

High stress can lead to **extreme thinking.**

Calm the body's fight/flight response to make wise decisions.

Black

White

Friend

Foe

Safe

Scary

Make Wise Decisions

in stressful situations

Mindfulness is the act of:

"...paying attention, on purpose, to the present moment, without judgement..."
- Jon Kabat-Zinn

Fact-Based

logical

"cool headed"

cultural dominance

Reasonable
Mind

**Wise
Mind**

Emotion
Mind

Survival Reflex

sense our needs

social bonding

motivates behavior

Clear and Focused

Intentional

Physical / Mental Calm

Sense of Alignment

Practice Balance



Connect Important Decisions With The Breath:

Let your mind settle on the subject that bothers you the most right now.

Resist the temptation to avoid any uncomfortable feelings for this time, and just allow the thoughts to come. On the length of each inhale breath in...

Imagine that you are breathing in a question... and gently wait...

Allow yourself to **sit in silence with each exhale as you simply notice** the thoughts and feelings that arise. Pay attention to each passing thought and sensation, until you **notice** what feels like **the "wisest response."**

Do not judge the responses that come to mind, but **notice what "feels right."**

Example **Wise Mind** Questions:

What matters most in this situation?

What does balance look like here?

How could teamwork help here?

What needs to happen first?

What is a reasonable safety plan?

Am I missing anything?

Protect 5-10 minutes in your calendar for Daily Wise Mind Practice.

When are you most likely to access this time?

How will you make sure that you don't forget or get distracted?

Who needs to know that this is important to you so that they can support your practice?



Personalize Your Self-Care Plan

RESOURCE:



Listen to the podcast episode from The Ezra Klein Show, "***We don't just feel emotions. We make them.***" to hear psychologist, Lisa Feldman Barrett, explain the concept of "body budgets."

What do I need in **my "body budget"** to be at **my best**?



Sleep Routine:

Exercise Habits:

Meal Preparation:

Safety Planning:

(health needs, legal, financial planning, family coordination...)

Balancing

Alone Time + Social Time

What else?

Clean up your calendar now to match your priorities.

Hold yourself accountable by scheduling in meals, exercise, and other mind/body essentials to keep yourself on track.

Make reasonable adaptations to work with the context you have.

