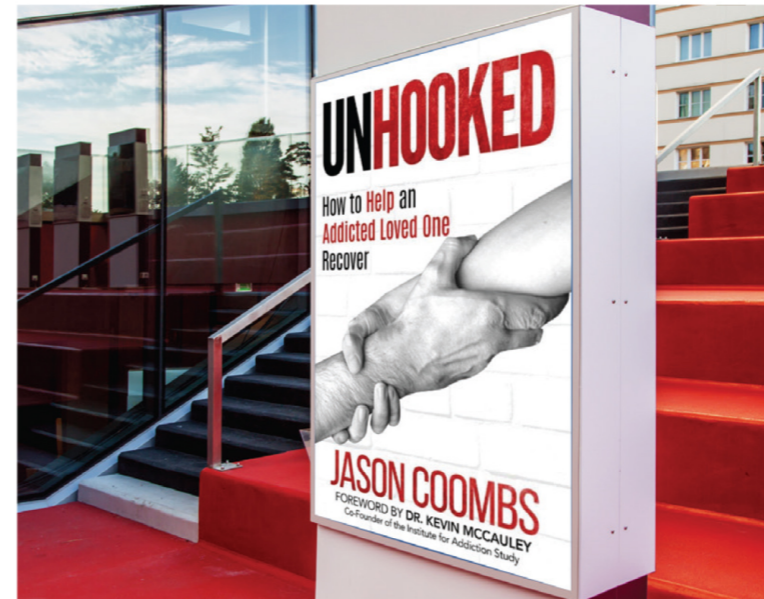


Jason Coombs

Bestselling Author • CEO • TEDx Speaker



— A FEW OF THE CLIENTS WHO LOVE JASON AND HIS MESSAGE —



Interested in bringing Jason to speak at an event?

For immediate response to speaking inquiries, contact jennifer@brickhouserecovery.com or call 208-286-4274.

“Victorious warriors win first, and then go to war, while defeated warriors go to war first and then seek to win.”

~ Sun Tzu

Key Takeaways

1. Learn how to evoke internal motivation.
2. Learn how to resolve ambivalence.
3. Learn how to apply techniques for lasting change.

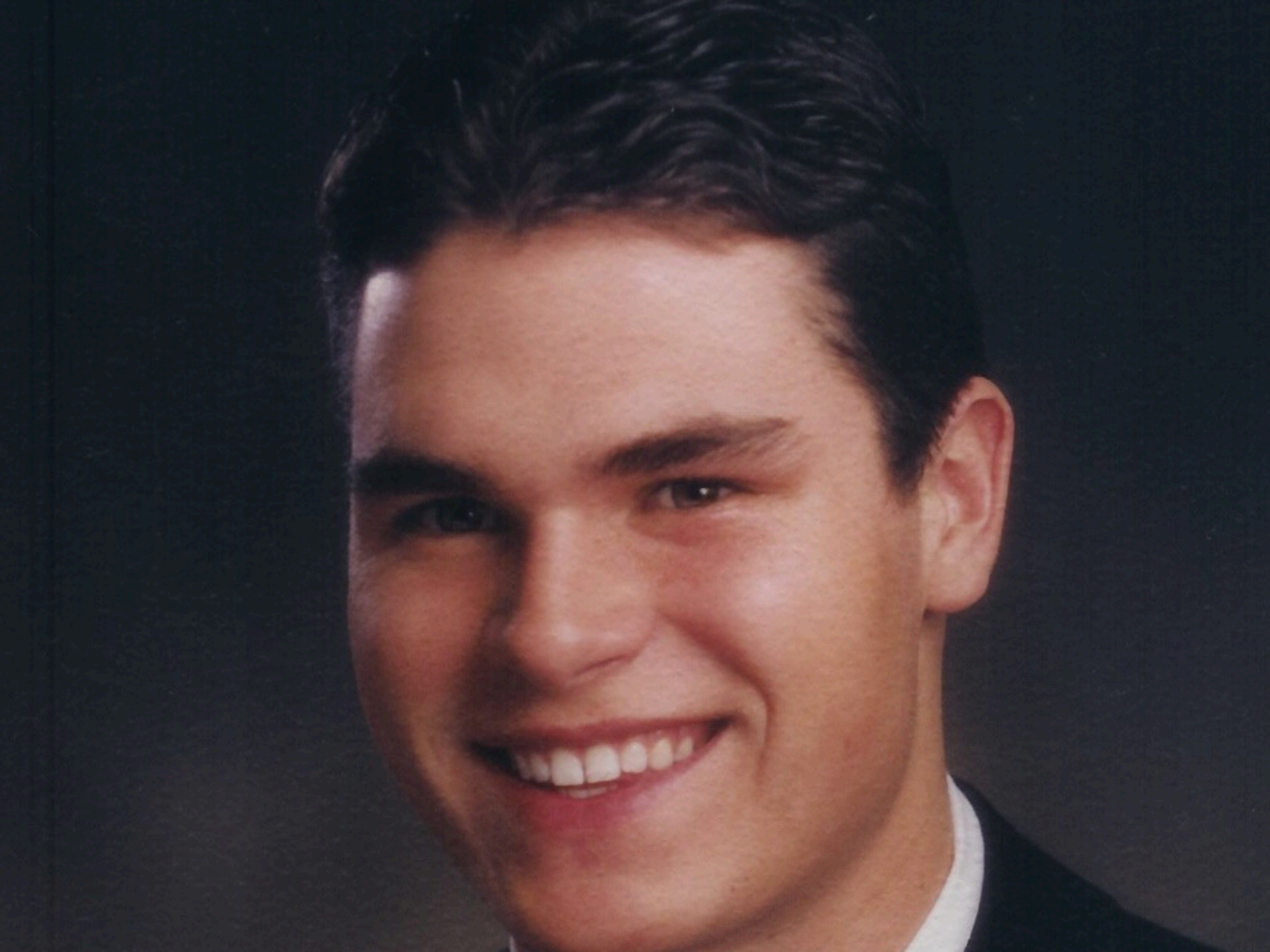
Key Solutions

1. Strategic mental resilience.
2. A daily mental victory.
3. Emotional Mastery.

VIDEO HERE

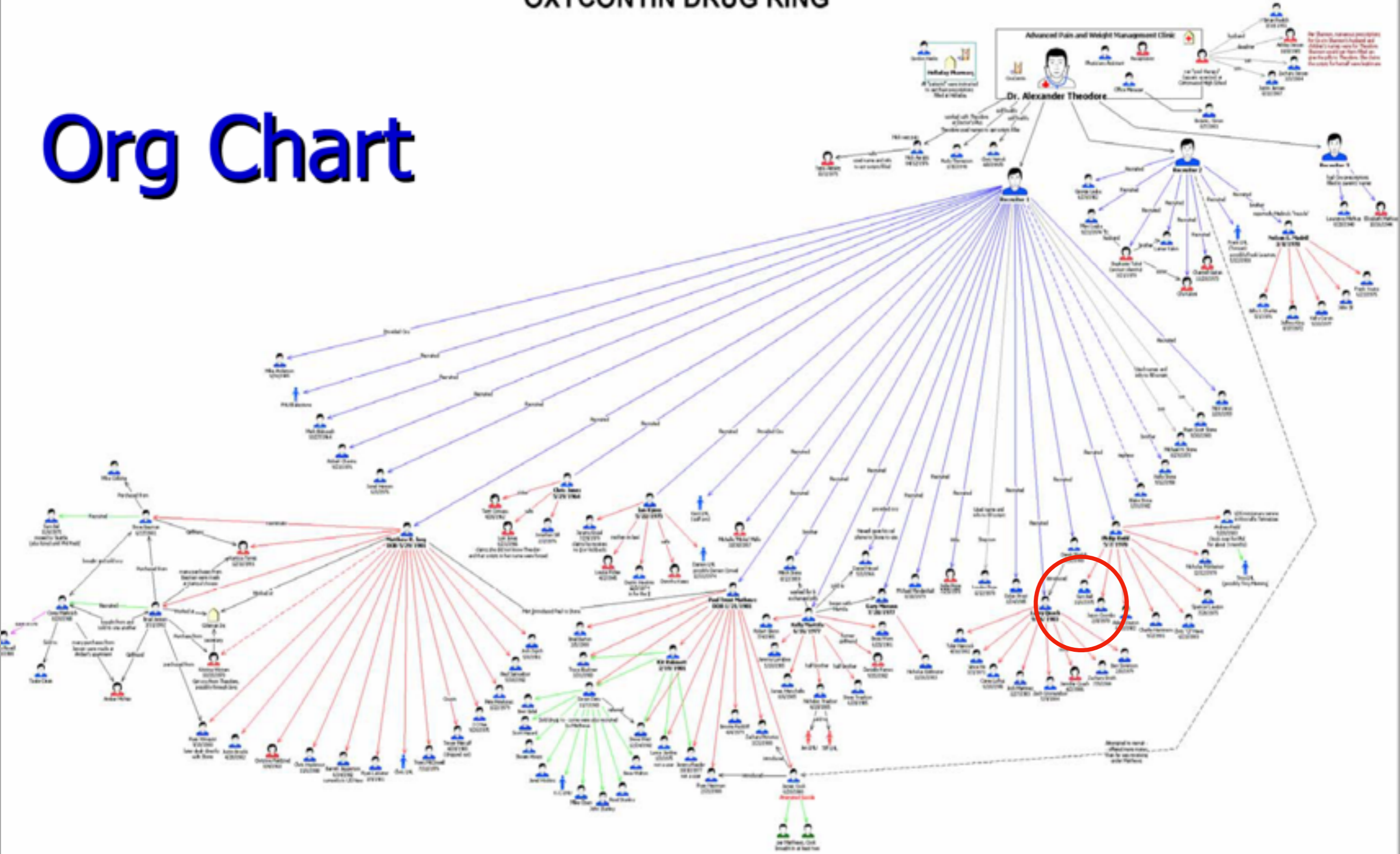






OXYCONTIN DRUG RING

Org Chart



Advertise with us



Doctor involved in prescription drug ring sentenced

Posted - Dec. 14, 2007 at 5:00 p.m.

Contributed to Opioid Crisis

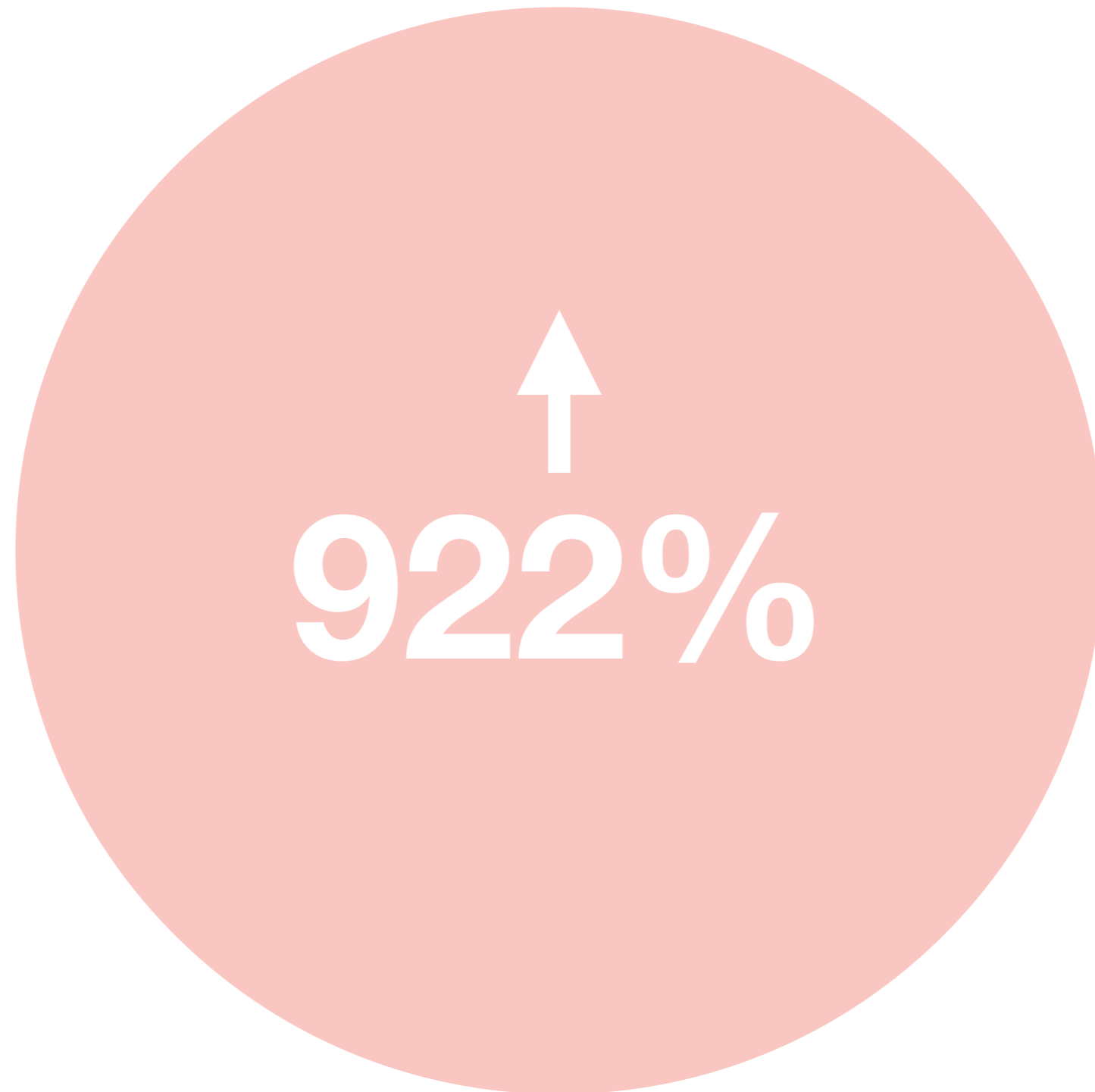
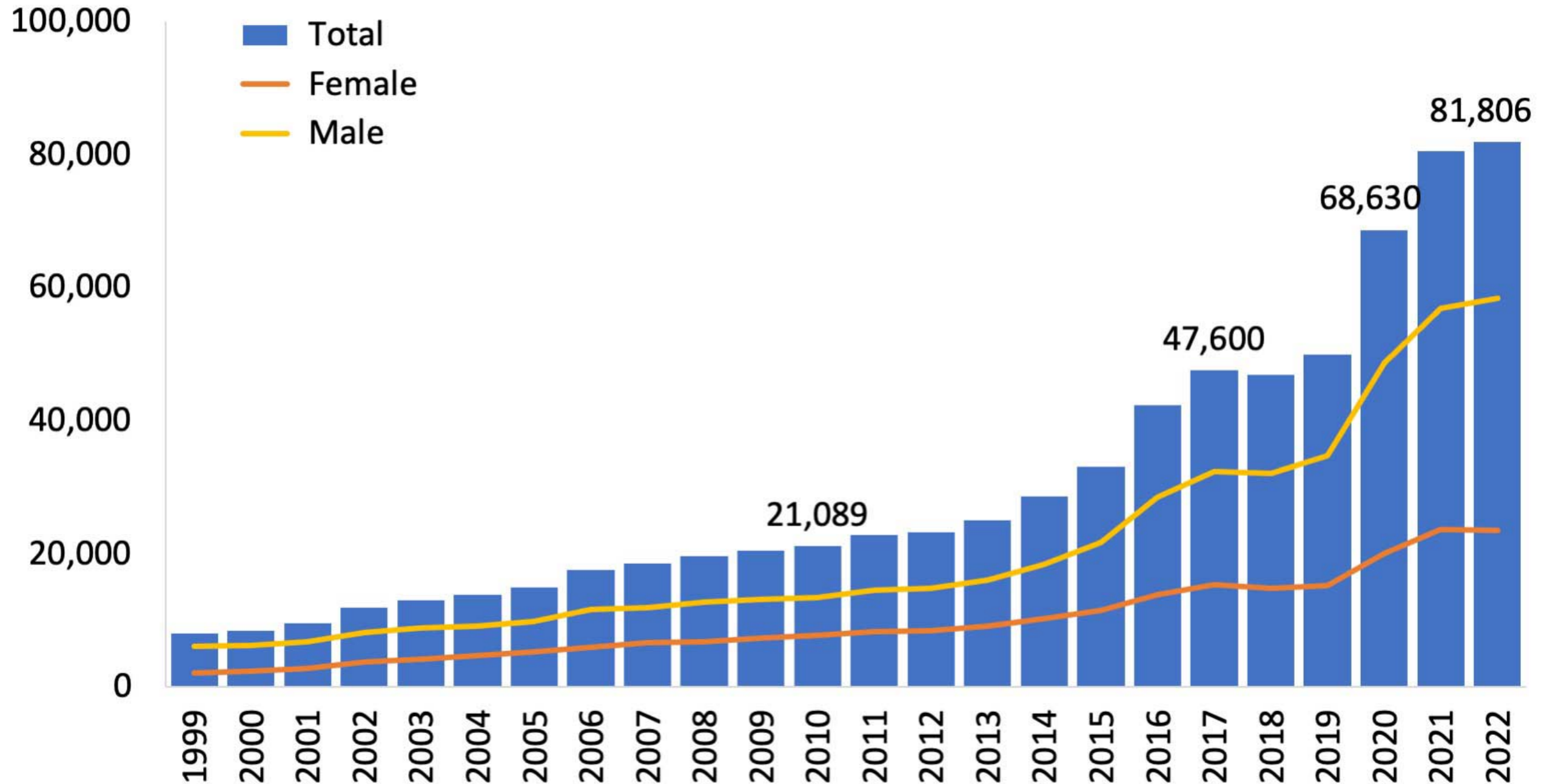
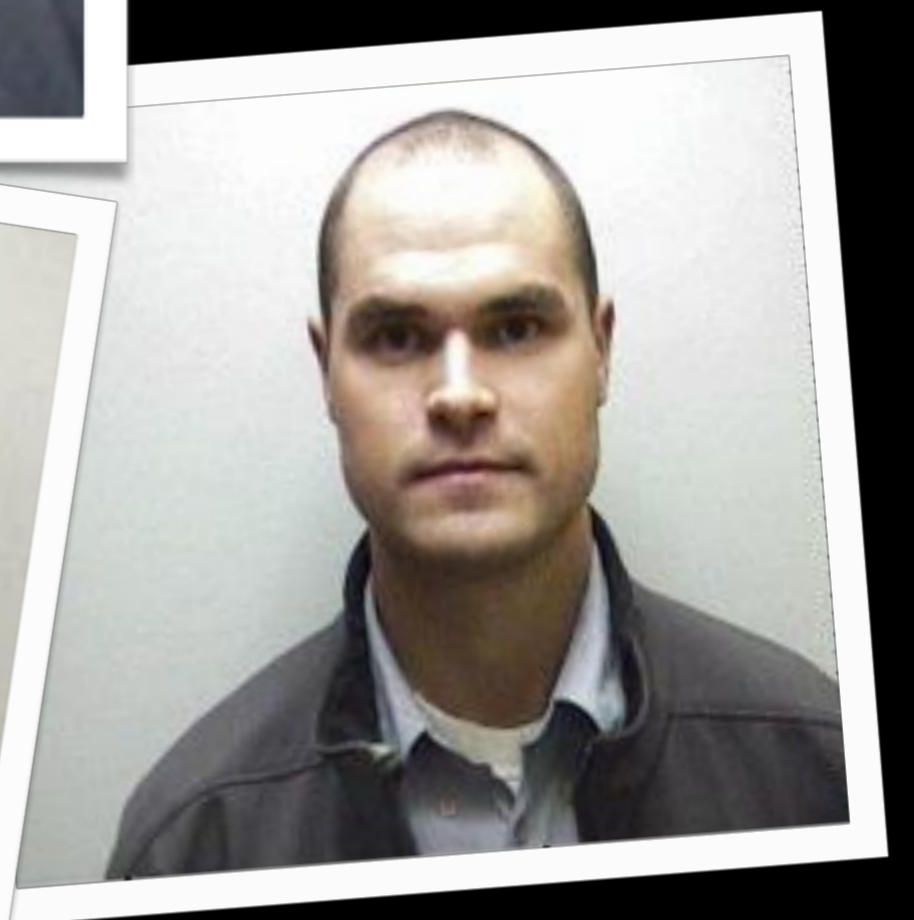


Figure 3. National Overdose Deaths Involving Any Opioid*, Number Among All Ages, by Sex, 1999-2022



*Among deaths with drug overdose as the underlying cause, the “any opioid” subcategory was determined by the following ICD-10 multiple cause-of-death codes: natural and semi-synthetic opioids (T40.2), methadone (T40.3), other synthetic opioids (other than methadone) (T40.4), or heroin (T40.1). Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.







BRICK HOUSE RECOVERY



Mental Wealth

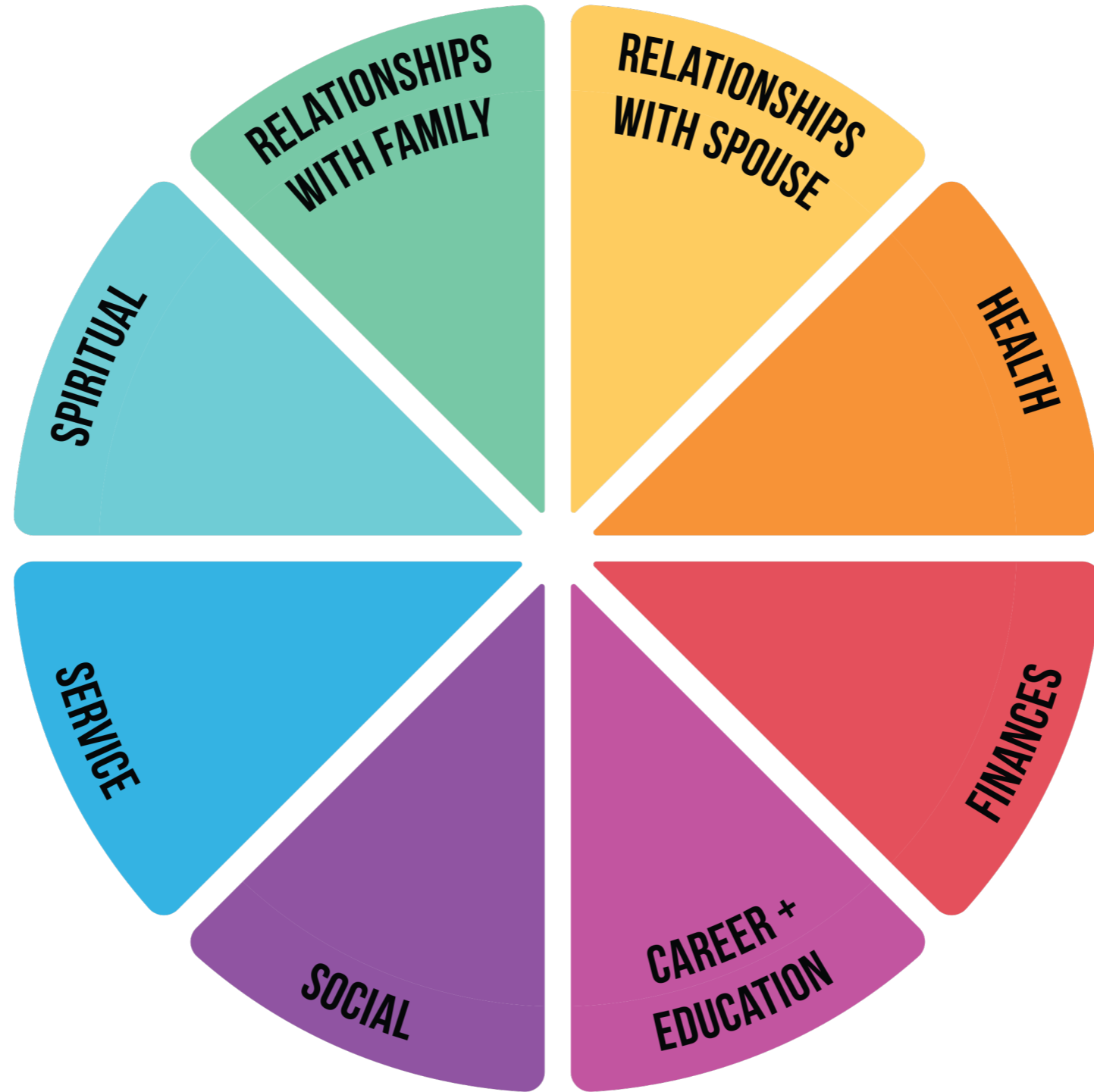
vs.

Mental Bankruptcy

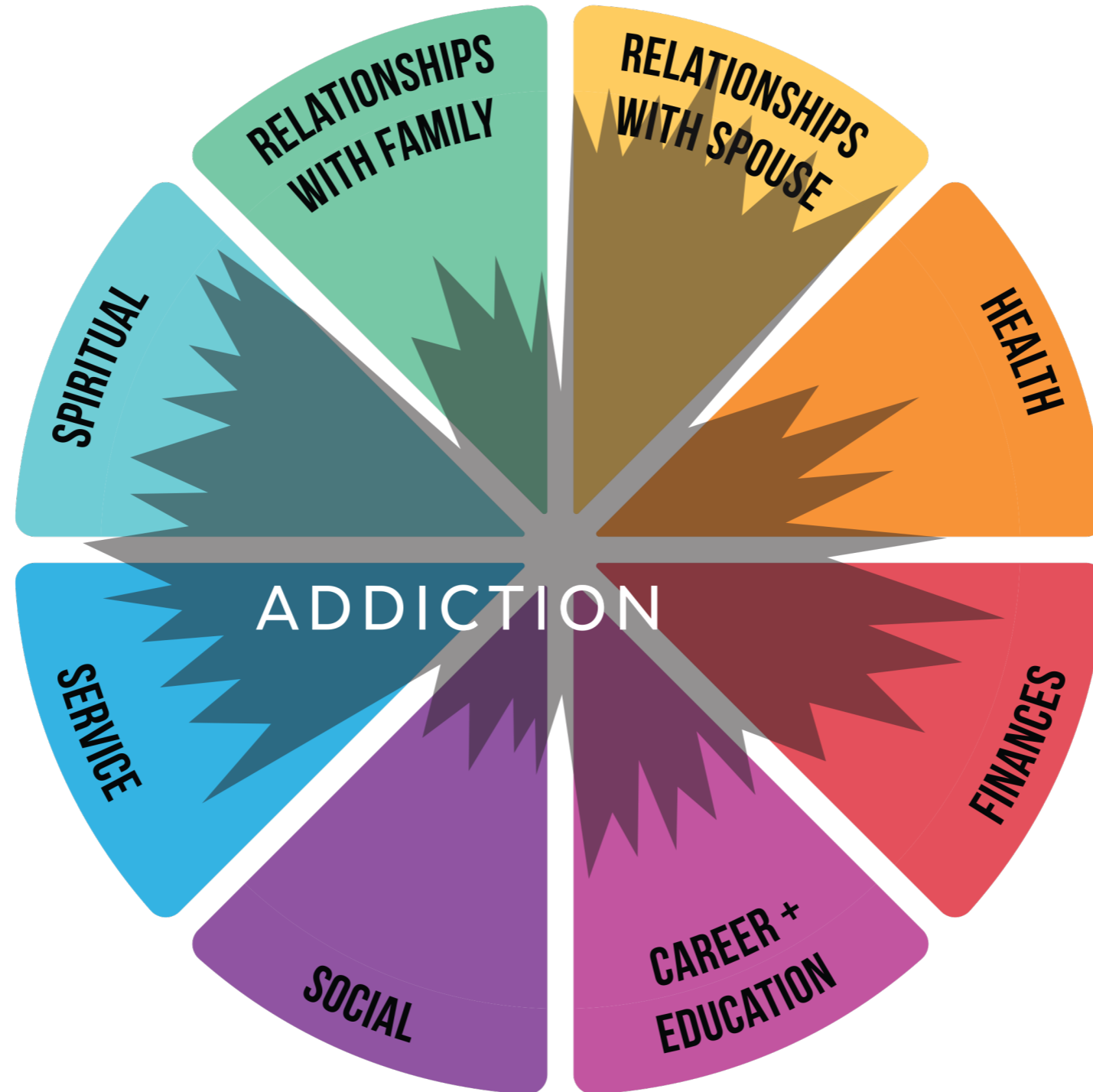
How do you influence
the right way?

VIDEO HERE

Life Domains

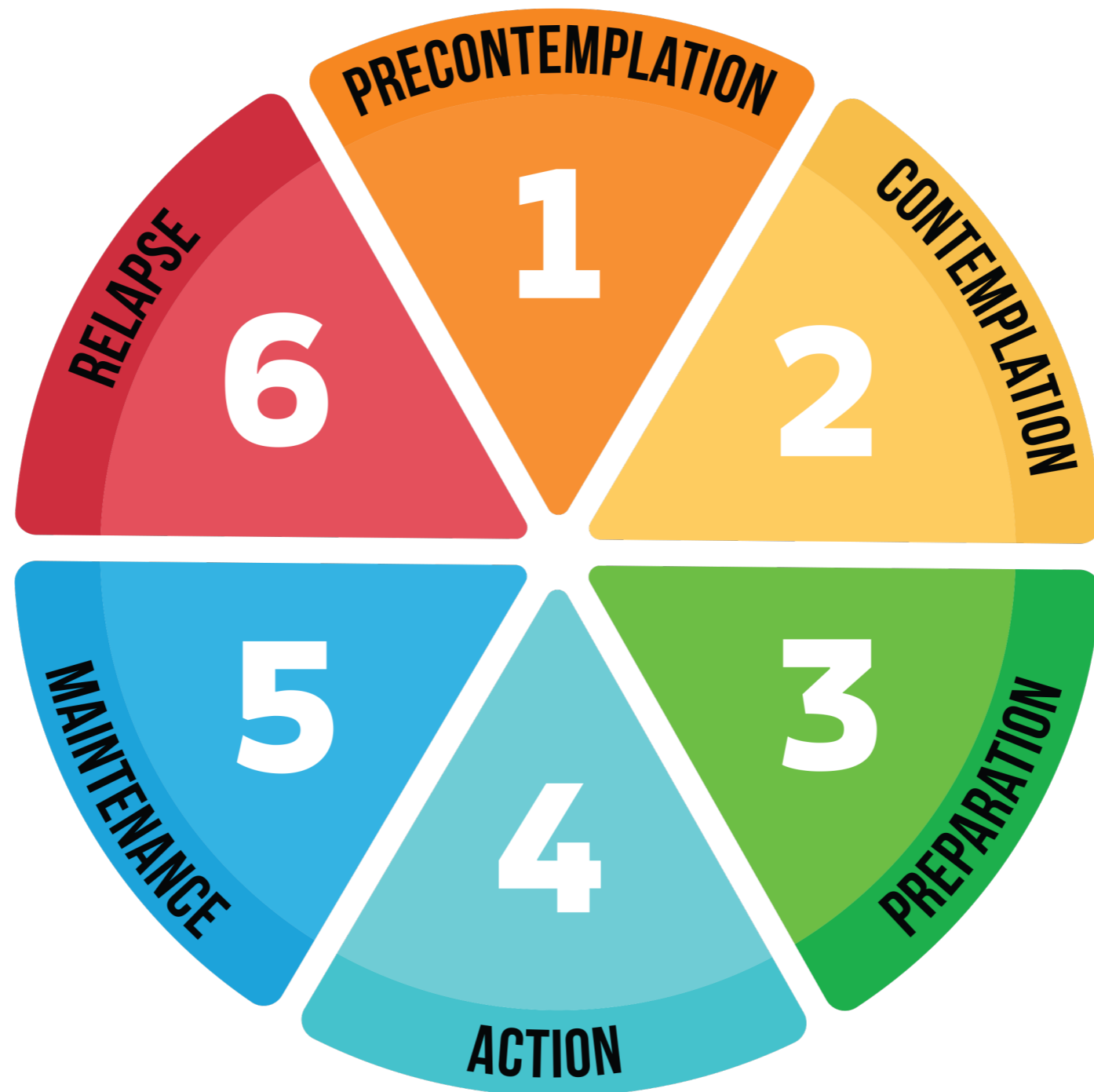


Life Domains



STAGES OF CHANGE

Prochaska & DiClemente



STAGES OF CHANGE



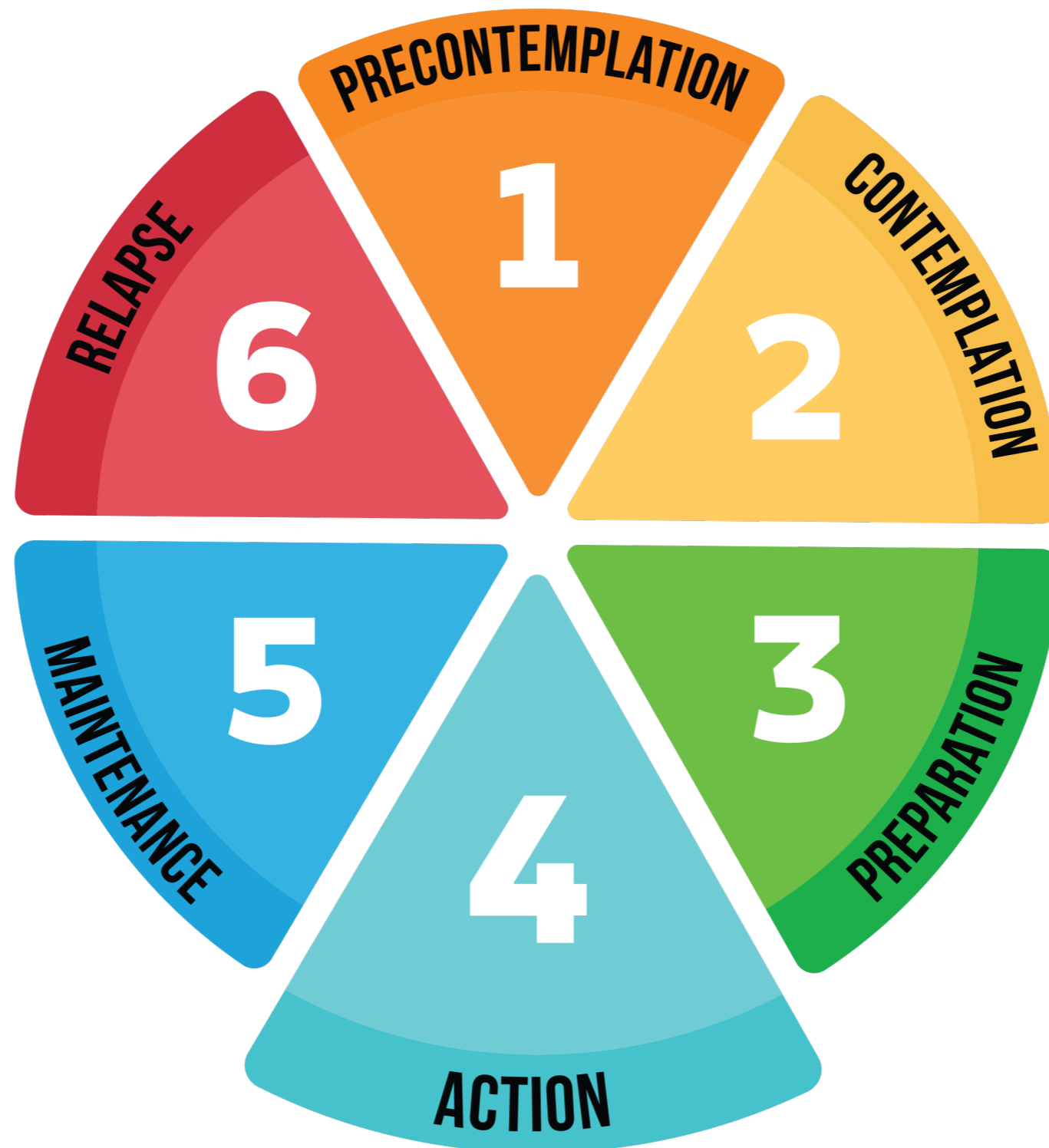
STAGES OF CHANGE



STAGES OF CHANGE



STAGES OF CHANGE



STAGES OF CHANGE



Stages of Change





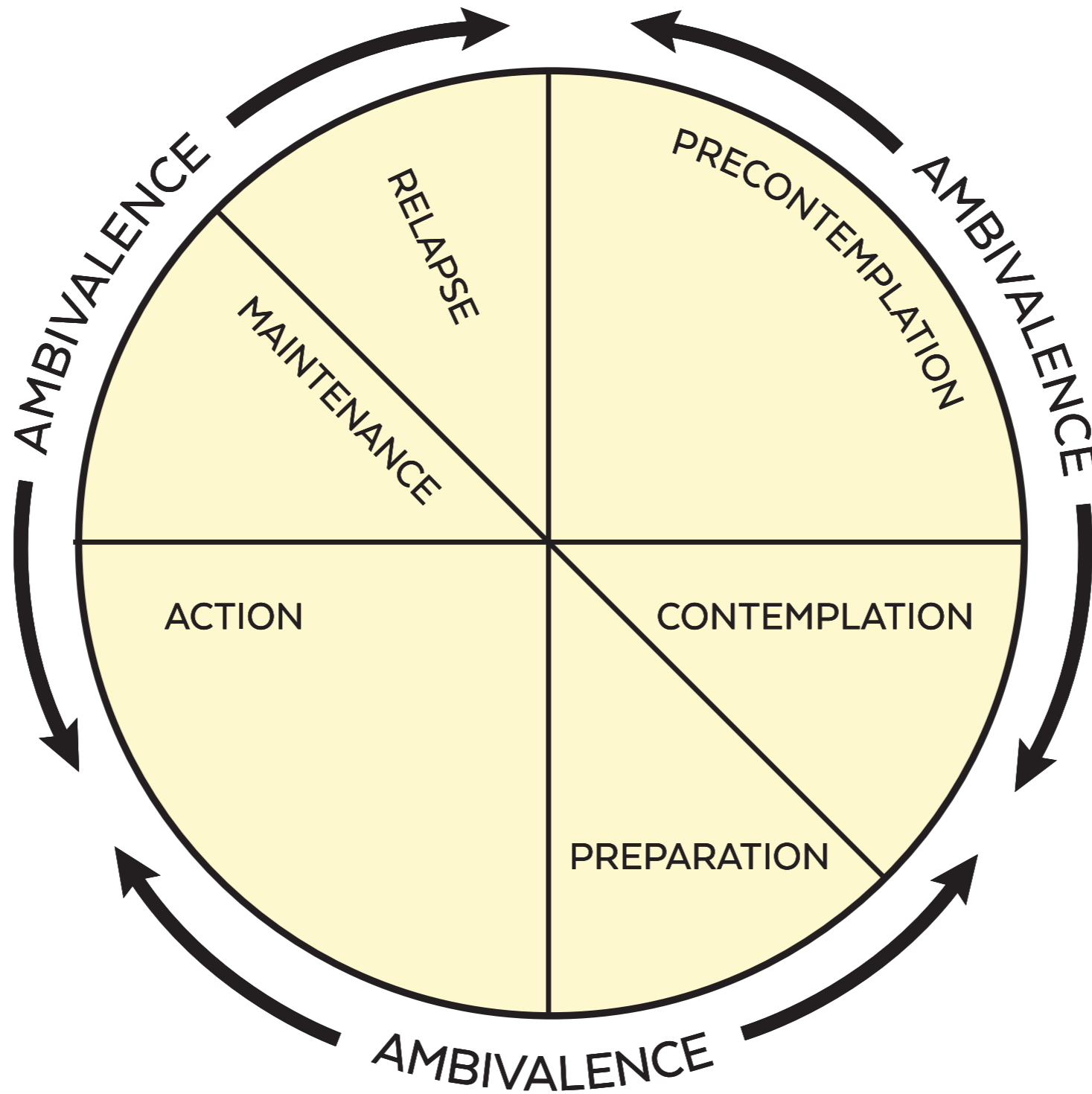
SPIDIT

HT

FINANCES

STAGES OF CHANGE TRANS-THEORETICAL MODEL

(Prochaska and DiClemente)



1

“Get off the beach!”

2

Put on an emotional raincoat

3

Strong fences make great neighbors

1

Collaboration vs. Confrontation

2

“Drawing Out” vs. Imposing Ideas

3

Individuality vs. Authority

The logo features a dark grey, textured circular shape with a grid pattern, resembling a nugget. It is positioned on the left side of the slide, partially overlapping a red horizontal bar at the top. The word "TRUTH" is written in large, bold, white capital letters, and "Nuggets" is written in smaller, white, lowercase letters below it.

TRUTH
Nuggets

1

Empathy

2

Support Self-Efficacy

3

Roll with Resistance

4

Develop Discrepancy



BRICK HOUSE

RECOVERY

Addiction & Mental Health

RECOVER YOUR
MENTAL WEALTH

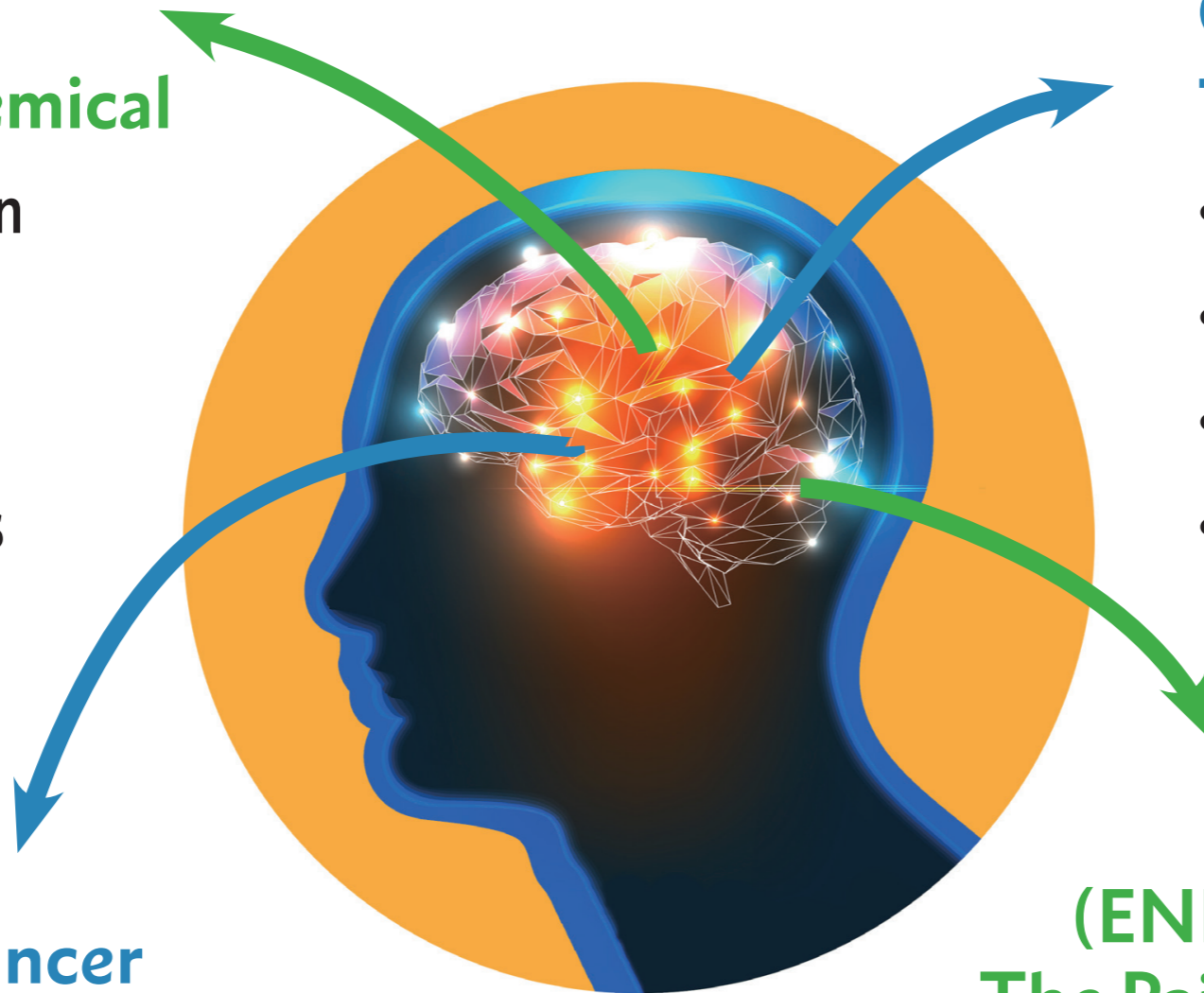
Mental Wealth Requires a Daily D.O.S.E.

DOPAMINE The Reward Chemical

- Food consumption
- Goal achievement
- Task completion
- Self-care activities

SEROTONIN The Mood Enhancer

- Mindfulness
- Prayer & Meditation
- Sun exposure
- Nature



OXYTOCIN The Love Hormone

- Physical touch
- Serving others
- Animal therapy
- Social activities

EPINEPHRINE/ NOREPINEPHRINE (ENDORPHINS) The Painkiller

- Physical exercise
- Deliberate cold exposure
- Music & Movies
- Laughter





businessgrowthmentor



Replace Habits

Netflix marathons	→	Sleep
Fast food	→	Homemade food
Toxic friends	→	Mentors
TV	→	Exercise
Complaining	→	Gratitude
Overthinking	→	Action
Blame	→	Responsibility

Dopamine

Dopamine is the **feel-good hormone** responsible for **managing the brain's reward centre.**

- Listen to upbeat music
- Eat a protein-rich diet
- Exercise
- Get a good night's sleep
- Complete a small task
- Meditate
- Spend time in the sun
- Eat chocolate

Oxytocin

Known as the **love hormone**, oxytocin is responsible for the **warm/fuzzy feelings** that encourage us to **bond with others**.

- Pet an animal
- Do a good deed
- Hug someone
- Talk to a loved one on the phone
- Spend time with friends
- Get a massage
- Vitamin C&D supplements
- Consume caffeine
- Sing
- Do Yoga

Serotonin

Serotonin stabilises our mood, improves sleep, and manages emotions, appetite and digestion.

- Meditate/Breathing exercises
- Do Yoga
- Spend time in nature
- Listen to white-noise/nature sounds
- Spend time in the sun
- Take Vitamin D supplements
- Infrared sauna
- Get a massage
- Go for a hike
- Play easy-listening music
- Think positive thoughts

Endorphins

Endorphins **relieve pain, reduce stress and boost feelings of pleasure and physical well-being.**

- Exercise
- Have sex
- Laugh
- Burn essential oils
- Dance
- Be creative
- Eat spicy food
- Vent about stressful situations
- Eat dark chocolate



BRICK HOUSE RECOVERY



Emotional Sobriety vs. Emotional Hangover

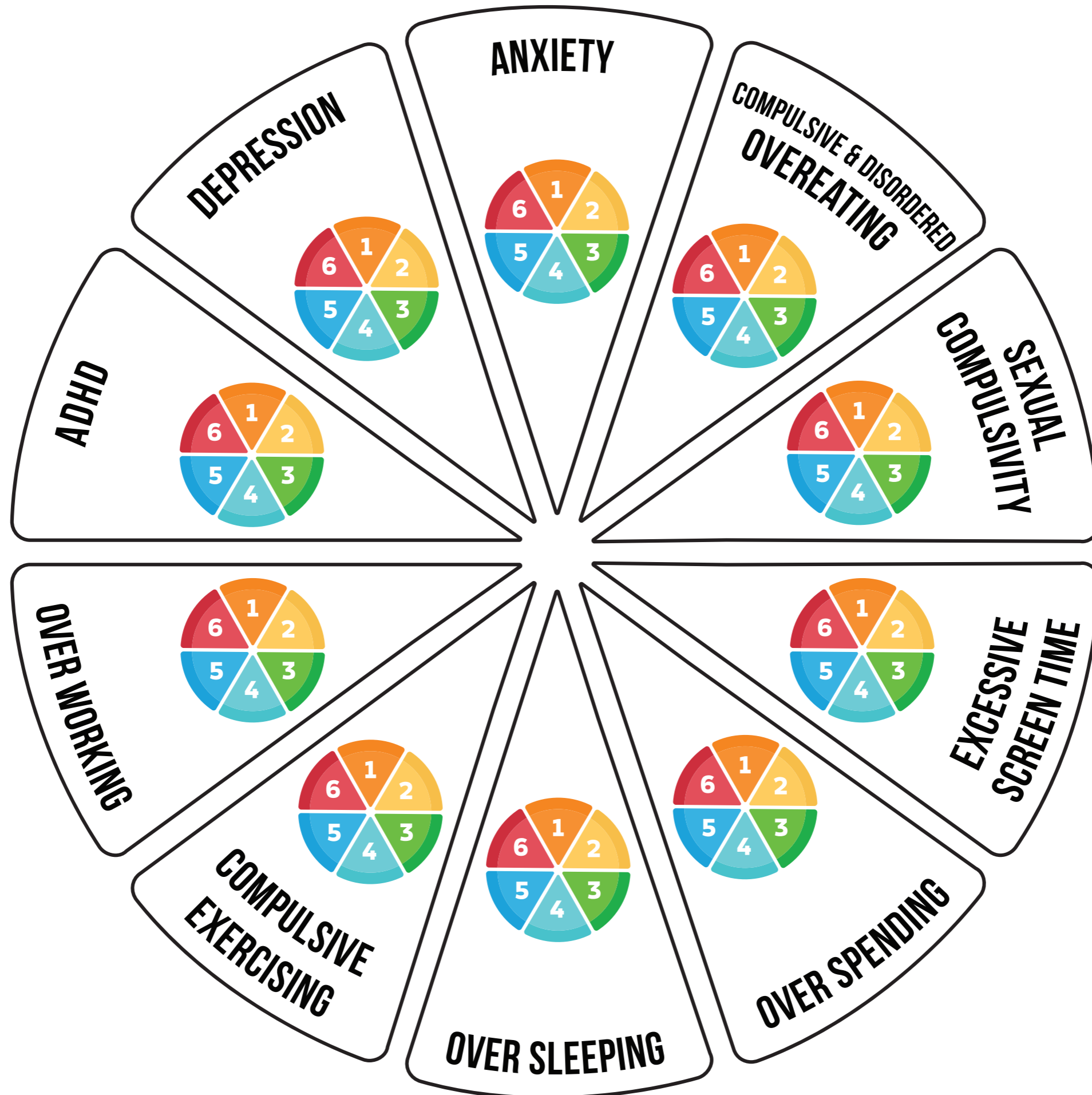
VIDEO HERE



BRICK HOUSE RECOVERY



Weakness & Superpower



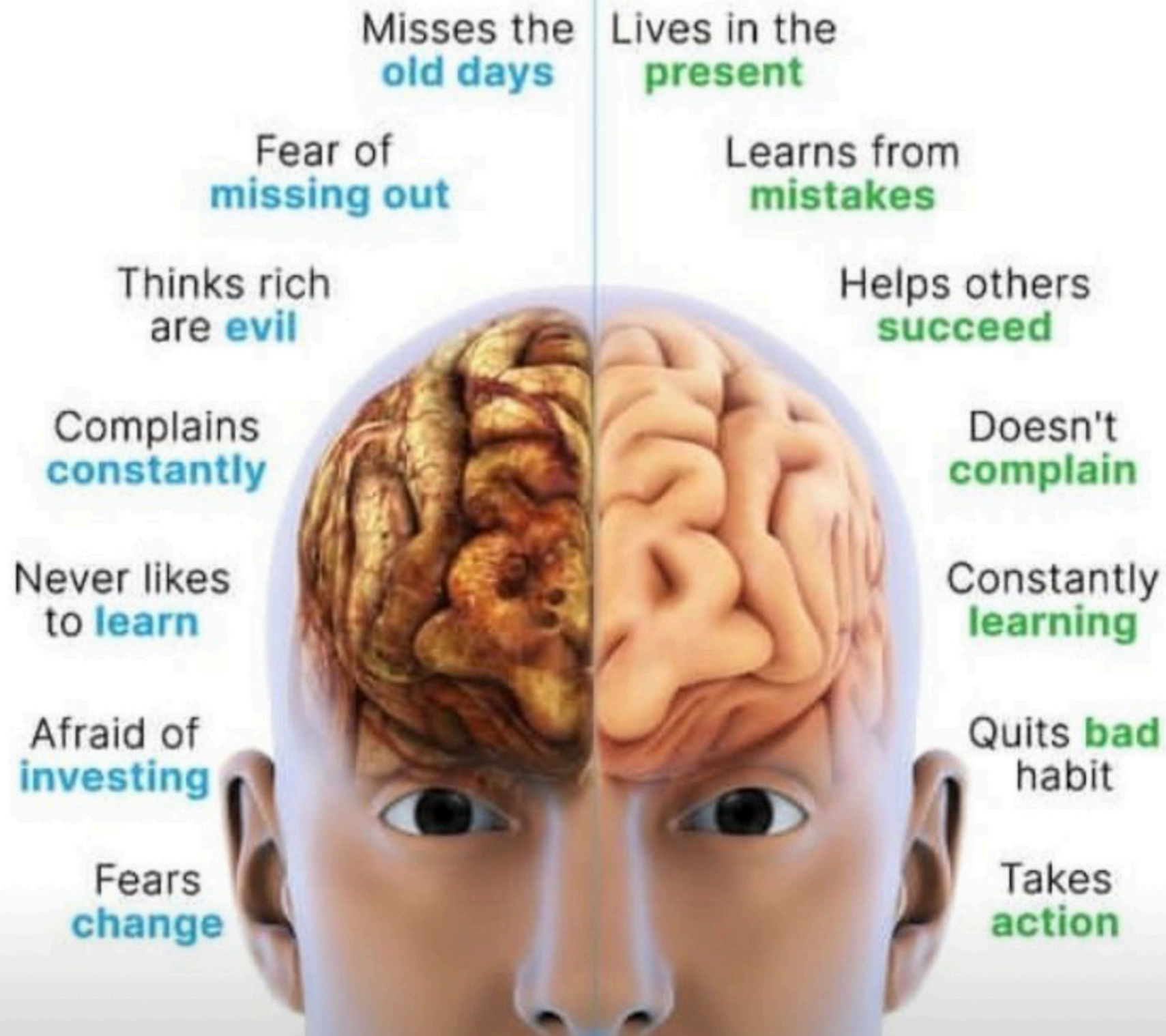


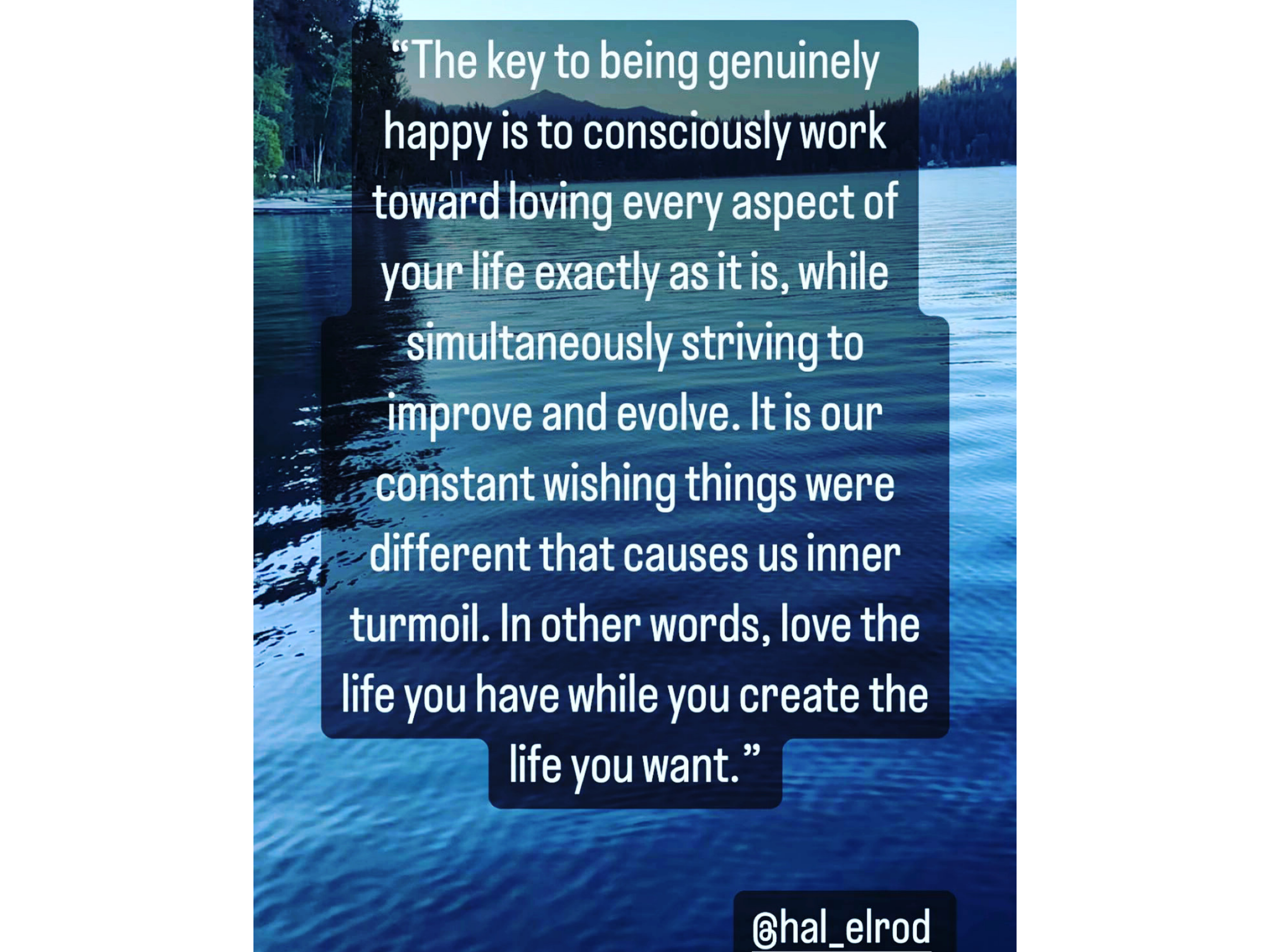
A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein and will continue to produce their kind.

As a Man Thinketh

LOVE MYSELF
W/ A
COMPLIMENT
TODAY

Poor vs Rich Mindset



A scenic view of a lake with mountains in the background, overlaid with a dark blue text box. The text is white and reads: "The key to being genuinely happy is to consciously work toward loving every aspect of your life exactly as it is, while simultaneously striving to improve and evolve. It is our constant wishing things were different that causes us inner turmoil. In other words, love the life you have while you create the life you want."

“The key to being genuinely happy is to consciously work toward loving every aspect of your life exactly as it is, while simultaneously striving to improve and evolve. It is our constant wishing things were different that causes us inner turmoil. In other words, love the life you have while you create the life you want.”

@hal_elrod

MENTAL POVERTY

Hypersensitivity

Cognitive impulsivity

Jump to negative conclusions

Difficulty following audible directions

Time blindness – lack of awareness of future events and failure to adequately prepare

Less likely to resist distractions that interfere with reaching our goals

Prone to pessimism

Checking out in the middle of a conversation

Motivational impulsivity – we lack ability to generate motivation to complete a task if reward is too distant.

Deficient working memory, we have Trouble re-engaging with the task after attention has been diverted

Spend more time than necessary following up on tasks

Poor contemplation

Emotional impulsivity – poor self-regulation of strong emotions and impulsive expressions of my raw emotions.

Accidental injuries

Worry about what others think of us

Substance use

Hyperactivity

Risky sexual behaviors

Robbed of good sleep and rest

Self-centered

MENTAL WEALTH

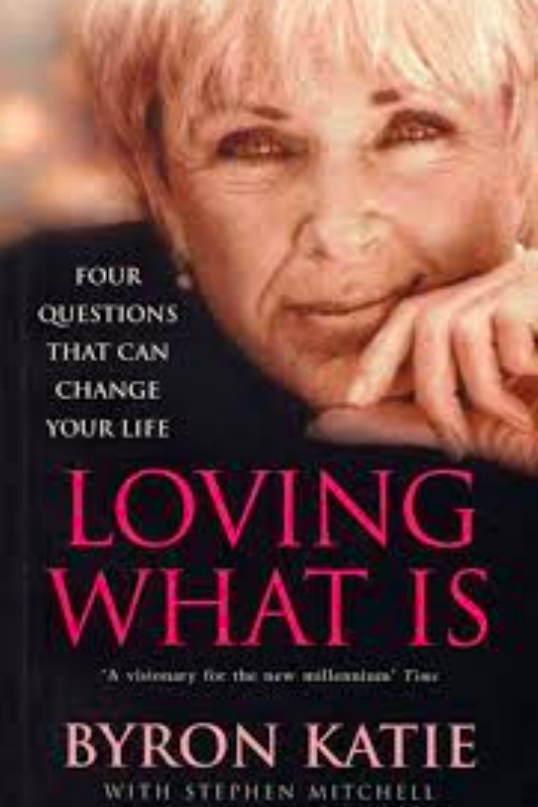
Creative	Empathetic	Improved Functioning	Meditate and Contemplate Decisions
Better health/quality of life	Stronger self-esteem	Protective	Chronic overachievers
Provides energy necessary to act (ACTION)	Work-life priority seekers	Directs one to search our core values	Strategic worrying can help occasionally reduce risk
Backup plans B & C to save stress, headache, and money	Pleasantly optimistic	Worry less about what others think	Rely on Routines
Focused	Establish boundaries with toxic people	Personal Awareness	Other-oriented



BRICK HOUSE RECOVERY



The Daily Battle Plan



1

Is it true?

2

Can I absolutely know it is true?

3

With this belief, how do I show up?

4

How would I show up if I drop it?



NEW YORK TIMES BESTSELLER

**Tiny Changes,
Remarkable Results**

Atomic Habits

An Easy & Proven Way to
Build Good Habits & Break Bad Ones.

James Clear

Read by the Author

Unabridged

VIDEO HERE

Substance Abuse?



BRICK HOUSE
RECOVERY

IN MENTAL
WELLNESS



Boise • Idaho Falls • Coeur D'alene Telemental Health / Rural Rehab