



## Tips for Facing Your LNC Fears

Have you felt your anxiety level go up because of the lockdown we've experienced as a result of the pandemic? Does fear ever paralyze you? In this podcast I share a story of what happened to me a year ago on a dark road through the Everglades.

I'm Pat Iyer, the host of Legal Nurse Podcast.

In case you don't know, the Everglades is a swamp that makes up the lower third of Florida.

Can you remember the last time you were facing fear – all alone, at night? I can. After I struggled through rush hour traffic leaving Miami I got onto Route 75 northbound, which is the only road across South Florida.

There is only 1 exit (Snake Road) for a distance of about 70 miles because it goes through the Everglades. I wonder if the person who chose the name Snake Road did it deliberately to warn us.

Just before the exit I saw a sign that said, "Route 75 northbound closed at mile marker 66."

"This is not good", I thought. "There is no other way home." I stopped at Snake Road, which was before the blockade, and asked the cashier at the gas station about an alternative route. He explained that I could head north on Snake Road into the Everglades, through an Indian reservation and eventually would get to a town which was somewhat near where I live.

I overheard a few other customers asking the same question about how to avoid the wall of traffic. **I turned to one of the men and said, "I'll make a deal with you. I'll follow you."** We headed north into the dusk and then deep dark night. There were no lights for 30 miles on this 2-lane road through the Everglades.

**I confess that the Everglades scare me.** My younger son and I took an air boat ride through the Everglades where I got to see the snakes and alligators and other types of nasty wildlife that live there.

When you drive Route 75 you see the high fences that are designed to keep the wildlife off the road. There are no such high fences on Snake Road.

Our 3 cars passed through a little town at the reservation and immediately went back out into the dark night. I was content to follow the taillights of my gas station friends, until my GPS insisted I turn left. They went straight ahead.

Off on my own in the dark, I went through areas with signs that said, "Watch out for wildlife crossing". Not sure I wanted to know what kind of wildlife, I determined I was not going to get out the car for *any* reason.

An abundant supply of bugs splatted on my windshield. I made the mistake of activating the washer fluid and wipers, which just smeared bugs over my windshield right at eye level. Now I was driving an unfamiliar dark road without being able to see well.

After another 30 miles of driving, I finally saw a string of lights as I got back into civilization. A while later I drove into a rainstorm, which washed my windshield clear and I could see again.

I was never so happy to get into my driveway.

**What did I learn from this experience, other than to not try to clean my windshield?**

1. When faced with a choice of sitting in stopped traffic or making progress towards my destination, I was able to be courageous. I was able to face my fear of the Everglades. I could have sat on the highway for who knows how long waiting for the traffic to clear.

I chose to take the risk of driving off into the dark.

2. The first part of my trip, until my friends left me, was easy. I felt a sense of companionship. We were in this adventure together. Although it was a little

frightening to be in such a desolate area, I knew they were there too, right ahead of me.

3. It got harder when I was alone. Even though I was on the same kind of road, there was no traffic and little to guide me other than my GPS. Fears are harder to deal with when you are alone.

The experience made me think of the fears we are experiencing now. Will we be struck by the virus if we take risks? How long will we be isolated? These fears are easier to deal with when we share them with others.

PAM PLEASE INSERT A MOCK UP SHOT IMAGE FROM THE FREE WEBINAR NAMED BELOW

Before I continue, here's a tip for you:

If you are interested in privacy and security topics, you may be interested in the upcoming Virtual Health Privacy Summit on June 5, 2020.

The Virtual Health Privacy Summit will bring you the critical privacy and security best practices every dentist, dental hygienist, dental assistant, dental technician, receptionist, treatment coordinator, practice manager, privacy officer, or owner needs!

Register for the live summit here <https://healthprivacysummit.ca/>

And I have another question for you. Do you have moments of terror, doubt or of questioning your confidence? I know I do. Fear can undermine you and stop you in your tracks.

Here's an offer for some free online training directly from a plaintiff attorney. The training is called *Conquer Fear Capture Confidence*. In this training, trial attorney Wayne Schoeneberg will address the fears of legal nurse consultants and will show you there is a path that will get you from where you are to where you want to be!

Here's just a sample of what Wayne covers in this online training:

- 4 things that keep you from success
- How to get past your fears and succeed.
- Why fear is natural, and no one is exempt

You can use these techniques to quickly achieve success and conquer fear and capture confidence.

You can learn how to “Live Beyond Fear.” Get the free training to watch in the comfort of your home by going to this link: <http://LNC.tips/conquer>. You can also reach the training on the show notes at [podcast.legalnusebusiness.com](http://podcast.legalnusebusiness.com).

Wayne explains: Fear and pride can be two emotions that rob you of peace, love, joy and happiness. Fear can cause self-doubt and a loss of confidence in the best of people. I am all about the concept of living beyond fear.

We all have fear and pride. You see, none of us is without fear. We all have it. Fear comes to us naturally. It is a mechanism that kept our ancestors from being eaten by large predators. It is what keeps us from doing obviously dangerous and foolish things, like step out into a dark swamp.

Pride is another emotion that limits our ability to live freely. Pride can be a terrible disabler when it gets out of control. There is nothing wrong in taking pride in our work or our accomplishments. But when we let pride start dictating our actions, we need to put a stop to it.

I have seen pride ruin many a person and stifle their performance, productivity and personal satisfaction.

How do fear and pride affect the chances you take?

In order to live a full life we have to take chances. And sometimes when we take chances we don't succeed. If you are full of pride, you are going to hesitate to take that chance because you are afraid of what people will think of you. What if you try something new or different and do not succeed?

If you risk something and don't succeed, you will have a new experience that you can weave into the tapestry of your life. Isn't that what is important in life, after all? Life is to be lived to its fullest.

When you put aside fear and pride, you can set out each day with the attitude that you are open to new things. Opportunities suddenly appear. But those opportunities often times require taking a chance. If you let fear and pride limit you, those opportunities will go by without you grabbing onto them.

Today choose to set fear and pride aside. Act in an unexpected way. Do something you have never done before. Focus on the opportunities rather than the constraints. Spread your wings, face into the wind and fly.

Be sure to go through our free online training, *Conquer Fear Capture Confidence*. You will get immediate access to this at the following link:  
<http://LNC.tips/conquer>.

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Do you have lots of questions about being a legal nurse consultant? Are you wondering how to get clients, grow and manage a business, and dig into medical records? Do you feel a bit lost?

I've got a phenomenal resource for you just waiting on LegalNurseBusiness.com. My online training and books are designed to help you discover ways to strengthen your skills and businesses. Check them out at [legalnursebusiness.com](http://legalnursebusiness.com).

Could you use a monthly boost of knowledge to keep your skills sharp? Are you a lifelong learner who enjoys the chance to keep expanding your knowledge? LNCEU.com gives you two online trainings every month to build your LNC business. Look at the options at [LNCEU.com](http://LNCEU.com) and start right away in the comfort of your home.

Are you interested in building your LNC business by getting more clients, making more money, and avoiding expensive mistakes? The LNC Academy.com is the coaching program I offer to a select number of LNCs. You get my personal attention and mentorship so that you can excel and build a solid foundation for your LNC practice. Get all the details at [LNC Academy.com](http://LNC Academy.com).