

E-BOOK & TOOLKIT

MASTERMIND
CLASS & CLINIC 2025



LEARN HOW TO HEAL FROM YOUR BROKENNESS!

THIS
SUNDAY!

By Charles E. Winburn, M.Ed.

1

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BROKENNESS!

LEARN WHY
THERE ARE SO
MANY HURT
AND BROKEN
PEOPLE IN
YOUR LIFE!

2

By Charles E. Winburn, M.Ed.



BROKEN!

FALLING APART UNDER PRESSURE!

LEARN HOW
TO HEAL IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

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BROKEN!

MY HEART HURTS

WHAT CAN I DO ABOUT IT?

LEARN SUNDAY HOW
TO HEAL FROM A
BROKEN HEART
THIS IN SUNDAY'S
MASTERMIND CLASS
AND CLINIC
4

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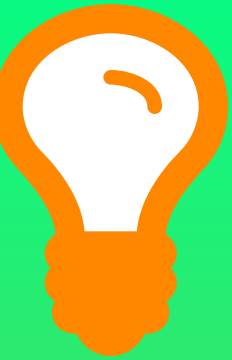


BROKEN! BUT NOT FORGOTTEN!

LEARN THIS
SUNDAY HOW
TO HEAL
FROM YOUR
BROKENNESS!

5

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THE BIOLOGY OF BROKENNESS!

LEARN HOW
TO HEAL THE
WHOLE BODY
THIS SUNDAY!

By Charles E. Winburn, M.Ed.

LIVE

WITH
**CHARLIE
WINBURN
M.ED.**

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BROKENNESS!

RELEASE THE TRAUMA THAT CAUSED IT!

By Charles E. Winburn, M.Ed.

7

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Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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and Functional Medicine***

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877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

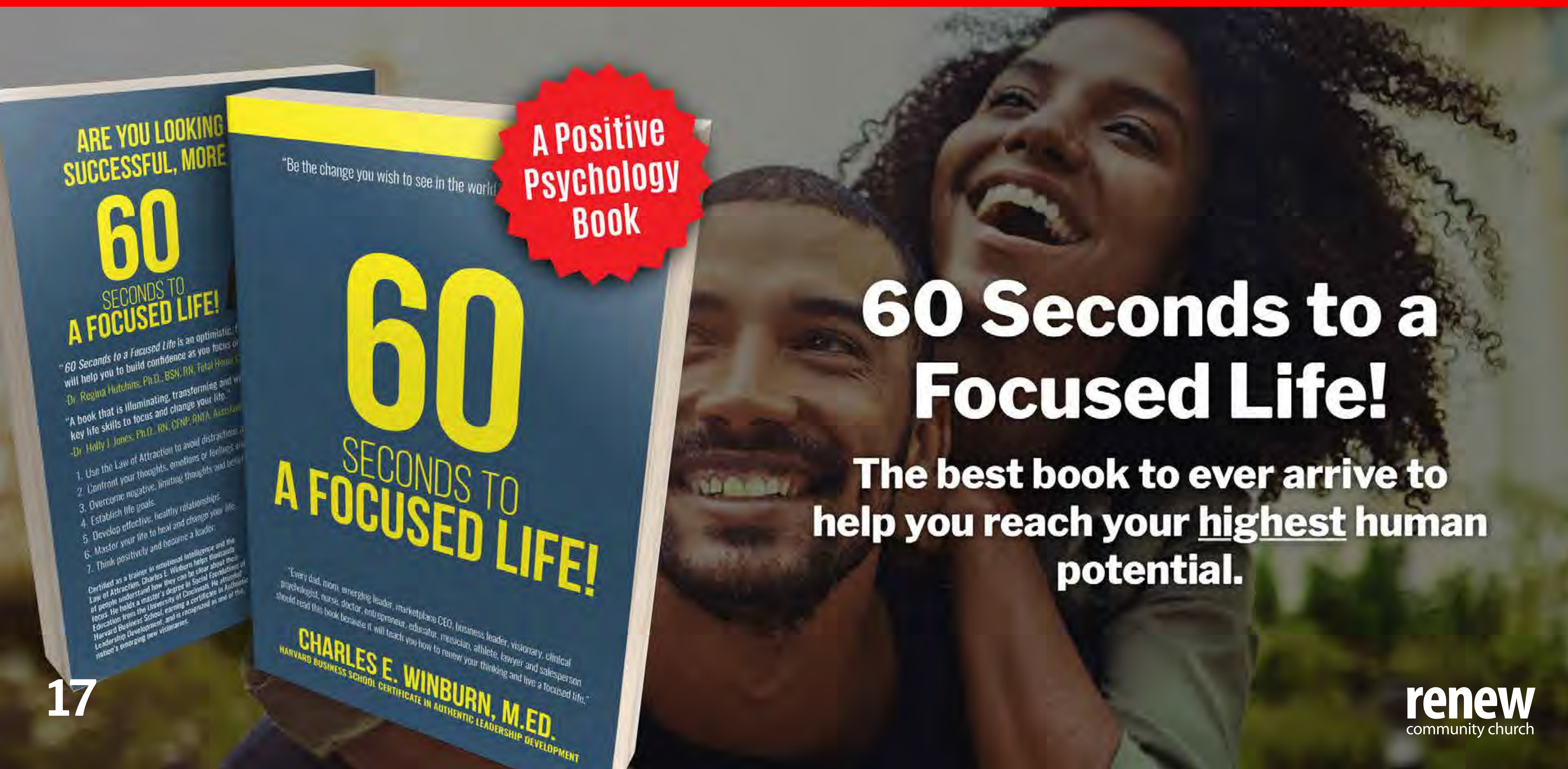
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



A Positive
Psychology
Book

60 Seconds to a Focused Life!

The best book to ever arrive to
help you reach your highest human
potential.

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic...
will help you to build confidence as you focus on...
-Dr. Regina Hutcheson, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions
2. Confront your thoughts, emotions or feelings
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals
5. Develop effective, healthy relationships
6. Master your life to heal and change your life
7. Think positively and become a leader

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**He healeth the broken in heart,
and bindeth up their wounds.**

Psalm 147:3

**The Spirit of the Lord God is
upon me; because the Lord
hath anointed me to preach
good tidings unto the meek;
he hath sent me to bind up the
brokenhearted, to proclaim
liberty to the captives, and
the opening of the prison to
them that are bound;**

**The face of the Lord is against
them that do evil, to cut off
the remembrance of them
from the earth.**

Psalm 34:16

**The sacrifices of God are a
broken spirit: a broken and
a contrite heart, O God,
thou wilt not despise.**

Psalm 51:17

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

**He giveth power to the faint;
and to them that have no might
he increaseth strength. Even
the youths shall faint and be
weary, and the young men shall
utterly fall: But they that wait
upon the Lord shall renew their
strength; they shall mount up**

**with wings as eagles; they shall
run, and not be weary; and they
shall walk, and not faint.**

Isaiah 40:29-31

**Casting all your care upon him;
for he careth for you.**

1 Peter 5:7

25 common characteristics of people who have experienced a broken heart because of life challenges

AI Research

- 1. Increased emotional guardedness:** People may become more guarded to protect themselves from further pain, sharing less and vetting others more carefully.

2. Heightened empathy for others:
After personal loss, some develop deeper understanding of others' suffering and may offer listening, comfort, or support.

3. Pessimism or cautious optimism: Expecting worse outcomes more often, yet sometimes balancing with moments of renewed hope after small successes.

4. Reluctance to trust easily:
Trust may be earned slowly;
they might test reliability
before investing emotionally.

5. Hypervigilance in relationships:
A tendency to watch for red flags or signals of potential harm, sometimes leading to overanalysis.

6. Strong sense of resilience:
Surviving difficult times can foster a belief in one's own ability to cope and endure future challenges.

7. Heightened self-awareness:
Increased reflection on
personal values, boundaries,
and needs.

8. Withdrawal during stress: In times of overwhelm, retreating from social situations or isolating to recharge.

9. Heightened sensitivity to rejection: Even minor perceived slights can feel amplified, given past hurts.

10. Reassessment of life priorities:
A shift toward what truly matters, such as relationships, health, and meaning over material gain.

11. Compassion fatigue potential:
Caring deeply for others' pain can lead to emotional exhaustion if self-care isn't maintained.

12. Changes in routines and habits:
Sleep, eating, or exercise patterns may become irregular as a response to distress or healing processes.

13. Increased need for control:
Attempting to control
surroundings or outcomes to
reduce uncertainty and anxiety.

14. Creative or expressive outlet development: Some channel pain into art, music, writing, or other forms of expression as a healing mechanism.

15. Difficulty with vulnerability:
**Sharing fears or needs may
feel risky, leading to selective
openness.**

16. Persistent rumination:
Repeatedly revisiting past events or “what-if” scenarios, which can hinder moving forward.

17. Boundary setting as protection:
More explicit boundaries
around time, energy, and
personal space to guard against
harm.

18. Shift toward self-reliance:
**A stronger reliance on oneself
for problem-solving rather than
seeking external support.**

19. Faith, spirituality, or existential questioning: Some deepen or re-evaluate beliefs to find meaning, solace, or community.

20. Appreciation for small joys:
**A tendency to savor simple
moments more deliberately
as a counterbalance to pain.**

21. Increased gratitude for support networks: Recognition of the importance of friends, family, or professionals who provide care.

22. Sleep and mood fluctuations:
Disturbed sleep or mood swings can accompany processing trauma or heartbreak.

23. Avoidance of reminders of the pain: Steering clear of places, songs, or topics that trigger memories of the hurt.

24. Post-traumatic growth potential: For some, enduring hardship leads to growth in areas like personal strength, appreciation, or purpose.

25. Risk of compounded mental health challenges: Without support, chronic heartbreak can contribute to anxiety, depression, or burnout.

**15 scientific, medical, and
psychological explanations
for what can happen when
someone feels their heart is
“broken” for long periods**

AI Research

1. Chronic Stress Response (HPA Axis Activation)

- **What happens: Prolonged emotional distress activates the hypothalamic–pituitary–adrenal (HPA) axis, raising cortisol and adrenaline levels.**
- **Mechanisms: Persistent cortisol alters glucose metabolism, lowers immune function, increases blood pressure, and can promote visceral fat accumulation.**

- **Symptoms/Effects: Insomnia, fatigue, headaches, weight changes, high blood pressure, muscle tension.**
- **Notes: Chronic cortisol can impair memory and mood regulation over time.**

2. Inflammation and Immune System Dysregulation

- **What happens: Ongoing emotional pain is linked with systemic low-grade inflammation.**
- **Mechanisms: Elevated pro-inflammatory cytokines (e.g., IL-6, TNF- α) can affect brain circuits involved in mood and pain perception.**

- **Symptoms/Effects: Fatigue, malaise, heightened pain sensitivity, slowed healing, increased risk for cardiovascular disease.**
- **Notes: Inflammation is a common thread in depression and heart disease risk.**

3. Cardiovascular Strain and Heart Disease Risk

- **What happens: Chronic emotional distress can increase risk factors for cardiovascular disease (CVD).**
- **Mechanisms: Sympathetic arousal raises heart rate and blood pressure; prolonged exposure can lead to endothelial dysfunction and atherogenesis.**

- **Symptoms/Effects:**
Hypertension, arrhythmias, chest discomfort, and higher long-term risk of heart attack.
- **Notes: “Broken heart” is figurative but maps onto measurable cardiovascular risk.**

4. Autonomic Nervous System Imbalance

- **What happens: Long-term emotional pain can skew autonomic balance toward sympathetic dominance.**
- **Mechanisms: Reduced heart rate variability (HRV) indicates lower parasympathetic (vagal) activity, signaling stress.**

- **Symptoms/Effects: Poor stress resiliency, fatigue, sleep disturbances, higher arousal at rest.**
- **Notes: Low HRV is a biomarker associated with mood disorders and poorer health outcomes.**

5. Brain Structural and Functional Changes (Neuroplasticity)

- **What happens: Prolonged distress can alter brain networks involved in emotion processing.**
- **Mechanisms: Changes in the limbic system (amygdala, hippocampus) and prefrontal cortex disrupt emotion regulation and memory.**

- **Symptoms/Effects: Rumination, negative bias, difficulty concentrating, intrusive memories.**
- **Notes: Some changes may be reversible with time and interventions like therapy.**

6. Depression and Mood Disorders

- **What happens: Persistent heartbreak can precipitate major depressive episodes or chronic depressive symptoms.**
- **Mechanisms: Combined role of HPA axis activity, inflammation, and neurotransmitter imbalances (serotonin, norepinephrine, dopamine).**

- **Symptoms/Effects: Persistent sadness, anhedonia, sleep/appetite changes, guilt, thoughts of self-harm.**
- **Notes: Early treatment improves outcomes; not everyone will develop a full major depressive disorder.**

7. Anxiety and Worry Circuitry Activation

- **What happens: Ongoing emotional pain can fuel chronic anxiety and hypervigilance.**
- **Mechanisms: Overactive amygdala and underactive prefrontal regulation; elevated cortisol and norepinephrine.**

- **Symptoms/Effects: Excess worry, restlessness, irritability, physical symptoms like muscle tension and palpitations.**
- **Notes: Anxiety often co-occurs with heartbreak and can amplify perceived heart pain.**

8. Sleep Disturbances Exacerbating Physical and Mental Health

- **What happens: Heartbreak-related distress disrupts sleep.**
- **Mechanisms: Stress hormones, rumination, and nighttime awakenings interfere with sleep architecture (reduced slow-wave sleep, altered REM).**

- **Symptoms/Effects: Daytime fatigue, impaired concentration, emotional sensitivity, worsened mood.**
- **Notes: Sleep impairment can create a vicious cycle with mood and immune function.**

9. Pain Perception and Somatic Symptoms (Pain Brain Mechanisms)

- **What happens: Emotional pain can activate brain regions overlapping with physical pain processing.**
- **Mechanisms: Anterior cingulate cortex and insula respond to both social/ephemeral pain and physical pain; neurotransmitter systems (e.g., endogenous opioids) are involved.**

- **Symptoms/Effects: Chest tightness, tears, headaches, muscle aches—even in the absence of physical injury.**
- **Notes: This helps explain why heartbreak can feel physically painful.**

10. Neurotransmitter Imbalances Affecting Mood and Motivation

- **What happens: Long-term distress can alter dopamine and serotonin signaling.**
- **Mechanisms: Changes in receptor sensitivity and neurotransmitter release influence reward, motivation, and mood regulation.**

- **Symptoms/Effects: Anhedonia, reduced motivation, slower psychomotor speed, craving for relief/comfort.**
- **Notes: These changes can respond to therapy and sometimes pharmacological treatment.**

11. Behavioral Changes and Coping Strategies

- **What happens: People adopt coping behaviors that can harm health.**
- **Mechanisms: Avoidance, rumination, disordered eating, alcohol or substance use, and physical inactivity can worsen health.**

- **Symptoms/Effects: Weight gain/loss, liver strain, metabolic changes, sleep problems, and worsening mood.**
- **Notes: Healthy coping (physical activity, social support, psychotherapy) mitigates harm.**

12. Hypertension and Vascular Aging

- **What happens: Chronic emotional stress can contribute to sustained high blood pressure.**
- **Mechanisms: Sympathetic nervous system activation and cortisol effects on vascular tone.**

- **Symptoms/Effects: Headaches, fatigue, risk of heart disease and stroke with time.**
- **Notes: Regular monitoring and stress management help.**

13. Immune System and Infection Susceptibility

- **What happens: Chronic stress can dampen immune responses, increasing infection risk.**
- **Mechanisms: Glucocorticoids suppress certain immune functions; memory T-cell responses can be blunted.**

- **Symptoms/Effects: More frequent colds, slower recovery from illnesses.**
- **Notes: Psychological stress management supports immune health.**

14. Self-Perception and Identity Shifts

- **What happens: Long-standing heartbreak can reshape self-identity and beliefs about safety, trust, and worth.**
- **Mechanisms: Neuropsychological integration of experiences; attachment style adjustments; cognitive appraisals influence behavior and emotion.**

- **Symptoms/Effects: Low self-esteem, cynicism, apathy, or avoidance of closeness in future relationships.**
- **Notes: Therapy (especially attachment-based and cognitive approaches) can help rebuild a stable sense of self.**

15. Neuroendocrine and Metabolic Changes from Chronic Stress

- **What happens: Persistent heartbreak-related stress can disrupt thyroid function, insulin sensitivity, and metabolic hormones.**
- **Mechanisms: HPA axis interacts with the hypothalamic–pituitary–thyroid axis and metabolic signaling pathways (e.g., insulin, leptin).**

- **Symptoms/Effects: Fatigue, weight fluctuations, energy dips, mood changes; longer-term risk for metabolic syndrome.**
- **Notes: Lifestyle factors (diet, exercise) and medical evaluation can address these changes.**

**15 practical, evidence-informed
strategies to help someone
heal from heartbreak, life
challenges, or major hurts**

AI Research

- 1. Validate feelings and normalize the experience:** Validating feelings reduces shame and fosters a safe space to process pain.

- **How to apply: Reflect back what you hear (e.g., “That sounds really painful.”). Allow sadness, anger, and confusion without judgment.**

2. Establish a daily routine and use Winburn 60 seconds to the Focus life story calendar!: Predictability and structure reduce anxiety and support coping.

- **Evidence snapshot: Consistent routines are linked to better mood regulation and resilience in stressful times.**
- **How to apply: Set small daily anchors (wake time, meals, exercise, wind-down ritual). Build in short, doable activities.**

3. Practice self-compassion:
Self-compassion buffers
against self-criticism and
promotes emotional healing.

- **How to apply: Speak to yourself as you would to a friend. Use phrases like “This is hard, and I’m doing my best.”**

4. Engage in brief, regular physical activity: Exercise releases endorphins and supports mood, sleep, and stress regulation.

- **How to apply: Aim for 15–30 minutes most days (walk, stretch, yoga, light cardio). Find activities you enjoy.**

5. Sleep hygiene and consistent rest: Sleep disturbances amplify emotional distress and cognitive rumination.

- **How to apply: Maintain a regular bedtime, limit screens before bed, create a calming pre-sleep routine, and keep a comfortable sleep environment.**

6. Mindfulness and grounding practices: Mindfulness reduces rumination and improves emotional awareness.

- **How to apply: Try short practices (5–10 minutes) like breathing exercises, body scans, or grounding techniques (name five things you can see, hear, feel).**

7. Social connection and supportive relationships:
Social support is a strong buffer against depression and anxiety and aids recovery.

- **How to apply: Reach out to trusted friends or family, join a support group, or work with a therapist. Schedule regular check-ins, even brief.**

8. Identify and reframe negative thinking: Cognitive patterns like all-or-nothing thinking or catastrophizing perpetuate distress.

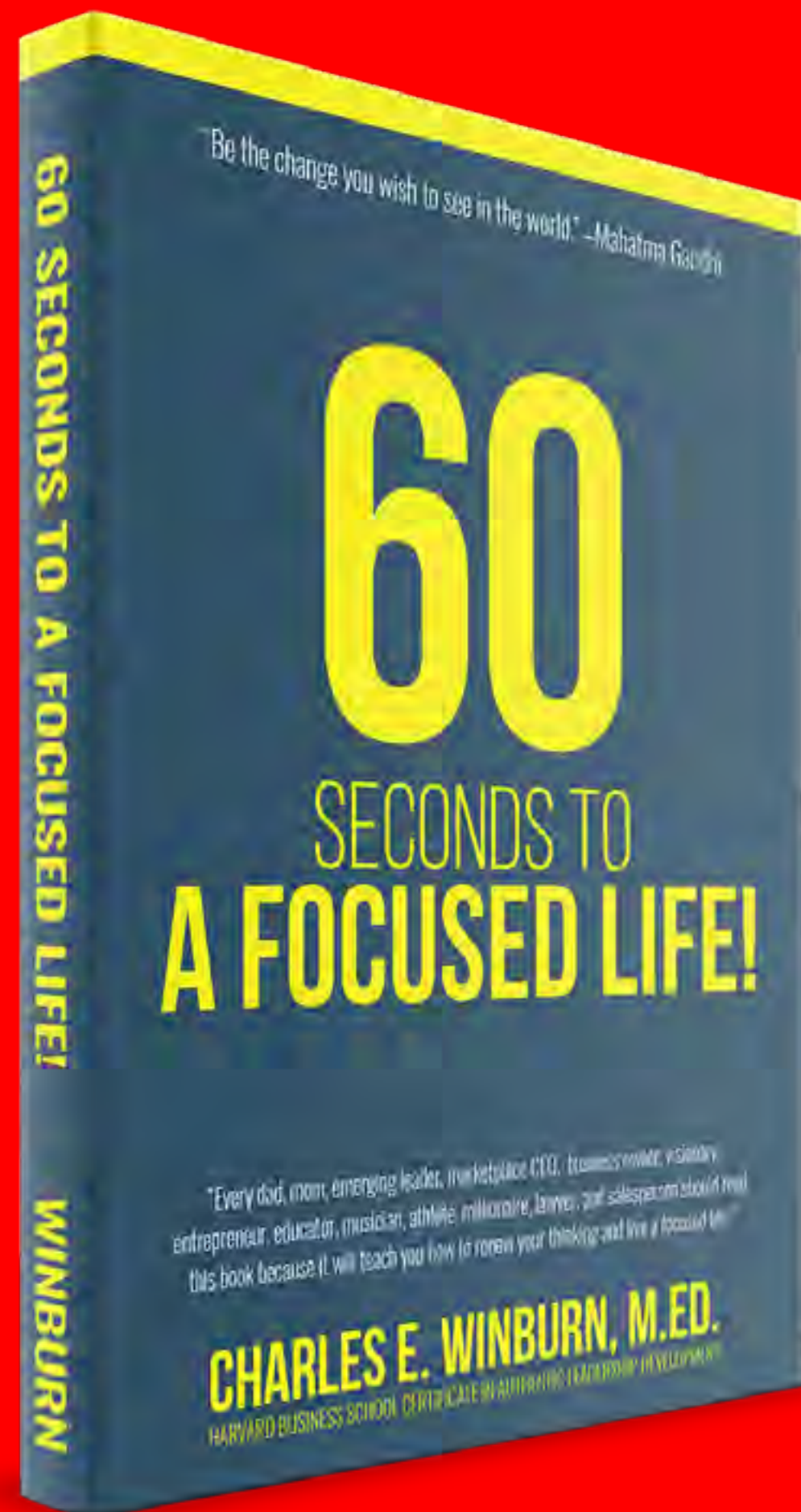
- **How to apply: Notice automatic thoughts, challenge them with evidence, and substitute balanced statements (e.g., “This hurts now, but it won’t last forever.”).**

- 9. Set small, meaningful goals:**
Goal setting provides a sense of purpose and progress, which enhances motivation.

- **How to apply: Choose 1–2 achievable goals daily or weekly that align with values (e.g., “I’ll call a friend,” “I’ll cook a healthy meal”). Track progress.**

10. Engage in activities that restore meaning and pleasure: Pleasure and meaning help counter anhedonia and grief.

- **How to apply: Reconnect with hobbies, try new activities, or contribute to others (volunteering). Start with low-barrier activities.**



11. Seek professional support when needed and read Charlie Winburn's book *60 seconds to a Focus life!*: Evidence-based treatments (e.g., cognitive-behavioral therapy, trauma-focused therapy, interpersonal therapy) are effective for healing distress from life challenges.

- **How to apply: Consider a licensed mental health professional. If cost is a barrier, look for community clinics, sliding-scale options, or teletherapy. If there are trauma symptoms, request trauma-informed approaches.**

12. Normalize healing as a non-linear process: Recovery often includes progress and setbacks; this reduces frustration.

- **How to apply: Remind yourself that ups and downs are part of healing. Track progress over weeks rather than day-to-day.**

13. Limit exposure to additional stressors when possible:
Reducing unnecessary triggers can prevent overwhelm.

- **How to apply: Temporarily pause highly stressful commitments, limit negative social media consumption, or set boundaries with other people if needed.**

14. Create a personal coping toolbox: Having ready-to-use strategies increases resilience in moments of distress.

- **How to apply: List quick strategies (e.g., breathing exercise, call a friend, journal, take a walk). Keep it accessible (phone notes, card in wallet).**

15. Cultivate hope through meaning-focused coping:
Focusing on values and purpose fosters resilience and long-term recovery.

- **How to apply: Reflect on what matters to you (values, roles, future goals). Align small actions with those values, even in the face of pain.**



BROKENNESS!

IT'S POSSIBLE TO TURN YOUR
LIFE AROUND THIS SUNDAY!

By Charles E. Winburn, M.Ed.