We only have one superhero in the family and that's our child.

Thanks, Jackie, for sharing that.

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website www.twomothersoneprayer.com and I will be sharing your advice with our listeners on future shows.

[Music begins lightly in the back ground]

Thank you for taking time out of your busy schedule today to listen to the Hope, Strength & Courage podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope, Strength & Courage production team which consists of my wonderful assistant Tracey Ogilvie-McDonald, Andrew Braun at Braun Audio and Audio Geek, music by Fiz Anthony, and graphic design by Amy Hosmer. To learn more about myself, Laura Lane, and to order my book, please visit www.lauralane.ca.