

## Tendencies and Trends

- ☑ Many adults/children will feel victimized by their own emotions and the emotions of others, seeking freedom from suffering rather than engagement with learning.
- ☑ Many adults will continue to passionately divide the world into us and them categories.
- ☑ We will probably increase our tendency to blame others for our circumstances.
- ☑ Everything will feel more urgent with more serious undertones.
- ☑ There will be a greater tendency to not ask for help or receive help.



### Reset Our Attention

**Power of Attention:** The brain takes its shape from what the mind places its attention on.

Attention is like both a spotlight and a vacuum cleaner.

1. Spotlight: What you rest your mind's attention on is the primary shaper of your brain.
2. Vacuum Cleaner: What you focus on is sucked into the wiring of your brain.

#### Rest On Positive

Kindness of others  
 Roof over your head  
 Good intentions  
 Accomplishments

#### Yields

Strength & resilience  
 Learned optimism  
 Wide focus on creativity & learning  
 Positive mood & physical health

#### Rest On Negative

Self-criticism  
 Worries and regrets  
 Old hurts and rejections  
 What you don't want

#### Yields

Greater reactivity  
 Vulnerabilities to anxiety and depression  
 Narrow focus on threats and losses  
 Inclination to anger, sadness and guilt

Utilize daily commitments to reset moment by moment.

I commit to \_\_\_\_\_.

When I notice myself \_\_\_\_\_, I will refocus my attention by \_\_\_\_\_.

**Conscious Focused Attention:** Turbocharges positive brain development and daily habits that support a felt sense of safety and the ability to build healthy connections with all learning.

# Regulate Our Emotions

Learning makes two kinds of memory. Inner strengths reside in implicit memory.

1. Explicit: Personal recollections and knowledge about things.
2. Implicit: Knowledge of how to, sense of self, ways of being with others, our mental models of who we are and how the world works.

How to move from a fleeting positive state or moment into a lasting trait:

- Positive states are inefficiently installed – For the brain to convert positive state/moment to lasting positive neural trait takes about 10-20 seconds. TEFLON
- Negative states are efficiently installed – Negative states are rapidly converted into neural structures and become traits because the brain is designed for our survival. Minds are magnets for negativity and travel quickly to the past and the future.
  - Brain is good at learning from the bad.
  - Brain is bad at learning from the good.
- Learning from the good is the primary pathway to growing inner strengths.

## The Purpose of Our Emotions

1. Emotions are the body's way of getting your conscious attention. It is the way your body raises its hand. PAY ATTENTION, a decision is being made.
  - a. SAFE = Socially engage
  - b. FEAR = Fight (anger) or Flight (anxiety)
  - c. Immediate DANGER = Shut down and prepare to die
2. Emotions are momentary mind and body states that orient us to what's most important in the situation and how best to deal with it. They last seconds and minutes (90 seconds), not weeks, months, and years.
3. Emotions quickly bring to consciousness whether something is good for you or bad for you in that context. They urge you to act in that moment depending on what your mental models determine to be beneficial for your survival.

## USE YOUR TRIGGERS

1. What story am I telling myself that would make this situation feel fearful or dangerous to me?
2. What mental model am I holding onto and believing that kept me safe as a child but is no longer useful as an adult?
3. Is the mental model made during early childhood really TRUE about me and about the WORLD at large?
4. Am I willing to pull the feeling out of the story and upgrade my mental model? This happens naturally through consciousness as the body has a built in self-improvement mechanism. Those with trauma must be more vigilant, and the self-improvement button is off line.

## The Power of Positive Emotions

1. Mind opens up and connects dots of disparate ideas.
2. We literally see more as our peripheral vision expands.
3. See more of the whole and our relationship to it.
4. Allows us to build inner resources/strengths that are durable.
5. Fuels implicit memory and learning.
6. Operates like a RESET Button.
7. Physical health improves; restores blood pressure and heart rate – fastest way to recover.

## HIT YOUR RESET & REGULATE BUTTON

How can you increase your positive emotions?

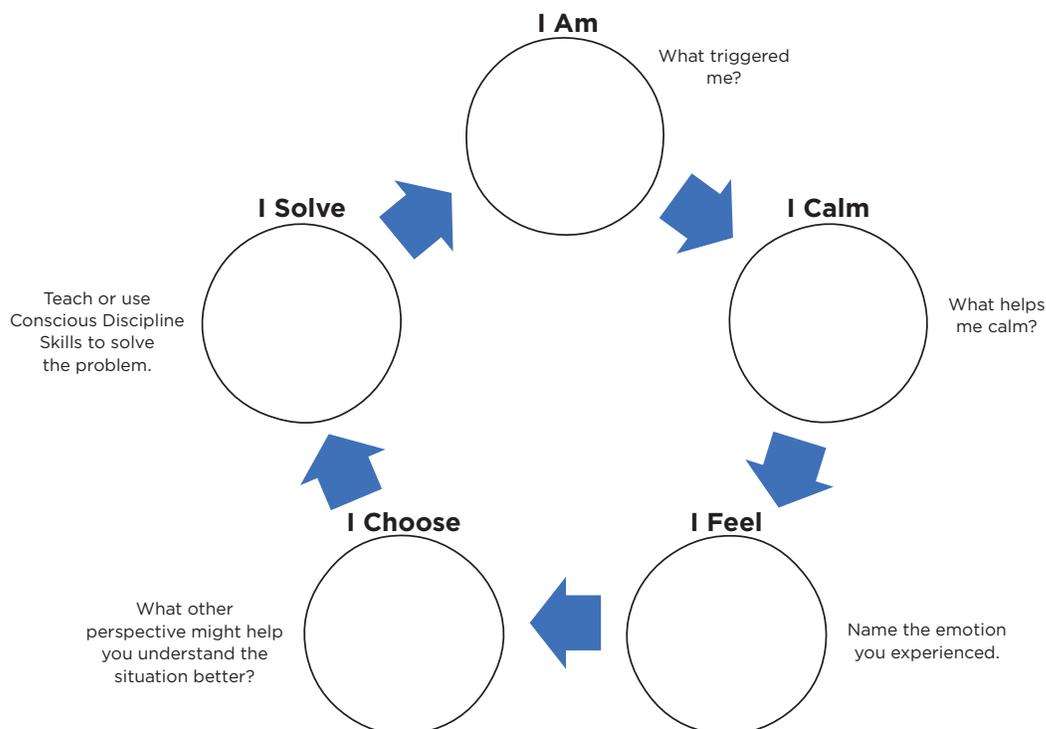
How can you increase your positive emotions in your school/classroom?

### Ten Common Positive Emotions

<b>Love</b>	Joy
Serenity	Interest
Forgiveness	Hope
Awe	Humor/Amusement
Pride	Inspiration

1. Gratitude journaling
2. Music and Movement
3. Think/Share funny things
4. School Family Rituals
5. School Family Structures
6. Movie or Joke of the Day

## Practice the Five Steps to Self-Regulate



**1. I am having a BIG Feeling...**

**2. I Calm...**

**3. I Feel...**

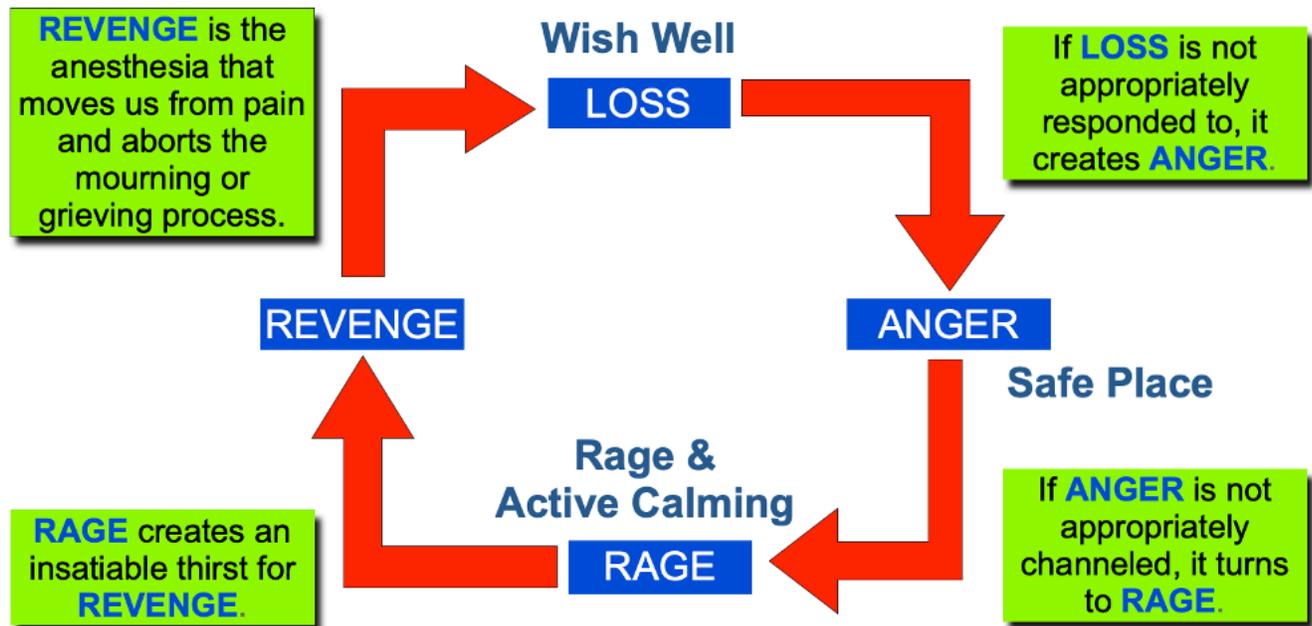
**4. I Choose...**

**5. I Solve...**

Positive emotions turn on the Social Engagement circuit in the brain that allows CONNECTION.

1. Connection acts like a tune up for the heart and makes our hearts physically healthier.
2. Connection increases vagal tone, which helps the body's ability to regulate glucose, inflammation and vascular function.
3. Connection provides "joy juice" (Dopamine), which increases attentional skills and willingness to be cooperative by wiring the brain for self-control.
4. Connection allows us to ask and receive help when needed.

## How Loss Contributes to Violence\*



\* From page 67 in the *Conscious Discipline Building Resilient Classrooms* book.

### NOTES

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## What are my inner strengths? Reflection Quiz

- Positive mood
- Positive emotions
- Integrity
- Inner peace
- Determination
- Warm open heart
- Self-compassion
- Secure attachment
- Emotional intelligence
- Learned optimism
- Relaxation response
- Self-esteem
- Distress tolerance
- Can manage and transform mindset
- Can manage and transform feelings
- Can manage and transform behavior
- Strong executive skills
- Positive attitudes
- Reflection when triggered
- Gratitude
- Confidence
- Openness
- Humorous
- Responsible for self
- Generous
- Forgive easily, including yourself