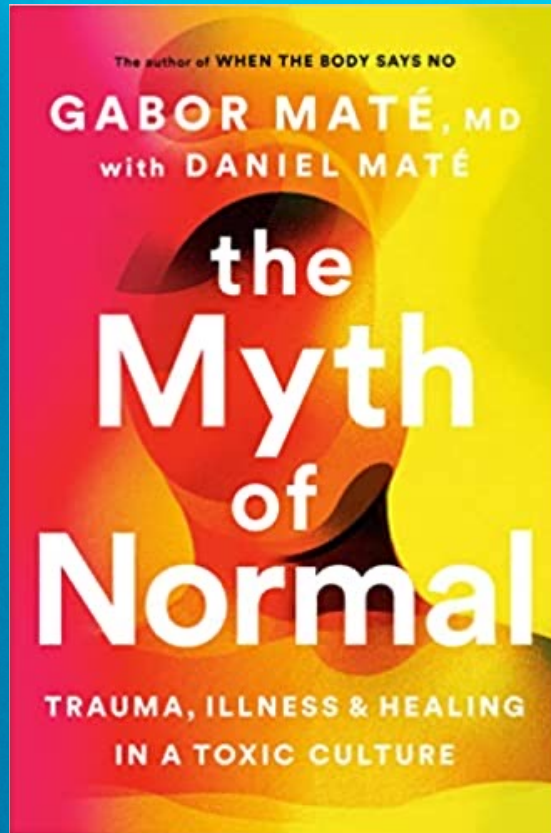


Welcome to the HR Book Club



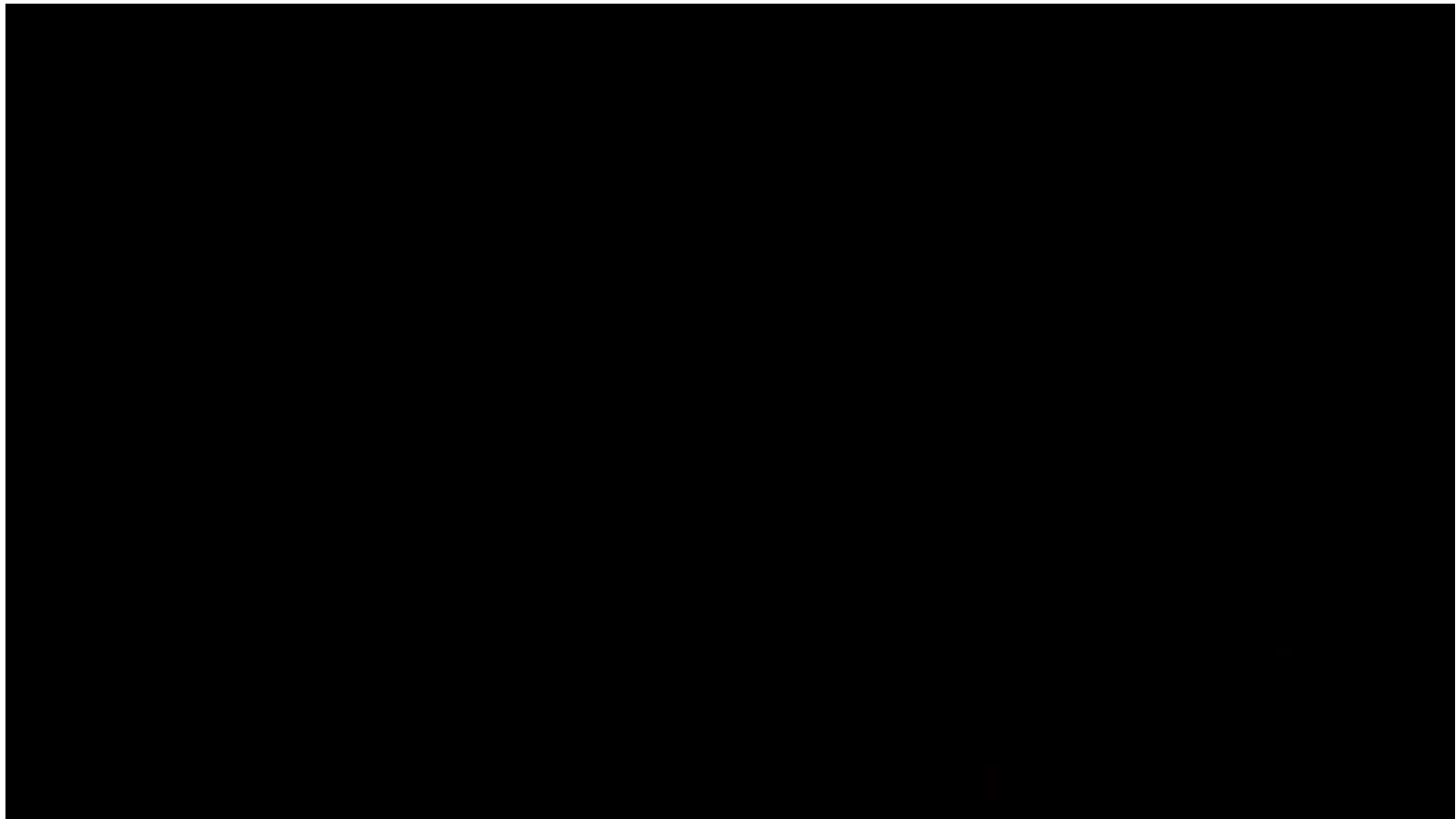
“There is more treasure in books than in all the pirate's loot on Treasure Island.”
Walt Disney

CPHR BC & Yukon wishes to create a safe, respectful and inclusive environment for all. While participating in this event, attendees have the duty to conduct themselves in an ethical and professional manner and are expected to abide by the CPHR BC & Yukon Professional Rules of Conduct in both verbal and written comments.

Conduct Disclaimer: <https://cphrbc.ca/conduct-disclaimer-for-events-and-roundtables/>

Video Link -

https://www.youtube.com/watch?v=1eTiP3ota_c



Do you agree with the author's idea that our physical or mental ailments are a direct result of our choices and life experiences?

“Chronic illness—mental or physical—is to a large extent a function or feature of the way things are and not a glitch; a consequence of how we live, not a mysterious aberration.



“Over my decades of medical practice and thousands of conversations, I have learned that the first question to ask is not what is wrong with an addiction, but what is “right” about it. What benefit is the person deriving from their habit? What does it do for them? What are they getting that they otherwise can’t access?”

Within the context of being addicted to some bad or unwanted behaviours, how can this approach help in letting go of the negative behaviors and building new, constructive habits?



Can you think of any of your personality traits or habits that were shaped by either a positive or a negative past experience?

“It is sobering to realize that many of the personality traits we have come to believe are us, and perhaps even take pride in, actually bear the scars of where we lost connection to ourselves, way back when.”



“Time after time it was the “nice” people, the ones who compulsively put other’s expectations and needs ahead of their own and who repressed their so-called negative emotions, who showed up with chronic illness in my family practice, or who came under my care at the hospital palliative ward I directed”



What are your thoughts on the idea of pushing down the emotions and the negative effects of this practice? Have you ever observed these behaviors in the workplace?

Tim Krasser, professor emeritus of psychology at Knox College shares: "Research consistently shows that the more people value materialistic aspirations as goals, the lower their happiness and life satisfaction and the fewer pleasant emotions they experience day to day. Depression, anxiety, and substance abuse also tend to be higher among people who value the aims encouraged by consumer society. There is a seesaw oscillation between materialistic concerns on the one hand and prosocial values like empathy, generosity, and cooperation on the other: the more the former are elevated, the lower the latter descend. As materialism promises satisfaction but, instead, yields hollow dissatisfaction, it creates more craving. This massive and self-perpetuating addictive spiral is one of the mechanisms by which consumer society preserves itself by exploiting the very insecurities it generates. Disconnection in all its guises — alienation, loneliness, loss of meaning, and dislocation — is becoming our culture's most plentiful product. No wonder we are more addicted, chronically ill, and mentally disordered than ever before, enfeebled as we are by such malnourishment of mind, body and soul."

In a society that is driven by consumerism, how can we better cultivate and promote prosocial values in our lives and at work?

