****

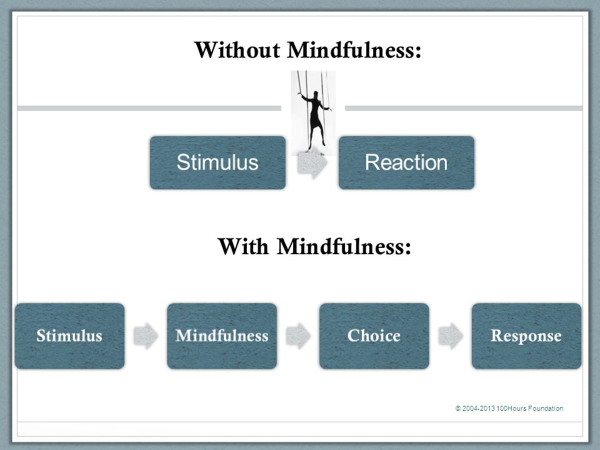
The awareness that arises

from paying attention

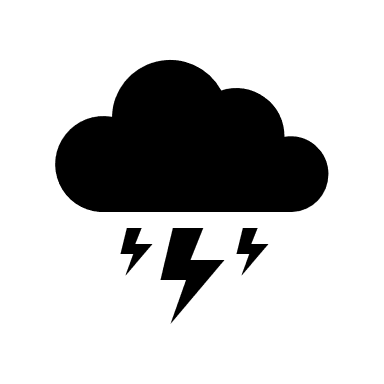
in a particular way to the present moment,

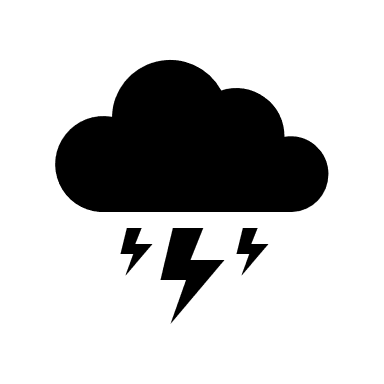
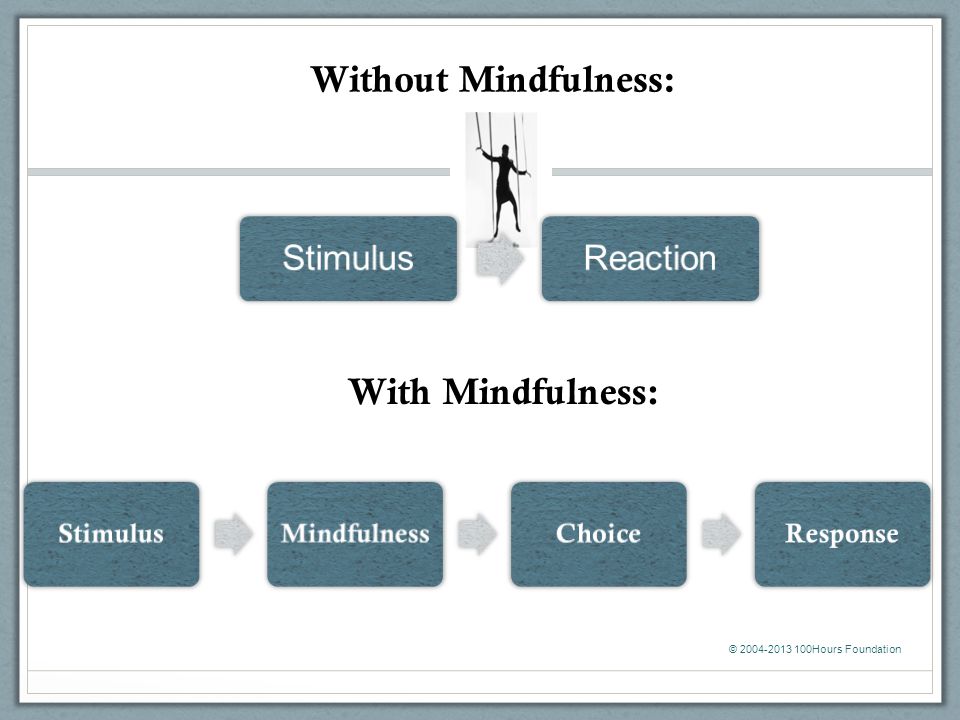
on purpose and without judgment.





**resistance**





**Striving**

**WISDOM**

**CLARITY OF MIND**

**MULTIPLE PERSPECTIVES**

**THOUGHTFULLY**

**SENSITIVITY**

**CONTENTMENT AND EASE**

**Ruminating/Obsessing**

**COMPASSION**

**GRATITUDE**

**Resisting**

**Self-Doubt**

**Catastrophizing**

**Craving**

**Worrying**

**THOUGHTFULNESS**

**FORGIVENESS**

**ACCEPTANCEEE**

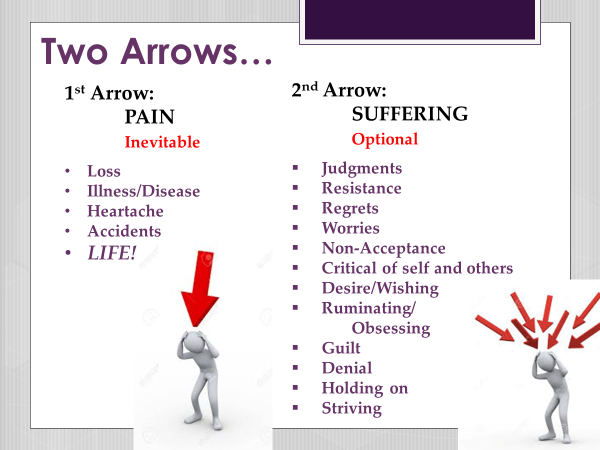
**OPENNESS**

**KINDNESS**

**LETTING GO**

**CURIOSITY**

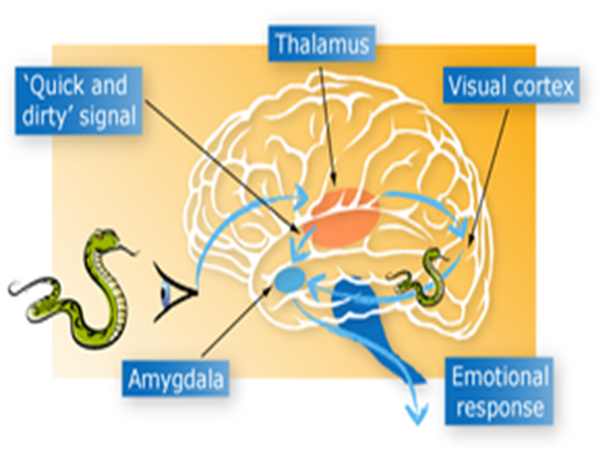
**FRESH EYES**

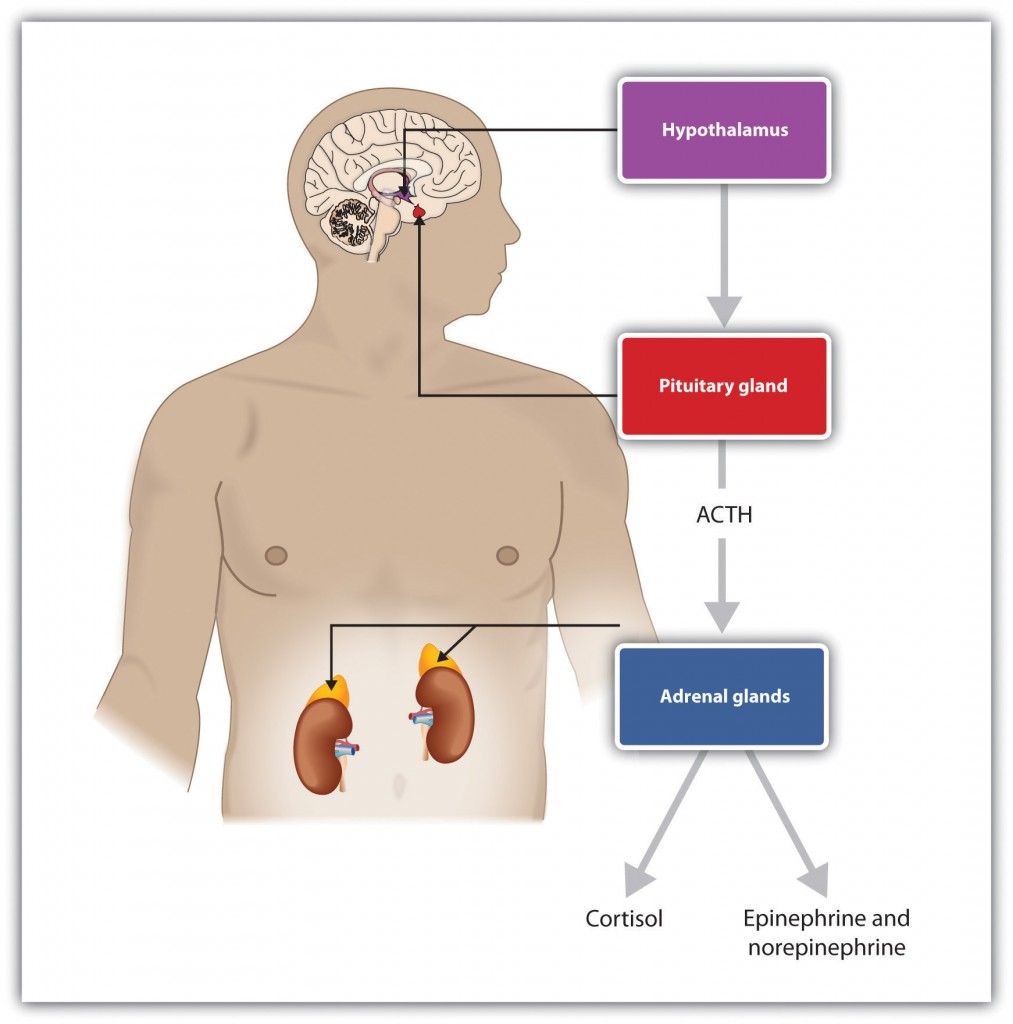


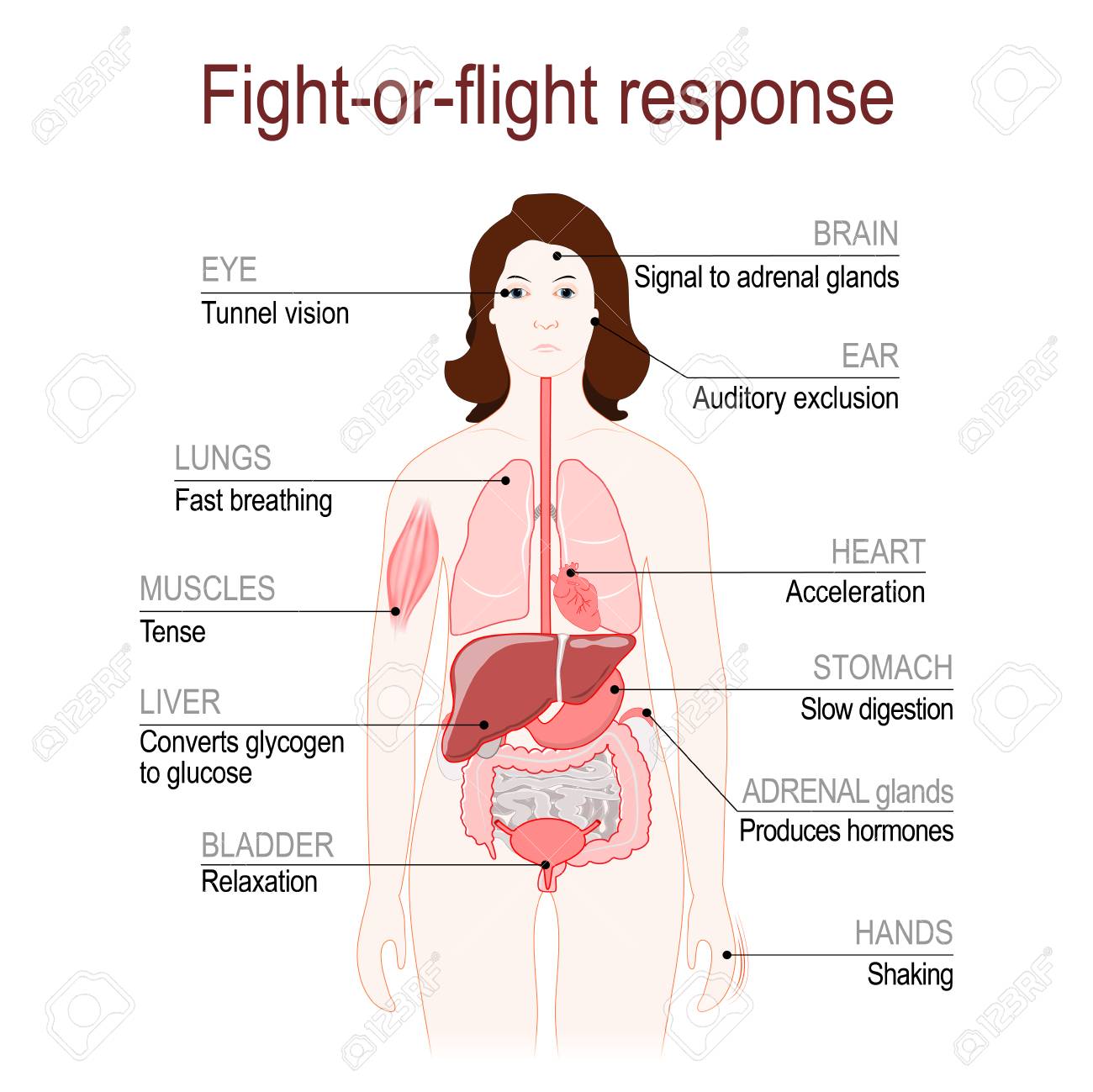
**Fight Flight Freeze**

* **Adaptive for primitive species**
* **Protective response to prepare the body for imminent danger**
* **Key to survival**
* **Activated by the Sympathetic Nervous System**



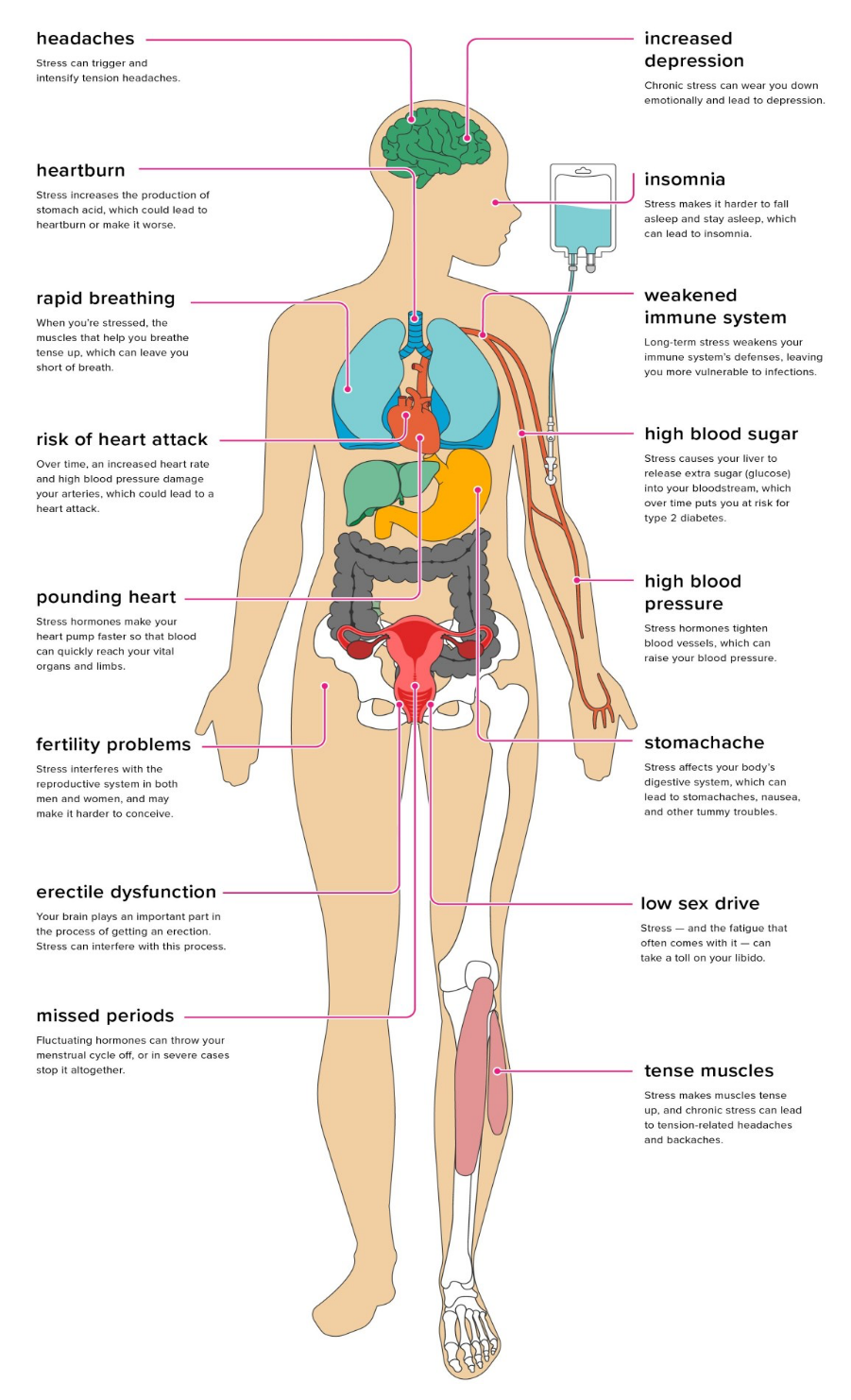


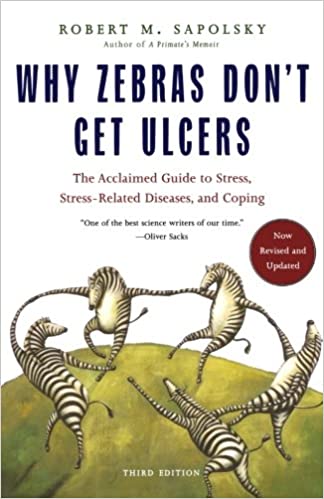




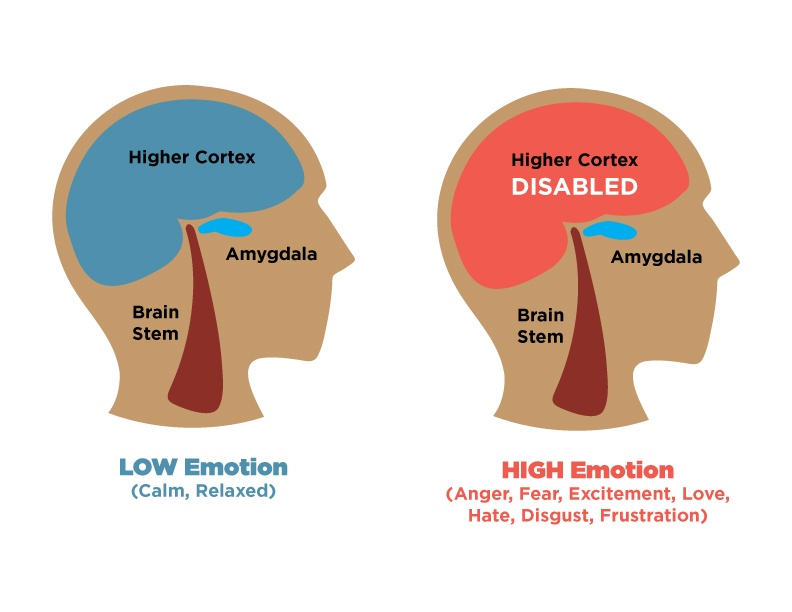
**False Alarm**

**Fight Flight is Triggered by Perceived Threats**





**FIGHT FLIGHT FREEZE**



***SR***

A **Stimulus** leading to an Immediate **Reaction**

* Automatic
* Immediate - Fast

**Stuck**

**Blocked**

**Helpless**

**Doors Closed**

**No Solution**

**No Way Out**

* Autopilot
* **Fight Flight Freeze**
* Habitual Pattern of Reactivity

**Habit Formation**

**Unhealthy Behaviors**

**Maladaptive Coping**

**S R**

**A**

When **Awareness** is introduced it allows us SPACE, a PAUSE and the freedom to **CHOOSE** our response!

Leading to more skillful actions in alignment

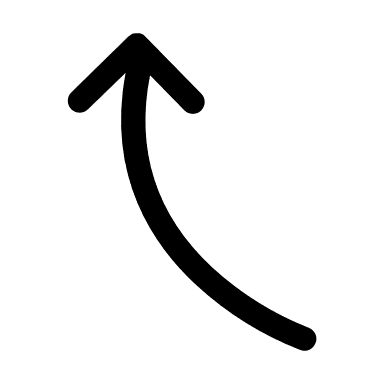
with our intentions and valu

***Respond Wisely***

**AAA**

***Respond Creatively***

***S*** choice ***R*** ***Respond Thoughtfully***

**A A A  *Respond Deliberately***

*Kindness Compassion Empathy Forgiveness Gentleness*

*Thoughtfulness Gratitude Appreciation Openness Acceptance*

*Letting Go Wisdom Love Fresh Eyes Beginners Mind*

*Non-Striving Being vs. Doing*

*Curiosity Heartfulness*

**Mindful Mediated Response**

**Brain Evaluation/Appraisal**

**Trigger/Event**

**Unpleasant**

**Pleasant**

I Want

**Habit Formation**

**Unhealthy Behaviors**

**Maladaptive Coping**

I Don’t Want

I Need

***Change Course***

**Brain Evaluation/Appraisal**

**Trigger/Event**

**A**

**Unpleasant**

**Pleasant**

**Habit Formation**

I Want

I Don’t Want

I Need

***Change Course***

***Change Course***

**P**ast – **N**ow – **F**uture (**PNF**)

1. Where are my thoughts?

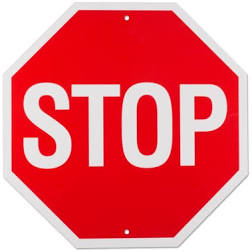
In the past, in the future or in the “here and now”



1. If I am ruminating or obsessing in the past or future, ask yourself:

*“Is this helping me in any way right now?”*

1. If the answer is *“NO” –* Let it go! Come back to what is here and now



**S.** STOP

**T.** Take 2-3 Breaths

**O.** Observe

* Thoughts
* Emotions
* Red Flags – Bodily Sensations
* Recognize “*Body-Mind Connection”*

THEN… focus on the present moment

* Sensations of the Breath and/or Your 5 Senses

**P.** Proceed Thoughtfully

**Zones of Tolerance**

**LEARNING ZONE**

**OVERWHELLMED**

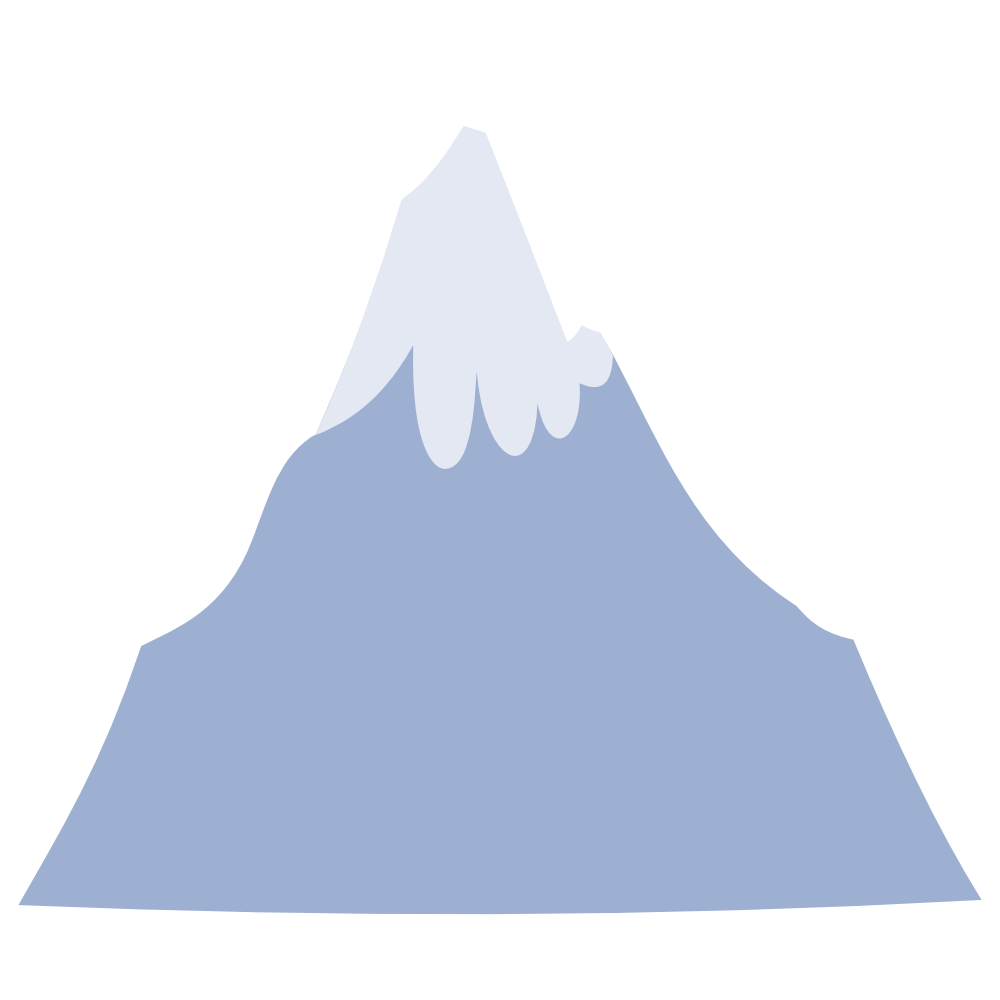
**ZONE!!**

**CCOMFORT**

**ZONE**

**Zoned Out OUT**

**Neuroplasticity**

** the brain's ability to create new neural pathways based on repetitive behavior**

**Accepting**

**Open**

**Curious**

**Patient**

**Kind**

**Compassionate**

**Forgiving**

**Appreciative**

**Grateful**

**Positivity**

**Gentleness**

**Stop/Pause**

**Thoughtful**

**Selfless**

**Giving**

**Present**

**Deliberate**

**Content**

**Letting Go**

**Reactive**

**Impulsive**

**Judgmental**

**Critical**

**False Narratives**

**Negativity**

**Catastrophizing**

**Ruminating**

**Resisting**

**Closed off**

**Autopilot**

**Unaware**

**Driven by emotions**

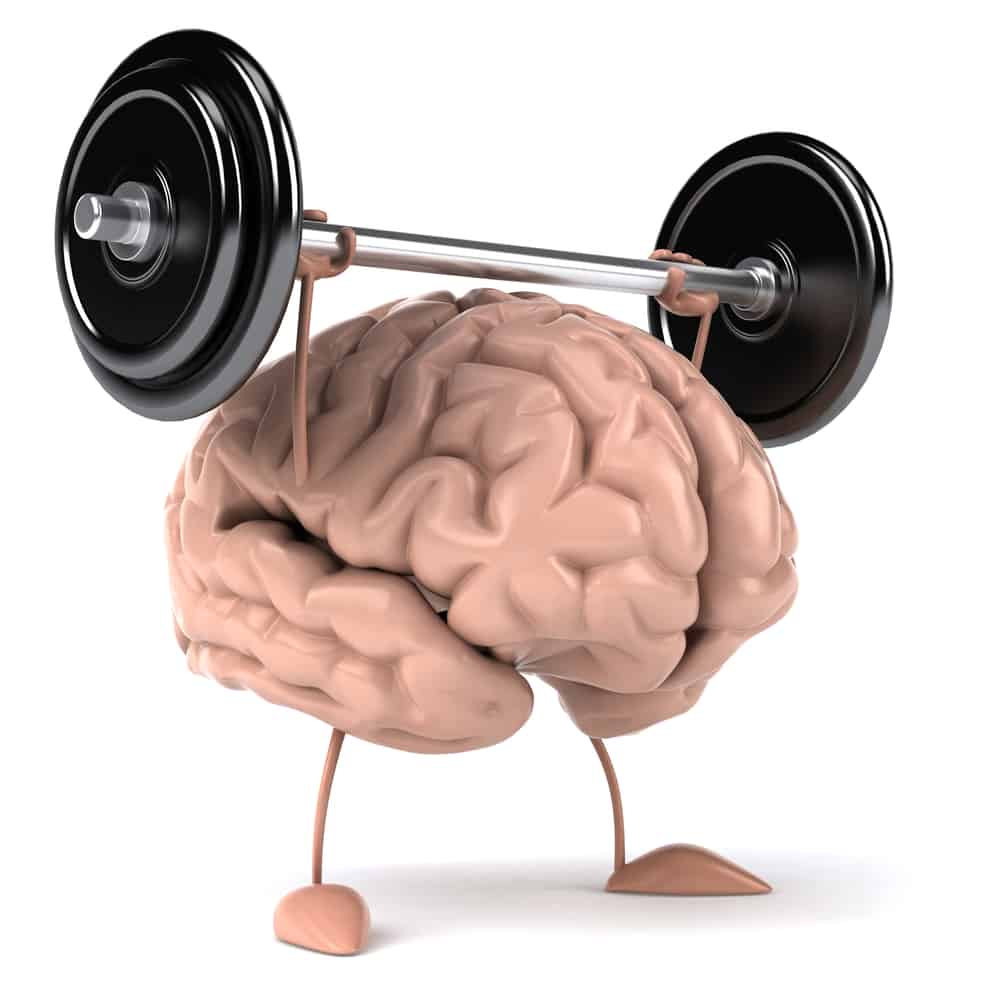
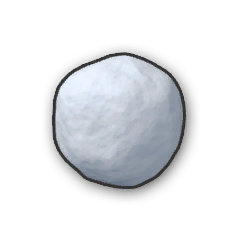
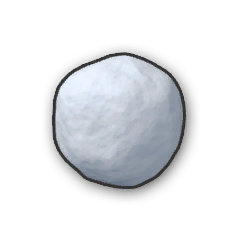
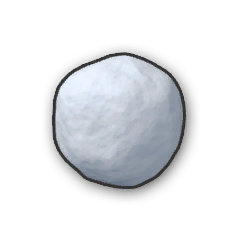
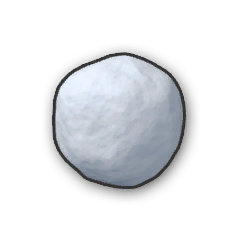
**Automatic**

**Wanting**

**Needing**

**Holding On**

**Positive Neuroplasticity**

****

**Negative Neuroplasticity**