



**Practice
SMART 2 SMARTER – MASTERY TOOLS AND TECHNIQUES**

18 MINUTES BACK TO FLOW

Practice and use when you Play Small or Not So Smart in your career!

- Notice when you are being emotionally hijacked (body awareness): when your emotions swamp your rational (cognitive) brain and you feel threatened.
- What happens to your thinking when you feel threatened?
- How do you know when you are experiencing a hijacking?
- How do others know?
 - Write down what you are thinking, feeling and the action taking place.
 - Consider if this is a real or perceived threat?
 - Are you responding in a “fight or flight” pattern?



Then, complete this sentence:

I am feeling _____
(name the feeling, e.g., threatened, scared or mad)

because of _____
(name the experience, person or event)

that is prompting me to _____
(describe what you are believing, thinking or doing)

that reminds me of _____
(a person, story or event)

and will result in _____
(what impact)

Be Still

- Close your eyes and breathe. Take ten deep breaths. You must take ten breaths to refocus your attention on your body.
- State aloud, or write a statement of gratitude, about the situation, person or event. The goal is to shift positive emotions from the amygdala (emotional impulse center) to your rational (cognitive) brain. *“Thank you so much for this situation as I will learn, grow, meet, be tested and challenged.”*
- The goal is to shift the negative “fight or flight” emotional impulse into a positive flow.
- Now get up and move—walk, dance, listen to music. The goal is to get the body (blood) flowing to the brain to increase the flow of positive emotions to positively impact a rational, and more effective, response.