

MASTERMIND CLASS & CLINIC 2026

E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



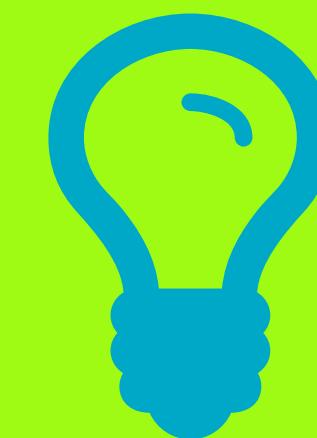
Coach Chuck Futel



Coach Dan Ray

MIND HEALTH CHECKUP!

By Charles E. Winburn, M.Ed.



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Charlie Winburn



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YOUR MENTAL HEALTH CHECKUP!

By Charles E. Winburn, M.Ed.



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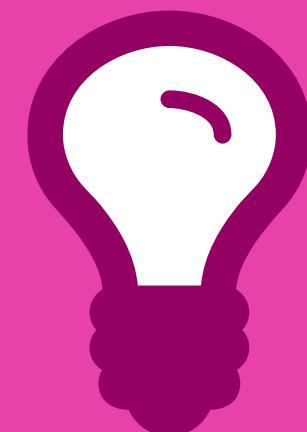
Coach Chuck Futel



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20 SIGNS A PERSON MIGHT NEED A MENTAL HEALTH CHECK UP!

By Charles E. Winburn, M.Ed.



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WHEN SHOULD YOU ASK FOR A MENTAL HEALTH CHECK UP?

By Charles E. Winburn, M.Ed.



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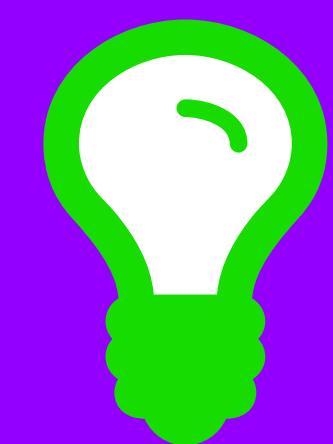
Coach Chuck Futel



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UNTREATED CHILDHOOD TRAUMA LINKED TO MENTAL HEALTH ISSUES IN ADULTHOOD!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026
THIS SUNDAY 11:45AM (EST)



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

UNRESOLVED CHILDHOOD TRAUMA LINKED TO MAJOR PHYSICAL HEALTH ISSUES IN ADULTHOOD!

By Charles E. Winburn, M.Ed.



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20 WAYS TO RECOVER FROM MENTAL HEALTH CHALLENGES!

By Charles E. Winburn, M.Ed.

***Disclaimer: This teaching is for religious
and educational purposes only and is not
designed to diagnose or give medical or
psychological advice whatsoever. Please
seek the advice of your medical doctor,
psychologist, or counselor.***

Resources

We do not have any ownership stakes or financial investment in these businesses.

They are wonderful services that could potentially benefit you.

Aim for Wellbeing

The Christ Hospital

513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension
Research-based vitamins
and minerals

855-874-9087

John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

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

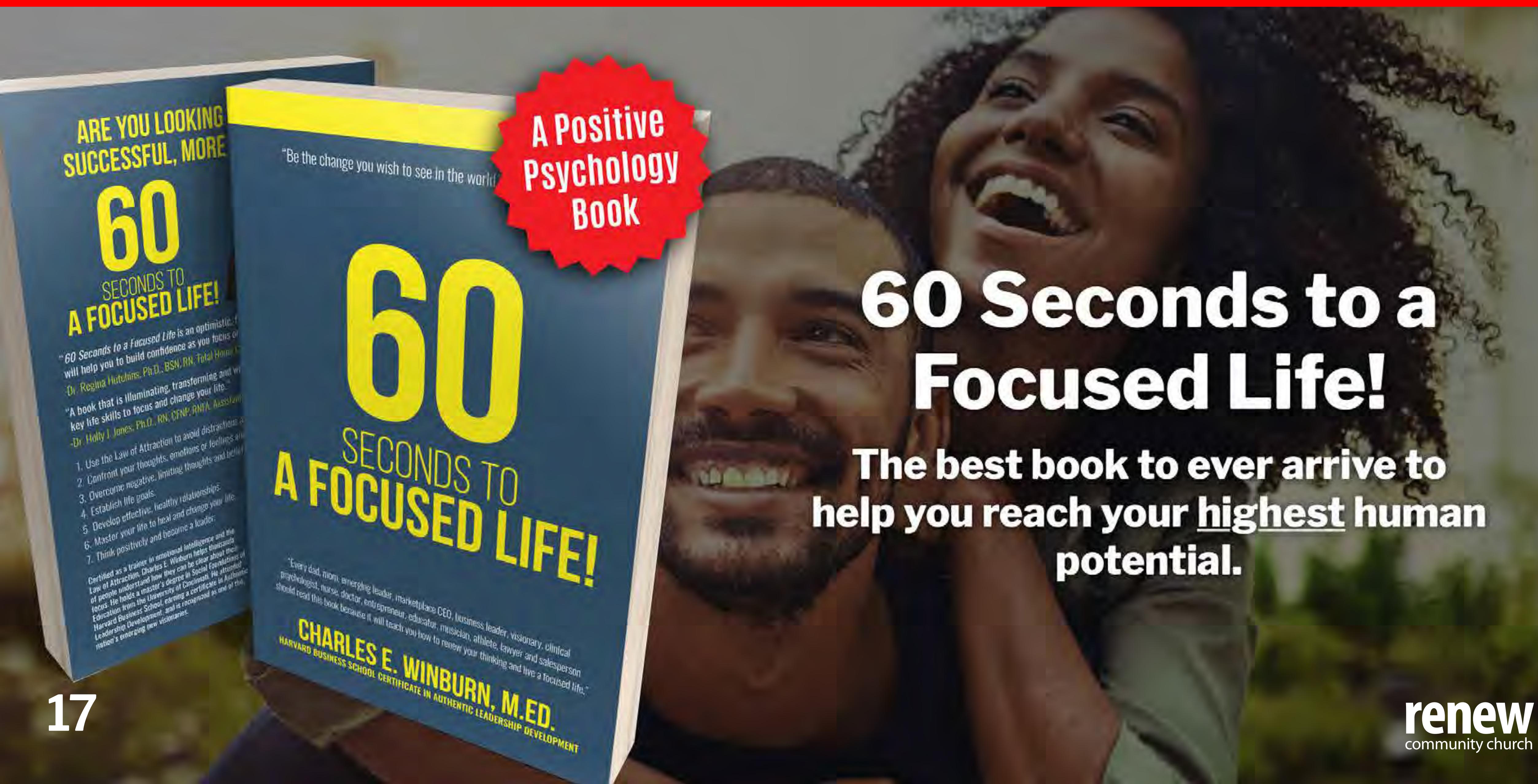
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



60 Seconds to a Focused Life!

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

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

**And be renewed in the spirit
of your mind.**

Ephesians 4:23

**And have put on the new man,
which is renewed in knowledge
after the image of him that
created him.**

Colossians 3:10

**For as he thinketh in his heart,
so is he...**

Proverbs 23:7

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

**For to be carnally minded is death;
but to be spiritually minded is
life and peace.**

Romans 8:6

**For who hath known the mind of
the Lord, that he may instruct him?
But we have the mind of Christ.**

1 Corinthians 2:16

**Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.**

Isaiah 26:3

**But his delight is in the law of
the Lord; and in his law doth he
meditate day and night.**

Psalm 1:2

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

James 1:5

**For God hath not given us the
spirit of fear; but of power, and
of love, and of a sound mind.**

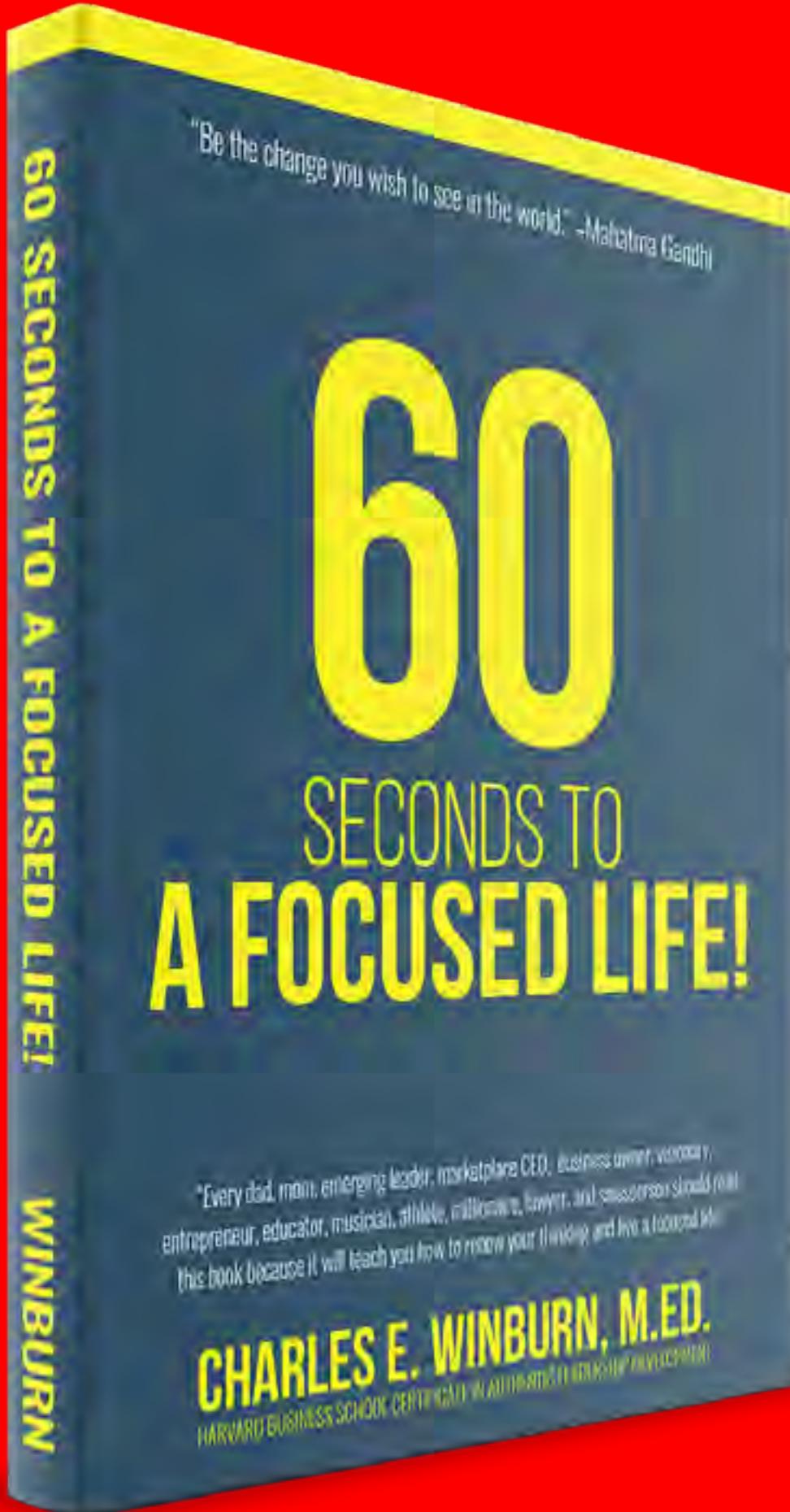
2 Timothy 1:7

**Let this mind be in you, which
was also in Christ Jesus.**

Philippians 2:5

**20 scientifically grounded
mechanisms by which untreated
childhood trauma can contribute to
mental health issues in adulthood**

AI Research



1. **Read Charlie Winburn's positive psychology book, *60 Seconds to a Focused Life!* Download free chapter 7 on childhood trauma at 60SecondsToAFocusedLife.com**

2. **Hypothalamic-Pituitary-Adrenal (HPA) axis dysregulation: Early trauma can program a more reactive or blunted stress response, increasing risk for anxiety, depression, PTSD, and stress-related disorders.**

3. **Chronic inflammation:** Childhood adversity is linked to higher pro-inflammatory markers (e.g., CRP, IL-6). Inflammation is associated with depression, anxiety, and somatic symptoms; it can also affect neurotransmitter metabolism.

4. Altered brain structure and function: Regions involved in emotion regulation and fear (e.g., amygdala, prefrontal cortex, hippocampus) may show altered development, contributing to mood disorders, PTSD, dissociation, and impaired executive function.

5. Epigenetic changes: Trauma can modify DNA methylation and other epigenetic marks, influencing gene expression related to stress response, mood regulation, and resilience across the lifespan.

6. **Dysregulated fear learning and threat appraisal: Heightened sensitivity to threat can lead to chronic hypervigilance, generalized anxiety, panic, and avoidance behaviors.**

7. Attachment disruption and interpersonal schemas: Early relational trauma can distort expectations about safety in relationships, fostering insecure attachment, trust issues, intimate/peer difficulties, and social anxiety.

8. Emotion regulation difficulties: Learned strategies from abusive/neglectful environments may be maladaptive (e.g., dissociation, numbing, suppression), increasing risk for depression, anxiety, self-harm, and substance use.

9. Coping through maladaptive behaviors: Substance use, eating disorders, self-harm, and compulsive behaviors can emerge as mechanisms to cope with unprocessed distress, masking underlying trauma.

10. Sensory and perceptual processing changes: Trauma can alter sensory gating and interoception, leading to heightened bodily awareness and somatic symptom disorders or panic with bodily cues.

11. Sleep disturbance and circadian disruption: Trauma-related hyperarousal or nightmares can cause chronic sleep problems, which exacerbate mood disorders, cognitive impairments, and overall functioning.

12. Neurotransmitter system alterations: Changes in serotonin, dopamine, glutamate, and GABA systems can predispose to depression, anxiety, OCD-like symptoms, appetitive dysregulation, and motivational problems.

13. Reduced neuroplasticity and learning impairments: Chronic stress can impair long-term potentiation and neurogenesis (e.g., in the hippocampus), impacting learning, memory, and resilience.

14. Hometime-to-therapy lag and chronicity: Untreated trauma often persists, increasing the risk of chronic psychiatric conditions due to prolonged maladaptive processing and reinforcement of negative beliefs.

**15. Changes in autonomic nervous system balance:
Altered sympathetic/parasympathetic tone can lead to cardiometabolic risk, anxiety, irritability, and mood disturbances.**

16. Sense of meaning and existential distress: Trauma can erode a sense of safety, control, and purpose, contributing to depressive phenomena, identity disturbance, and anhedonia.

17. Identity and self-concept disruption: Chronic childhood abuse can lead to fragmented or unstable self-identity, which is linked to personality disorders (e.g., borderline traits) and mood instability.

18. Moral injury and guilt/shame: Abuse or neglect can instill pervasive guilt, self-blame, and shame, fueling depression, PTSD symptoms, and social withdrawal.

19. Social and environmental consequences: Childhood trauma often leads to impaired academic, vocational, and social functioning, which increases life stressors and risk for secondary mental health problems (e.g., unemployment, relationship difficulties).

20. Comorbidity with physical health problems: Trauma exposure is associated with higher risk of chronic illnesses (e.g., obesity, diabetes, cardiovascular disease). The added stress burden can worsen mental health through psychosocial and biological pathways.

21. Reduced resilience and coping resources: Lack of supportive relationships, safe environments, or access to mental health care in childhood lowers resilience, making adulthood more vulnerable to developing or maintaining mental health disorders after stressors.

20 ways to recover from mental health issues

AI Research

1. **Focus on what you want:** Direct attention toward positive experiences and goals rather than problems. **Example:** Cultivate feelings of love, joy, and peace by visualizing a day filled with small, meaningful moments (a warm conversation, sunlight on your skin, a kind text).

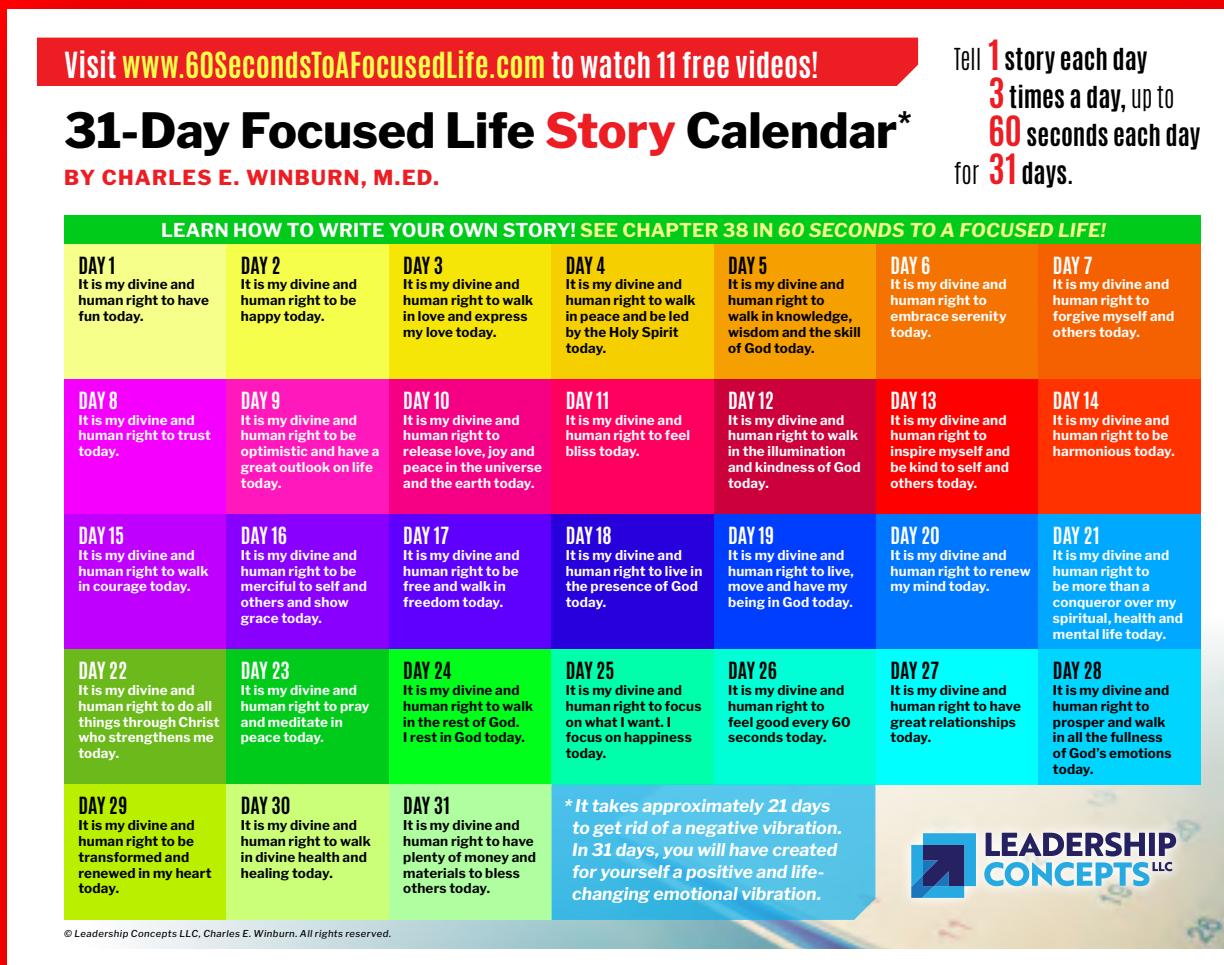
2. Practice emotional happiness each day: Make daily intentional steps to invite positive emotions. Example: Open your mouth and declare that you will feel or vibrate love, joy, and peace each day (e.g., “Today I will notice three moments of joy.”).

3. **Give zero focus to your negative past: Stay present and avoid ruminating on past hurts. Example: When memories surface, gently redirect to what feels good now (a smile from a friend, the scent of coffee, a comforting routine).**

4. **Forgive yourself and others:**
Release judgment so you can heal and move forward.
Example: Acknowledge what happened, tell yourself, “I choose to move forward with love, joy, and peace,” and practice a brief self-compassion exercise.

5. **Use the power of I Am:**
declarations that align with a
sense of worth and abundance.
Example: Repeat daily: “I am
worthy of love, I am deserving of
joy, I am capable of peace.”

6. Establish a simple daily routine: Consistency reduces overwhelm and supports stability. Use Charlie Winburn's 31-Day Focused Life Story Calendar. Example: Wake at the same time, a short breathing exercise, a healthy breakfast, a 10-minute walk, and a wind-down ritual each evening.



7. Seek safe social connection:
Build supportive relationships and reach out when you're struggling. **Example:** Schedule a weekly coffee with a friend or join a small support group or online community where you can share without judgment.

**8. Practice grounding techniques:
Use sensory awareness to
anchor yourself in the present.
Example: 5-4-3-2-1 exercise:
name 5 things you see, 4 you
feel, 3 you hear, 2 you smell, 1
you taste.**

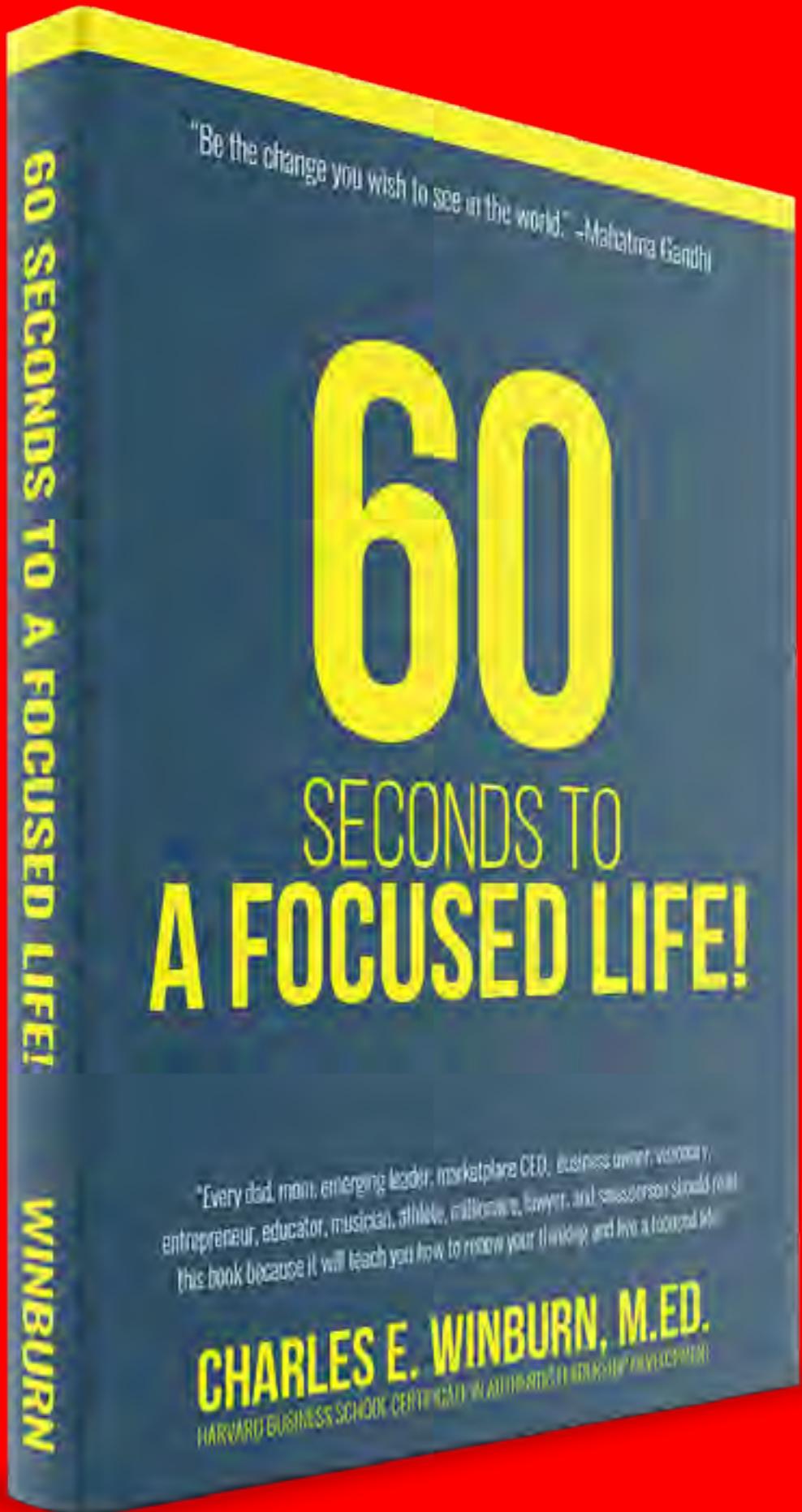
9. **Set small, achievable goals:**
Break tasks into doable steps
to restore confidence. Example:
Instead of “clean the whole
kitchen,” aim for “wash the
dishes and wipe the counter
today.”

10. Prioritize sleep hygiene: Quality sleep is foundational for mood and resilience. Example: Establish a wind-down routine, dim lights an hour before bed, and avoid screens for 30–60 minutes before sleep.

11. Move your body in a way that feels good: Physical activity supports mental health.

Example: A 15-minute walk outside, gentle yoga, or dancing to your favorite song for a mood lift.

12. Nourish with balanced meals:
Food can influence mood and energy. **Example:** Include a fruit or vegetable with every meal and choose water over sugary drinks most days.



**13. Practice self-compassion:
Treat yourself with kindness
during difficult moments.**

Example: When you're hard on
yourself, say aloud, "It's okay to
struggle; I'm doing my best, and
I deserve care." Read Charlie
Winburn's book **60 Seconds to
a Focused Life!** Learn more at
60SecondsToAFocusedLife.com

14. Use structured problem-solving: Tackle stressors with a practical plan. **Example:** Identify the problem, brainstorm 3-4 solutions, pick one to try this week, and review what happened.

15. Limit exposure to distress signals: Reduce triggers that worsen symptoms, while staying engaged with life.

Example: If certain social media posts trigger distress, set a daily limit and curate your feeds to include uplifting content.

16. Practice gratitude: Reframe focus toward positive aspects of life. Example: Keep a quick gratitude journal: three things you're glad happened today. Be thankful each day!

17. Create a soothing environment:
Your surroundings can influence mood. **Example:** Declutter a small area, play calming music, use soft lighting, and incorporate comforting textures (blanket, cushions).

18. Learn to identify early warning signs: Catching changes early allows for timely actions.
Example: Note when sleep is disrupted, appetite shifts, or thoughts become self-critical; plan a quick coping step for each cue.

**19. Build a mindfulness habit:
Nonjudgmental present-
moment awareness reduces
distress. Example: Try 5
minutes of mindful breathing or
a brief body-scan each morning.**

20. Seek professional support when needed: Guidance from a qualified professional can be crucial and connect with a trauma-informed care church or community. **Example:** Make an appointment with a therapist or counselor, or talk to a primary care provider about concerns and options like therapy, medication, or referrals.



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