

Think Better

HOW TO TRAIN your BRAIN

SPEAKER: DR. SHAHANA



Give yourself **Permission** to CARE OF YOURSELF

PRIORITIZE YOUR WELL-BEING

LEARN TO **ACCEPT & PROCESS** your EMOTIONS

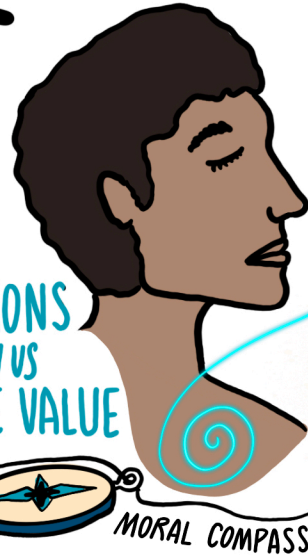
WE EXPERIENCE **3400** DIFFERENT EMOTIONS A DAY

PREVENTATIVE approach TO MENTAL HEALTH

LOOK UPSTREAM

BETTER OUTCOMES

MANY OF US GO ABOUT OUR DAYS ON AUTOPILOT, LET'S CHANGE THAT!



EMOTIONS SHOW US WHAT WE VALUE

MORAL COMPASS

ACKNOWLEDGE HOW YOU ARE FEELING

Don't abandon YOURSELF

WHAT STORIES DO YOU TELL YOURSELF? HOW ARE THEY SERVING YOU?

WHY AM I feeling THIS WAY?

WHAT WOULD it say ABOUT ME?

ASK IT 7 TIMES

FUNNEL of EMOTIONS

APPROACH FEELINGS WITH **Curiosity** NOT JUDGEMENT

FEAR

ANGER

SADNESS

ENJOYMENT

DISGUST

PERCEIVED LOSS OF CONTROL

TRAIN your PERCEPTION THROUGH Self-awareness



THE **Sensation** IN YOUR BODY

THE **Story** IN YOUR HEAD

Significance

WHAT COMES IN THE WAY OF THINKING BETTER?



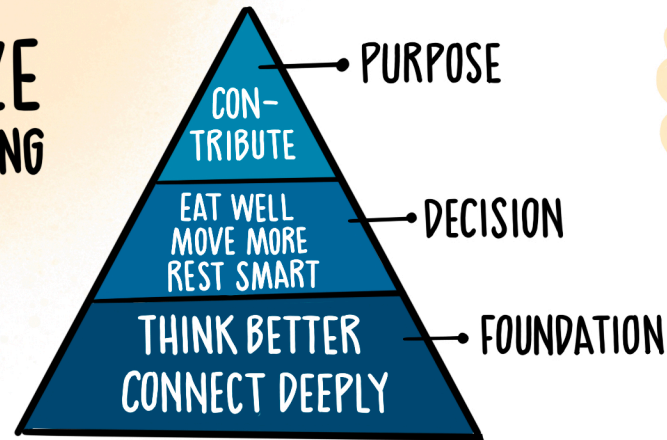
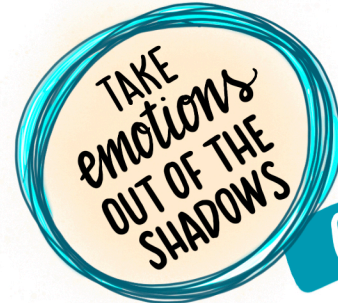
NOT KNOWING HOW TO DEAL WITH DISTRESS UNCERTAINTY & UNMET EXPECTATIONS

Reframe HOW YOU APPROACH EACH DAY

EXPECTATION MANAGEMENT x PERCEPTION = OUTCOME

ACCEPT HOW you FEEL & let it go

EMOTION = ENERGY in MOTION



COMPLETE THE emotional CYCLE SOFTEN THE **sensation**

STRATEGIES

- BREATHE PHYSIOLOGICAL SIGH 4-7-8 BREATHE
- CHANGE the ENVIRONMENT
- EXERCISE SNAP (10-30 SEC)
- TEMPERATURE SHIFT TOUCH (eg 20 SECOND HUG) DECREASES CORTISOL
- SOCIAL INTERACTION



self acknowledgment
SHINE LIGHT on HOW FAR YOU HAVE COME.
self compassion

"WE DON'T SUFFER FROM A LACK OF JOY, JUST FROM NOT RECOGNIZING IT"