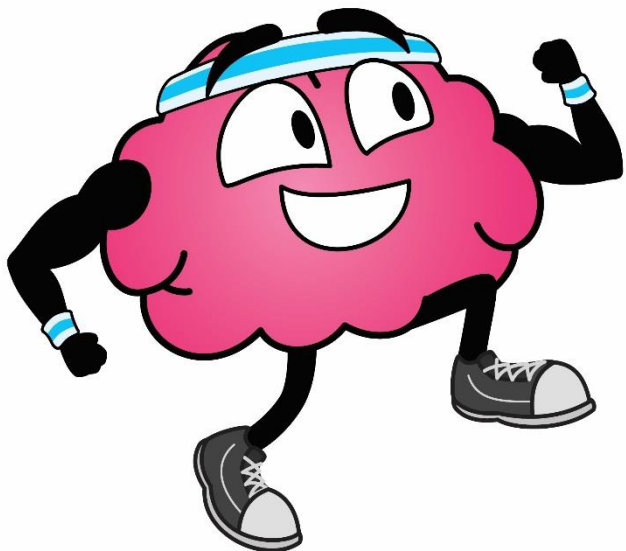


From Surviving to Thriving

Right now our Wild Brain's survival needs for safety, predictability and routine are being challenged every day. We can either adapt and deal with things well (**thrive**) or become lost in a state of fear (just survive.) Our ability to thrive in uncertainty depends on how well we are feeding our 3 Brains' needs. Boost your resilience by:

1. FEED THE WILD BRAIN

Any threat to our safety results in stress, that if left unchecked, leads to panic and negativity. You can override your survival circuitry by intentionally meeting your basic needs.



NEXT STEPS

Prioritise feeding the Wild Brain:

Make sure you are getting enough sleep, good food, water, movement/exercise (a key to sleeping enough) as these will reduce stress and BOOST your immunity. Stay closely connected to those that make you feel safe.

Create a new routine:

Write down your new daily routine (stick it on the fridge or white board) within the parameters of social isolation etc. and with as much normalcy as possible. Follow the routine to generate a sense of daily rhythm and safety.

Bottom-up self-regulation:

Intentionally feed the Wild Brain 2 x a day. By practicing bottom-up self-regulation strategies such as repetitive movement (walking, mediation, breathing, time in nature, breathing, yoga etc.), playing music or dancing, meditation, breathing and intentionally relaxing with time in nature, gardening etc.

Resource security:

Don't avoid looking at your finances and making changes where you need them. Ensure you feel adequately resourced and seek out support where needed.

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2. FEED THE EMOTIONAL BRAIN

We need lots of positive relationships and laughter, joy and other positive emotions to stay optimistic and think clearly.



NEXT STEPS

Validate and reassure:

Validate and label our emotions but DO NOT feed them extra fuel. Anxiety, overwhelm, fatigue and grief, are normal in strange situations. Let's not feed them by ruminating or through negative social media and relationships.

Check-in and encourage self-regulation:

Use the 5 Faces to talk about where people are at and what we can do daily to keep our emotions in check. Stay attuned to other's feelings and co-regulate. And most importantly keep the LOVE FLOWING.

Boost your positive feelings:

Proactively aim for 15-20 minutes 2 times a day of fun, laughter, love and positive connection to keep your optimism high. This is crucial to be able to support and co-regulate others.

Remember we are so lucky:

Practicing gratitude helps redirect my focus on to the positives and further boosts my immunity. I am extraordinarily lucky to live in a first world country with an incredible medical system and amazing research scientists, and to have friends, support and love around me at this time.

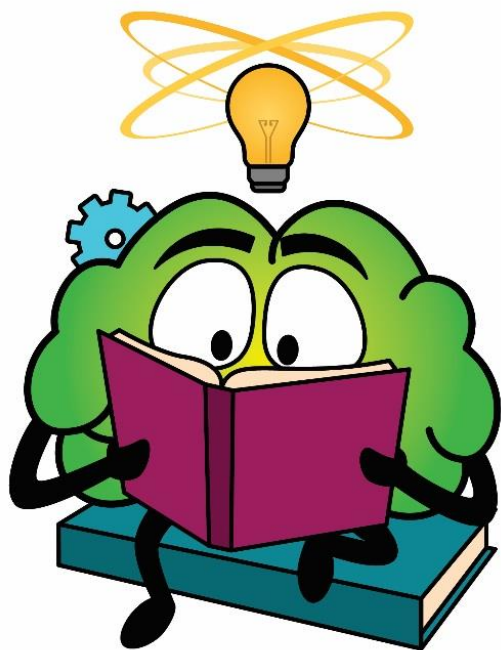
Avoid feeling isolated:

Reach out 3 times a day to connect with people that make you feel great. Remember that virtual connections through social media can at times make you feel more isolated.

3. FEED THE SMART BRAIN

We need a clear direction to use our Smart Brain well.

Without it, we find our thinking driven by our survival needs and lost in a loop of negative thinking and overwhelm.



NEXT STEPS

Regain a sense of control:

As our world turns upside down focus on what you can control each day. We dial down our stress responses as we gain a sense of certainty over our everyday lives. Mastering simple tasks, including cleaning and sorting, relaxes the survival centres of the brain.

Stay purposeful:

A life without purpose becomes meaningless. We consider our key contribution as a collective (at this time) to be smoothing out the curve, building our immunity and helping everyone to effectively adapt and thrive in these new challenging times.

Boost your Strategy bank:

Look out for great Strategies that you can use to address the Speedbumps you find all around you. Keep a solutions-orientation and stay positive.

Find a silver lining:

Unemployment and a lack of structure can be incredibly stressful. While we absolutely acknowledge the fear that many of us are feeling right now, we also know a silver lining exists in every situation.

What could you do in self-imposed isolation that you haven't had time for? This will pass, and though the future may look very different we will return to some form of normal.

What would you like your normal to look like?

KEEP YOUR HOPE ALIVE!

Remember that with time this too will pass and a new normal will emerge. This is a real chance for us all to cultivate resilience at a time of crisis and to build powerful bonds and the problem-solving mind that will help us for the rest of our lives. Perhaps through this crisis we re-emerge more connected and committed to our values.



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