

WISDOM

WHOLENESS / HAPPINESS / TRUST / FULFILLMENT



WISE BRAIN



AWARENESS

EQUANIMITY

KINDNESS

CONNECTION

RESPOND COMPASSIONATELY

SELF-ACCEPTANCE

COMMON HUMANITY

OPPORTUNITY IN THE CHALLENGE

BEGINNER'S MIND

CREATIVITY

REFLECT + REFRAME + CREATE POSSIBILITIES

GROWTH MINDSET

NON-REACTIVITY

TURNING TOWARD PLEASURE

Name It To Fuel It
Enjoyment
Savoring
Ease

CLARITY

OBSERVE + INVESTIGATE + GET CURIOUS



TURNING TOWARD PAIN & DISCOMFORT

Name It To Tame It
Recognize + Allow
Letting Go/Be
Relief

CALM

GROUNDING + NONSTRIVING

Deep Breathing

Conscious Relaxation

Body Scan

Mindful Movement

AWARENESS

ATTITUDE OF FRIENDLINESS

PRESENCE

PAUSE + TUNE IN

INTENTIONS

NONJUDGMENT



RESILIENCE TRAINING

Unconscious Behaviors

Anxious Rumination

Stress Reactivity

Maladaptive Coping

BURNOUT

ANXIETY / DEPRESSION / ILLNESS



SURVIVAL BRAIN

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AUTOPILOT

