



Episode 52:

Mind-Body Resilience: Incredible Energy for an Extraordinary Life with Dr. Marcus Chacos and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome.

Hey, everybody. Welcome back to the energy MD podcast, formerly known as the fix your fatigue podcast. Really excited that you're here with us today, because today we're going to be talking about mind, body resilience. You don't know what that is, stick around, and we're gonna be talking with my friend, Dr. Marcus Chacos. Yeah, so, yeah. Welcome. Welcome. So let's learn a little bit about them. I'm going to read your bio here. So Dr. Chacos is a chiropractor best-selling author and founder of Provolution health, a wellness practice focused on transforming the health and lives of his patients and the community. As a chiropractor, author, speaker, and coach, he has made his mission to massively and dramatically transform the health and lives of people who seek out his support and care. With an emphasis on peak performance living, he provides the knowledge, skills, and resources to create breakthroughs in your health and quality of life. He has helped a wide spectrum of people, including family wellness care, elite sports people, entrepreneurs, executives, looking for health and lifestyle breakthroughs as well as specializing in spinal hygiene, arthritis and brain and nervous system health. His in-practice care plans, books and presentations have dramatically improved the health and quality of life of thousands of people. His practice and online health programs are based upon a philosophy that health is an inherent state in all people. And by achieving balance between the physical, chemical, and mental, emotional elements of one's life. One may experience total body health and lead an extraordinary life. Dr. Marcos, thanks so much for hanging out with me today.

[00:02:11] **Dr. Marcus Chacos:** Yeah. So excited to have this conversation. You do such an incredible service for humanity. The people that have the opportunity to listen to your message, to share in the wisdom that you bring. It's a profound service. So I'm grateful to be here and I'm grateful for all that you do

[00:02:27] **Evan H. Hirsch, MD:** wow. Well, we're just going to have you on all the time with those kinds of compliments. I appreciate that. Um, and so, yeah, let's talk a bit about my one first off. I want to say thank you so much for getting early, getting up early for this. You are in Australia correct?

[00:02:41] **Dr. Marcus Chacos:** That's absolutely right.

[00:02:43] **Evan H. Hirsch, MD:** And what part of Australia

[00:02:46] **Dr. Marcus Chacos:** Queanbeyan, which is a small town outside of Canberra, which is a nation's capital. Often people think Sydney's our capital, but it is Canberra and it's a, it's a small country town, more like, uh, more than a big city. So it's a beautiful place to be.

[00:02:59] **Evan H. Hirsch, MD:** Excellent. So if you are in Australia, definitely head on over to Dr. Marcus, but he's also got these online programs and just came out with a new book that we're going to talk about. But first let's talk about mind, body resilience. What is it? And why is it important?

[00:03:16] **Dr. Marcus Chacos:** Listen, I think everybody knows the last two and a half years has tested our ability to be able to cope, adapt, respond to challenge, overcome adversity, face difficulties in ways that at the end of it, we say, not only did we get through that, but we got from that we are better now than we were before because of how resourced we were. To be able to address those challenges that we faced. And I think with a beautiful thing about resilience is that as a result of the thinking that you have the actions that you take, the choices that you decide to move through, you become better at the end of it, more capable of dealing with it. And I know that we're going to talk about energy as well, and that will liberate energy and give you the freedom to do the things that you want to do to be the person that you want to be irrespective of what's happening in the outside world, around you, so that your life is better. Your outcomes, better, your experiences.

[00:04:10] **Evan H. Hirsch, MD:** Hmm. Yeah. That's so important, especially with everything that's happening today in the pandemic and there's another school shooting and all this sort of stuff, you know, it's kind of like, how do you, how do you hold all that? So when you talk about mind, body resilience, and it sounds like it's different than is it different than normal resilience? Cause you've got the mind body connection in there. How does it differ from if somebody was just talking about normal resilience?

[00:04:35] **Dr. Marcus Chacos:** When people talk about resilience, they're often talking about, can they cope with pressure? Can they cope with stress? Uh, can they deal with, you know, deadlines at work, um, difficulties in their, their, the work environment, or even the world environment that we see mind, body resilience. Changes things. It creates an extraordinary life because physically you are more capable of responding. Therefore you have more energy. You liberate this energy to be able to do more and to be more emotionally, you're more positive it's yet you choose your response and you choose powerful and compelling responses. So your experiences are greater, but mentally you're training your mind. To see things differently to reframe and therefore, to be able to get from the situation, instead of feeling like you were a victim to the situation. So you're stronger physically, you're better emotionally, mentally you're prepared and make better decisions. So you have this capacity within new mind frame, or to be more courageous, to have greater standards, to create these wins that you otherwise wouldn't while you feel better function better. Cope better, but actually design something that is unique and compelling. As I said, irrespective of the outer world, because if you only have, well, I can cope with what's happening, you get through it. But if you can say, I reframe what is happening in my physical body, my emotional body is not only capable, but is being designed as I move through this experience. To get from the situation I'm better at the end of it. I'm a servant to humanity through the experience. And therefore my life is more full. And that is how we liberate the energy through this process, because we are knowing that we're coming from a place of service because we are ready for this experience.

[00:06:20] **Evan H. Hirsch, MD:** Beautifully said. So let's then talk about some of the strategy. So how do you build mind, body resilience?

[00:06:27] **Dr. Marcus Chacos:** Yeah, this is, this is a really important question and I think everybody knows that they can do it. And I, if I can't for just one mind, I talk about how people normally experienced and expanded resilience and that ease, they go through something and then they, at the end of it go, I wasn't prepared, but you know what? I got through it in the end and I'm okay. So I'm a little bit better than I was beforehand, but it wasn't planned. It wasn't anticipated. I didn't like it. I didn't want to go through it, but at least on there at the end of the day. So we often create. Resilience as a byproduct of unplanned unprepared experiences. And that we have seen over the last two and a half years is so commonplace that people are saying I got through. Okay. Um, I'm all right. I didn't enjoy it. And I'm not suggesting anyone should enjoy what we've gone through, but having a level of preparation. So mind, body resilience is a conscious and deliberate choice. It starts with, as I said, creating these small wins and saying, okay, physically, can I do more? Tomorrow than I did day today, either by training in a way physically getting up earlier, possibly saying I can actually get up 10 minutes earlier and then I can do 10 minutes of exercise that I otherwise wouldn't have done. Or if I'm already an early riser and I do exercise, can I increase the intensity? So I know physically that I can do more. So there are the obvious ways to increase capacity, enhanced performance. But then we start talking about emotional resilience as well on top of that. So how can I choose to respond? Can I put myself consciously and deliberately into a scenario where it demands more of me? Can I volunteer for a project that I feel uncomfortable with? Can I move outside of my comfort zones and make willing decisions? To acknowledge that, yes, this is going to be challenging, but I'm going to equip myself through the experience to become more, to be more so that I can serve more. And then with the mental training is can I make decisions around how I perform before I put myself into a challenging situation, like having a cold shower or a ice bath, or, you know, doing something that is really demanding of me. And then holding a will in mind that I'm going to not push through, but I'm going to embrace the challenge and feel the change that happens within me as I move through the journey of the challenge and there, by recognizing them becoming more, I'm becoming more, I'm doing more and it is a conscious and deliberate process versus a reactive by-product of change.

[00:09:03] **Evan H. Hirsch, MD:** So it sounds like awareness is a very important first step. Right? Cause a lot of people, their, their thoughts are getting the best of them. Right. And so it sounds like that you are reprogramming those thoughts, is that correct?

[00:09:15] **Dr. Marcus Chacos:** Yeah. You you've, you've got to bring a new mind frame into all of your experiences and that is not only the mindfulness. Mindfulness is essential. You'd be mindful of your experience, mindful of what is taking place, how you're feeling, Hey, responding, how you're adapting. The proactivity is also part of that as well, making and I keep repeating these words because we live reactively as a population in so many situations. I see that in my practice, but that consciousness, that deliberateness, that awareness, meaning you make the choice now for the future. My practice name is Provolution health, which actually translates from the French revolution where they said revolution is dramatic and, and can lead to the lives being destroyed and governments being torn down. Evolution is too slow. There's this imperceptible change that, you know, uh, duck-billed Platypus generates over thousands of millennia, but provolution is proactive evolution. It is a conscious and deliberate change. It is making a decision to be different tomorrow than you are today. And that's why that awareness is essential. You, you know where you are now, you know, you have. Re, if you reacted instead of responded and you want to put yourself in a situation that is not overwhelming, that is not so damaging to you, that you end up getting angry or bursting out of the situation saying I didn't do the right thing, but instead you say, I'm gonna put myself in a smaller challenge, these incremental wins so that you're accumulating or resilience and building change over time.

[00:10:45] **Evan H. Hirsch, MD:** Brilliant. Yeah. I love that Provolution. And so let's get really practical here. So then what are we talking about in terms of strategies? Is there a, you know, we have a daily energy mindset practice that we teach. Like, what are some of the practical steps that you recommend that people go through in order to make some of these shifts?

[00:11:06] **Dr. Marcus Chacos:** This is a really powerful process of, you know, having a step-by-step blueprint of what you can do and strategies and tools that you can use. So I have in, and you mentioned that at the beginning of my book, I have 60 specific strategies over 60 days to build that resilience would need hours to go through all of those. So I'm going to pick out a few that I wanted to speak about because these work in every part of your life and the first one is the standards that you said. Now, most people are aware of, well, I've got standards, you know, and I can't, you know, I can't be sold on my principles or I won't do things that I know aren't the right thing to do, but I'm going to give you an analogy of standards before we talk about this in relation to resilience and I coach, um, elite football. I actually retired from that role now. And so in Australia, it's called premier league soccer over there. You like, you've got MLS. In the states. And one of the things that we did within the premier league, um, was I set standards for my team at the beginning of the year. And those standards for example, would be, and this was in my youth team, no swearing, no arguing with the referee. No. Um, you know, teasing the opposition players, no fighting amongst ourselves. We set standards. And if children decide that they're going to, you know, swear at training, Well, they miss a week of training and they miss the game and we were the worst, most winning team in our local league. So you wanted to be part of this team, but the moment you set that standards as a rule, and you'll know this in the workplace as well, there'll be certain organization, organizational workplaces, even at schools, there's a dress code where these dress, this level of dress code. And if you don't and nobody says anything, we've got a problem because the standards you walk past, Of the standards you set now, I never let anyone get away with dropping the standards within our team. It was done lovingly. It was done compassionately, but we all had an agreement before we began. But the standards you walk past. At the standards you set. So when someone says, well, you've got to dress this way at work, and nobody says anything. You've got a whole new standard. So the first part of resilience, the mind body resilience is having a standard. What are my standards going to be, what am I not going to accept in my life? Am I going to now say I no longer accept being late?. I used to rush to work at there. Five minutes late. It's not a big deal. No one said anything, but no, I'm not going to accept of myself. Irrespective of what other people expect of me to be late. I'm going to expect of myself that I will get up when the alarm goes off or before the alarm even better, I'll go to bed. So I'll wake up naturally. I'm going to set a standard and I'm going to keep that, and I'm not going to walk past it. I'm going to be untouchable on my standards. That's for me, the first thing of resilience is not wavering. Alright, second, as I said, he's the mind frame is having a resilient mind frame. He's having that decision that I'm going to become resilient, that I'm going to challenge myself. I'm going to recognize and accept. I want to be more tomorrow than I am today. And I want to be extraordinary in a year or two or three years now beyond my wildest dreams. And so that mind frame of demanding more now that I've got standards and delivering more, it's a mental reframe. It's, I'm going to do something that I haven't done. I'm going to see outside my comfort zones and I'm going to embrace that discomfort as part of my expanded. And that means it has to be planned. It has to be designed. You don't suddenly say I'm going to be more tomorrow, but I don't have to think about it. It'll just happen. No, you have to think about it. And you say, what am I going to do tomorrow that I haven't done before? Am I going to get onto a stage and speak? Am I going to go to work and say, Hey, I'll take ownership of a project, or am I going to say, I'm going to, I'm going to join up a gym and I'm going to have a personal trainer ask more of me and commit to. You know, doing more each time. So it is a willingness in the mind that starts that journey. And then the third part there is that courage, that courage to do little by little, become more each and every day, following that process. And when the pain happens, know that that pain actually is your growth. And when you grow through that, you become more and then finding ways to be resilient. As I said, you can do cold showers, ice baths, you can exercise harder. You can start doing fasting and all of these, like physical, physiological, even emotional processes give you that constant building of new skills, new capacity to, to move through challenges consciously and deliberately. You're not waiting for another pandemic.

You're not waiting for a financial disaster or, you know, whatever unfolds, just relate in relation to an international war. You're saying tomorrow. You're going to do something you wouldn't otherwise have done. And by doing that become more than you otherwise would have been, say that each day you do something more, a little, a little, a little small wins that accumulate to create extraordinary capacity to function, to perform no matter what happens. And it's a strategy that anyone can use because you've got that capacity in every area of your life to do more. You've just got to be willing to make that choice.

[00:16:23] **Evan H. Hirsch, MD:** So good. And these are really secrets to success, you know, in whatever aspect of life you want to take. I mean, I was just having this conversation about running my team and my business, you know, like the standards we're setting and, you know, um, so yeah, it's brilliant. And you didn't learn this in medical school? I would imagine I didn't learn it in medical school. So how did you get that?

[00:16:45] **Dr. Marcus Chacos:** The things you learn the hard way or there's two schools, the school of prior learning, or the school of hard knocks, you can learn it the hard way which many of us have, or you can talk to somebody or listen to somebody who's, who's come back from the path that you want to travel down and they're going to share their insights and wisdom with you. I always think that's the best way to learn, but you've got to go both paths sometimes.

[00:17:06] **Evan H. Hirsch, MD:** Right. So, so I mean, this stuff is brilliant. I mean, everybody needs to get your book, apply those SIG go through those 60 days. Why do you think that sometimes people don't do that because this is kind of like, if you want success in life, just do these things. Cause I've heard these as well. You know, success leaves clues, you know, you can look at a number of different teachers and mentors, and they're mentioning a lot of, a lot of similar things, a lot of the way that you've put it together. Why do you think that some people don't go down this road?.

[00:17:36] **Dr. Marcus Chacos:** I think there are three principle reasons immediately to come to the top of my head and the first is. And this is why you are such a important servant to humanity is they don't have the energy. Most people cannot make positive change or powerful change because they're tired. They're fatigued, they're stressed, they're overwhelmed. They're not coping with what is there. So they're not going to make these changes. So the first thing is go back, listen to every single one of the podcasts, grab Evan's book and immerse yourself in how do I increase my energy how do I enhance my health and wellbeing? How do I fuel myself. For the change that I want. So that's the first thing is they don't have the energy. The second I think is that they don't have a big enough why they sit there and they go, well, this is all great. It's theoretical. And it sounds exciting, but I don't really need to get up tomorrow earlier. I don't need to push myself in the gym and I certainly don't have a need for more standards because I've got a comfortable, easy job. I've got my financial needs met. There's no pain that drives me. And so some people will move because they have to by virtual pain. Others had a disastrous last two and a half years. There are people that have lost jobs, lost businesses, loved ones, and some people are coming back from the stroma in many different ways. But then they're being driven by that. So they will find the solution when they push themselves, if they get out of the overwhelm. And that's the second reason people don't is they can be so not just tired, they could be overwhelmed, stressed, depressed, and their emotional, mental state limits their ability to take action. So again, they need to resource themselves around that first. But the third reason is that is the why that compelling reason. And many people don't have a vision of themselves or their life. As to what is actually meant for them. This ability to experience an extraordinary life comes as a byproduct of firstly having a desire, then having a design and then making the decision. And so if you do not make that decision that you want an extraordinary life, then you're not going to create new standards unit with think about the mind frame.

You need to have the courage to accumulate small wins and experience success. But I'm going to tell you, you can go research your why you can read books on finding your purpose. All of that's important and relevant, but there's only one way that drives me. And that is, I know, unless I become the best version of myself, then I don't role model for my children. I don't serve my patients in my community. And at the end of my life, I'll look back and reflect and go. I could have been more, I could have done more. I could have served more and anything less than my own willingness. To actually expand my potential so that I can serve humanity integrated. Is a disappointment and I've got an obligation to do this. So find your why and realize that a mediocre life, you don't reflect back on that and say, Jim, glad I took it easy for those last couple of years. Now you look back on the things you have done that have added value to people's lives that have brought meaning into. People's experiences and your sense of not just the achievement, it's your it's not even significance. It's your sense of gratitude for having been able to contribute and add value and bring meaning to sit people's lives and in situations and circumstances, people don't do this because they don't understand the far-reaching impact of making a decision to change lives. And if they did know. They would dig deep because they would see all of the consequences of having an extraordinary life and what it meant for other people so that they don't know that. But now they know that there is no excuse.

[00:21:13] **Evan H. Hirsch, MD:** Yeah. It seems like sometimes if you're not sure what your, why is do something of service? You know, and that seems to be sometimes a nice trigger for people. And I love the way that you talked about kind of like on your death bed, looking back at your life, you want to make sure that you don't have any regrets. You want to make sure that you are the best version of yourself. And it sounds like if you were to say like the top three whys that motivate people, um, just to give some people, some practical ideas out there, if they're like, you know what, I don't really know what my why is. Or if you have more than three. What would you say some of those are you talked about like being the best version of yourself for your kids? What, what other things?

[00:21:54] **Dr. Marcus Chacos:** Well, I think the first one and because most people have a strong faith is their faith. Now, I don't know anyone who has a faith who doesn't know and understand that whatever their faith is, whatever label they place on the intelligence that governs this planet in this life. Call it God or call it otherwise everyone with a faith says they know that God wants them to serve. So that's the first part. You have a calling, whether you have acknowledged it or honored, it is irrelevant. You have a calling. So that's the first why most people I know that have is that they have a calling and I honor that call. The second really becomes one of service. They know that because they have, everyone is unique. They have knowledge, skills, talents, and abilities that nobody else has, which means they can do something that nobody else can do. And when they take ownership of those, that becomes their, why no one can work in this area. No one can do this. No one is doing this and there needs to be a help. So they find that they've got a place to give. And as I said, the, the other one is there. That role modeling, I want my child. To grow up to be extraordinary people. I want my children to make an impact in the world and have positive influence and serve as well. So unless I am willing to role model them or that for them, they will find other role models. And those role models may be people that are, you know, in gangs or, um, taking drugs. And I don't want that for them. So I invest heavily in my own. That I can role model and invest heavily in my children's life. I think the other reason that is really important is recognizing the impact that you're going to have, not only on your, your spouse, your family, but your colleagues and your friends. So when you decide that you are going to be more, do more, you become an, a positive influence, a thought leader in your, in your area, your community. And that means you're elevating the people around you as well. So you, you find this motivation to do this when, you know, Everything's going to be better. The business is going to function better. Your colleague's going to perform better and the world becomes better as a result of your contribution. And there's your next slides. You see the positive influence, that beneficial change and the sense of self that comes from that is so rewarding. Once you've had that, you don't see it. Then I say, well, I've helped once.

I don't want to help gain, because although that felt great, I really enjoyed feeling useless before or unsupportive of other people. You don't go back. To a lesser version of yourself. Once you expand yourself, you don't contract back to the same state you were at before. So the why is knowing that the growth enhances improves your life as well. It energizes you. What motivates you? It enhances your health and wellbeing. It gets you up early. It gives you the energy to go late, and it allows you to live this life with purpose and passion, energy, enthusiasm. The excitement that comes from it actually fuels you. So your better, your family's better. Your community is better. The world. The why self-evident compelling, powerful. It shows us an absolute necessity to take action.

[00:24:58] **Evan H. Hirsch, MD:** Brilliant. 80% of our thoughts are negative. And I'm just seeing this person that you have just created in our minds. And I'm thinking about people who are listening to this and watching it and being like, how do you get momentum when 80% of our thoughts are negative when that bed feels cozier than getting up early, when you're surrounded by people, um, either in your home, in your community, on Facebook, on the news who are telling you not to be this way. How do you step into that and shut all the rest of that out?

[00:25:32] **Dr. Marcus Chacos:** Yeah, I think there are two imperatives. I mean, I could give you at least the gain of dozens of things you can do, but we start with two simple things. If you are already lacking momentum in the direction you want to go, it's about those small wins. What I did easily 20 years ago, I'm probably more prepper. 25 years ago. I put three. Smooth pebbles in my pocket, on the right-hand side. And then whenever I'm decided to do an act of service or make a positive contribution, I move one pebble from the right to the left. So there was a physical, tangible feeling is smooth rock reminding me that I've done something good. And at the end of each day, I said, I'm going to. Three pebbles in my left pocket. And I make made certain that I did so. And by the way, for those you think it's really, um, it's easy for me to say this because I've, you know, obviously a optimistic, positive person, but I can assure you, I came from a background and I say this with vulnerability, but, but love to those, who've experienced the same things. My father died of alcoholism. My sisters committed suicide. My parents went bankrupt. There's no challenge in adverse that we can't face. And, but I still had to make positive decisions and I drew up. Byrne here, which you might not see on a camera had a burns injury. So I fought my way through school. I was in, I was suspended more times than people turned up to school. And what that meant was I had to develop strategies to become better and get out of my own negative mindset and my own doubts, fees, and uncertainties. And that was a small wind phenomenon. From my right to my left. Every time I made a positive decision. And then at the end of the day, and this is that second strategy find a way to do small wins, reward those. And then at the end of the day, I took a journal. In fact, my most expensive book in my library is a journal, a handmade paper, recycled journal, worth \$120. And it's. And I write in it at the end of each day, seven things that I'm grateful for and that builds that momentum. So you look at, and then it could be the reflection of the things that you have challenges that you face in the way you overcame them, the challenges that are there, that you learned that you've got more work yet to do. You can still be grateful for things that we some cause once somebody wants to, like, I've got nothing positive at the end of the day. And I was like, really, have you got a roof over? Be grateful for that. Well, did you have breakfast this morning? Yeah. Well, that was the only good thing of the day. Well, be grateful for that and then be grateful for the. The shop that provides you the cereal and the person who planted the corn and harvested the corn and the tractor brought the corn to the store that manufactured into a packet of cornflakes. What you can still get seven positives out of any situation, but start building the positives, reflecting on the positives, acknowledging those positives, and then forming a habit of making sure you bring those into your daily activities with.

[00:28:28] **Evan H. Hirsch, MD:** Brilliant. And you're talking about neurosculpting and neuroplasticity changing the way the brain is changing. The way that we think. So even for people who are really exhausted out there have low energy and fatigue, they can still do this right?

[00:28:43] **Dr. Marcus Chacos:** Yeah, they can. And the gratitude journal isn't exhausting, it's liberating. It's energizing. It's fueling. So even if you were in a state of chronic fatigue, um, incredible depletion and emotional overwhelm. Peek, and it doesn't have to be a \$120 book. It can be a \$1 note pad. Um, it can be a scrap paper that you find in a recycling bin and you write that thought down of a, you might be, I'm grateful for the energy I know is coming my way. I'm grateful for the fact. I've had a message of hope that can increase my energy. I'm grateful that I can overcome stress, strain and overwhelm because my body is. To function, to heal. And I'm grateful, although I haven't found a way yet that the path is still before me. So you still find in the state of exhaustion that reframing that rethinking. And it's a little bit, I give an analogy. It's like I live by a river. Um, and this river Queanbeyan river, um, got damned 40 odd years ago. And so it's a brown, it's a face the river. Let's just be honest. Most people got, it's not a crystal clear when you want to drink out of. And so if you grab a cup of water from there, you're not going to drink it because you're going to be pretty unwell afterwards. But if I then get spring water from the top of the mountain, the freshest water on the, in the country. And if I put 10 mil into that brown water, are you going to drink it? No, it's still brand and feisty, but then if I had 20 mil, would you drink? No Brandon Fest is still, but just a little less brown, but if I keep adding 20, 40, a hundred mil, and if I then tip the whole leisure or two ladies into that cup, it will flash away all of the toxins eventually to the point where you can drink from that glass. Because when you displace the toxic water with the fresh water, you've now got the fresh water you can. The same is true for the thoughts and the overwhelm and the stress. If you flush away those negative thoughts, one thought at a time, one moment of gratitude at a time, it accumulates it flushes out the toxic thoughts, the overwhelm, and it may take weeks. It may take months. It may be dropped by drama, but when you do that, the healing takes place emotionally, mentally the energy elevates hope is not only ignited the energy that comes with. Elevates your capacity to perform the function and it's accumulated small wins or cumulative.

[00:31:14] **Evan H. Hirsch, MD:** So good. So we talked about how increasing resilience increases energy, but is there anything else that you would want to say about that?

[00:31:24] **Dr. Marcus Chacos:** The reason increasing resilience increases energy is not because you can cope with what happens, but because you have a greater capacity to do more with what you have, and this is something everybody I believe needs to know and understand and believe is that they have more potential within them than they have even imagined is humanly possible. And you could say of somebody like. Um, Elon Musk and say, well, has he got more potential in his mind? He's already tried it's Isaacs and Tesla. The answer is yes, he's got more creative capacity even than that. So that's great. So what about these great Olympic runners that are fitter than anything? Have they got greater capacity? Well, then if you read a book like born to run, which is about a tribe of the Tarahumara in the Aztec Indian part of central. They don't come and run in the Olympics, but they're faster than our Olympians. They have no desire as an indigenous population to compete, but they beat our world record at a jog, not even a run. So capacity is there. So this is the thing about resilience. It liberates your energy because when you do more and become more, you have the capacity for more, and it becomes a virtuous cycle, constant building up and a growth process. And that's why resilience for me is one of the core skills to not only as I say, coping with what's happening in the world, but becoming more to serve a world in distress and trauma by you having that capacity and it liberates your energy, it fuels your creativity, it expands your potential and it makes life extraordinary.

[00:33:03] **Evan H. Hirsch, MD:** and so then what happens or how do we deal with, or how do you recommend the best ways to deal with something like a school shooting when you're coming from a place of resilience?.

[00:33:16] **Dr. Marcus Chacos:** The place of resilience when we have events like that in the world, and whether it's a school shooting or whether I had dealt with somebody yesterday whose you know, best friend's son committed suicide, it's been tough.

These last two years and suicide rates have increased by 10% in my region alone and the rest of the world. No doubt. So the shootings, the suicides, the, the loss of a loved one. Resilience allows us not to distance ourselves from that experience or deny that experience resilience. Isn't I can stick my head in the sand and ignore that I don't have to worry about. I don't have to feel resilience is about being in the feeling honoring that feeling, having compassion and sensitive sensitivity for those that are in immersed in those experiences and still choosing love, choosing peace. Choosing forgiveness. And that's why it's a mind frame. That's why it's a mental training. You cannot choose peace, love or forgiveness. If you haven't decided that you want to choose peace, love and forgiveness on a daily basis in easy and effortless experiences, and then slowly incrementally more challenging experiences and then inevitably experiences as traumatic as this. But the way I would do it would be, I would say I choose peace instead of the pain. Not because I ignore the pain, but because the pain does not serve me, loving those who are in the position of pain. And I choose love because love heals, and I want to heal myself. I want to heal this. And I choose forgiveness and many people say, how can you forgive these atrocities? Because you do forgiveness for yourself. Not for them. Forgiveness means you don't carry the burden and the pain and the anger and the hurt. And then the fee, the doubt or the uncertainty you choose peace. You choose love, you choose forgiveness. And if you can't do that in this situation, You choose it in a easier situation, like a memory of a teacher when you were younger at school who called you out and embarrassing you in front of everybody else? And you said, well, you know what? I had that didn't upset my life so dramatically that I can't forgive that teacher for that. And that I can't choose peace around the memory of that. And I accept that I'm going to be loving towards the memory of that teacher, those small incremental forgiveness, peace and love moments, build to when a scenario and situation like this. You'd have that capacity.

[00:35:46] **Evan H. Hirsch, MD:** So good. So where does empathy fit into that sort of moment? Does empathy a Ooh, you know, they're really hurts and then I'm coming back to peace. Love, acceptance, forgiveness.

[00:36:02] **Dr. Marcus Chacos:** I read a book and I'm sure a lot of people watching this have other rid of heard of it, or if not, this will be a revelation for them by Stephen Covey, the seven habits of highly effective people. And. I had what was perhaps one of the most profound moments of my life in developing empathy, sensitivity, and genuine compassion and care from reading that book. And I've got a moment to tell a story. I haven't headline this. Yeah. I'm going to embellish the story from that book because I think it is so life-changing that this, I think will change the trajectory of a number of people's lives. And I'm going to tell the story differently because it was just a paragraph, but it impacted me in a different way. So, once you imagine for a moment that you're on a, you're on a bus and it's New York, PKR in the middle of summer, it's hot, it's sweltering eats prem pack, and you've just done a 12 hour day. You had to get up early to pay for presentation. You presented all day, you are exhausted. You cannot think about anything else, but getting home, having a shower and you're going to go try to bed because you are depleted and then you're on the, you know, you're on this bus, that's packed and that's standing room only. And you hear these kids scream. It's like last night, he's a screaming child. And then not only is this kids dreaming, the kids bumping around and then he's got a little play sword. And when you wax you with it and you just look around and. And the farmers sitting over there, hand on his chin, ignoring this child. This father is there for this trial is meant to be responsible in this kid's wife. And you decided to get off. They weren't, I calmed down, I just relaxed and he's like, what's your game. Now I'm going to interrupt the story for a moment as everyone listen to this and you as well Evan. And. What's your most, your thought that comes to mind? The average thought not the peace, love forgiveness thought, but in imagine yourself in this tiredness, fatigue, how do you think you would react to that situation?

[00:38:14] **Evan H. Hirsch, MD:** Frustration. Anger.

[00:38:19] **Dr. Marcus Chacos:** Exactly. That's what most people do. And I'd add judgment to that. That father is irresponsible. That kid needs it. Maybe if you're in a tight way and maybe you don't subscribe to this, I certainly don't, but that kid needs, he needs a bit of a wept and bring them to line your immediate thoughts, go to the frustration, the anger. And so Steven Coby is in this situation, he tells his story and he goes over to the gentlemen and says, look, I don't know if you realize that. Your kids are out of control his weapon. People he's been really noisy and everyone's a bit frayed and the man gets out of his reverie and he says, well, I'm so sorry. Please forgive me. We just came from the hospital and my wife just died. And I actually don't know if I know how to deal with that. And I don't think my son really understands what's going on. And I, I did. I, I, I slipped. I'm sorry son, come here. And he puts him on his side. And in that moment, Steven said I had a paradigm shift. I knew I could no longer judge any other person for the choices or actions I have made because I do not want to take nobody's taking place in the background of their life. Right. And that means when somebody pulls a trigger on a gun and takes the novel. Do we know what led to that moment? Do we understand the broken brain that they may have and the compassion that can come from that? The empathy of understanding. And when this family loses that member, can we sit in their seat long enough to say we can't possibly understand the pain that they will endure, but can we love them with all our heart? Because that is what they deserve. And in any moment, in any situation, when you feel yourself called to judge, when you feel yourself responding with anger, when somebody does something that you claim is stupid or foolish or unnecessary or selfish, instead of responding in anger in judgment and feeling hurt the empathy of why would they have done this? And instead of an attack, see it as a call for help and respond with love and compassion.

[00:40:23] **Evan H. Hirsch, MD:** Wow, amazing. You are amazing. My friend, this was you're articulate. You are. Yes, you are brilliant. And I'm so excited to share this podcast with the world. Cause I hope that it's going to change a lot of people's lives. So tell us how people can learn more about you. Where can they go find you in social media website, whatever?

[00:40:44] **Dr. Marcus Chacos:** Yeah, look, firstly, I just want to acknowledge you Evan, that you make this possible in the message that you have has served so many lives. I want to appreciate and acknowledge you. And I'm so grateful for this opportunity share because I do believe we, when we get, when we come together in community, we add value and everybody grows and you make that possible. So thank you, my friend. Appreciate you. Um, for me, I have, um, my best selling book is on Amazon. Yeah, which is called Rise; 60 days to Unshakeable Physical, emotional, mental resilience. My practice provolution health provolutionhealth.com.au. Um, you can reach out there. I'm happy to offer any questions, provide any support that's necessary. We also hosted the resilience initiative, the-resilience-initiative.com, which had including you, Dr. Evan, a world-class panel of speakers, sharing insights in how you can develop the resilience to be able to have that extraordinary life as well. So those resources are available. I love to, uh, to serve and add value in any way that I can.

[00:41:42] **Evan H. Hirsch, MD:** Wonderful. Well, thank you so much for joining me here today. I so appreciate your time.

[00:41:48] **Dr. Marcus Chacos:** My pleasure. Thanks everyone. So let's all go Rise and make the world a better place.

[00:41:54] **Evan H. Hirsch, MD:** I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know and love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com](https://fixyourfatigue.com) forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](https://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important and especially when it comes to your health. Thanks for listening, and have an amazing day.