

Coping in 2020

- Being Intentional
- Being Courageous

The Brain and Repetition

Fear, Triggers:

1. What *fears* or *triggers* do you have?
2. What *fears* or *triggers* end-up on your door step?

List of at least 10 things in next 6 minutes!

Your Brain and Fear

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BRAIN

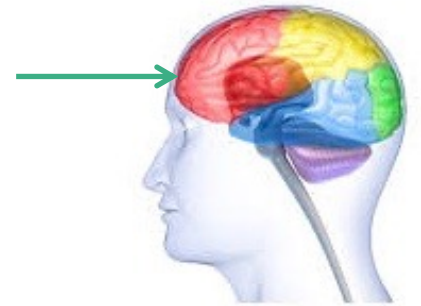


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BRAIN

Complex Thinking Function

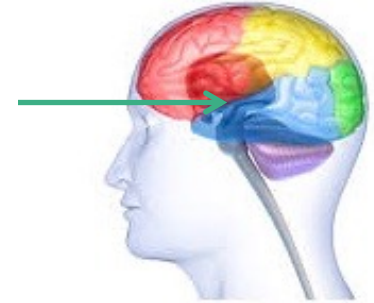
- IQ - Rational brain
- Complex Thought
 - Make decisions
 - Problem solve, prioritize
 - Big Picture
 - Creativity & innovation
- Full spectrum of time
- Considers options
- Rational



Feeling Function

Limbic System (The Amygdala)

- Detects threat
- Releases Chemicals
- Fight or Flight
- “Right now!”
- 100x faster than thinking
- **Learns, but doesn't think**



The amygdala treats social or emotional danger that same as physical danger!

Neuroplasticity

- The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience
- The brain changes and adapts, based on repetition



Practical Steps:

Taking care of yourself:

(From Dr. Laurie Santos of Yale University)

- Exercise
- Sleep
- Stay engaged, don't isolate
- Recognize, name and investigate emotions

Drum roll please....

- **Gratitude Practice!** It's unlikely that you will be mentally healthy if you are not physically healthy

Practical Steps:

Influencing Your Environment:

- **Gratitude Practice!** Consider, ask, cajole...what is going well? What is working? How are we succeeding?
- **Intention vs. Impact:** when you're frustrated, consider what your *impact* might be - AND, when frustrated, consider what THEIR good intentions might be. (Ask if you're not sure!)
- **Boundaries:** What is OK and what is not OK? Be courageous, stick to your boundaries, let others know what they are.

Practical Steps

Brainstorm a list of things you can do:

1. Better manage yourself?
2. Positively influence others