



BONDING

FIND YOUR TRIBE & CREATE DEEP CONNECTIONS

NOTES:

WE HAVE BASIC NEEDS FOR BELONGING AND CONNECTION.

RELATIONSHIPS AND SOCIAL SUPPORT ARE KEY TO WELL-BEING AND DIRECTLY RELATE TO PHYSICAL AND MENTAL HEALTH, SO ACTIVELY CULTIVATE YOUR RELATIONAL LIFE!

A TRIBE CAN INCLUDE FRIENDS, FAMILY, A THERAPIST AND/OR COACH, A BOOK CLUB GROUP... YOU NAME IT!

PRACTICE CURIOSITY AND INTERPERSONAL COMPASSION.



EMOTIONS

CULTIVATE EMOTIONAL LITERACY, DEXTERITY, & REGULATION

NOTES:

THESE SKILLS MAJORLY SUPPORT MENTAL AND PHYSICAL HEALTH AND WELL-BEING

THIS CATEGORY IS ONE OF THE MOST IMPORTANT TO MODEL FOR OUR CHILDREN IN ORDER TO HELP THEM DEVELOP EMOTIONAL DEXTERITY.

THE FULL RANGE OF POSITIVE AND NEGATIVE EMOTIONS PROVIDE CLUES TO WHAT WE NEED AND WANT. THEY AFFECT LEARNING, MARRIAGE, JOB SUCCESS, AND MORE.



INVESTMENT

SHOW UP FOR YOURSELF, PRACTICE SELF-COMPASSION ALONG WITH THE MANY INVESTMENTS YOU MAKE IN OTHERS

NOTES:

MOST OF US ARE BETTER AT EXPRESSING COMPASSION FOR OTHERS THAN FOR OURSELVES.

DO YOU NARRATE SELF-COMPASSIONATE ACTS AS SELFISH, NEGOTIATE YOURSELF OUT OF THEM, OR AVOID EXPRESSING YOUR NEEDS?

INVESTING IN YOURSELF WITH A GENTLE, SELF-NURTURING APPROACH GOES A LONG WAY FOR YOUR HEALTH .

PRACTICE YOUR VERSION OF SELF-CARE . TAKE BABY STEPS AND TRY TO DITCH THE JUDGEMENT.



NORTH STAR

ALIGN YOUR ACTIONS TO YOUR PURPOSE & VALUES-- SEEK MEANING

NOTES:

WHAT MATTERS TO YOU IN THE BIG PICTURE? THIS IS NOT TO SAY THAT EVERYTHING YOU DO NEEDS TO BE TIED TO YOUR DEEPER PURPOSE—THAT ISN'T REALISTIC! BUT WHEN WE GET CLEAR ABOUT AND LEAN INTO GUIDING PRINCIPLES, THE POSITIVE EFFECTS ARE GREAT.

ZOOM IN AND OUT--ARE THE THINGS THAT YOU SPEND THE BULK OF YOUR TIME ON GENERALLY CONNECTED TO YOUR BIGGER PICTURE PURPOSE AND VALUES?

WHAT IS YOUR PROCESS FOR MANAGING MOMENTS WHEN YOUR VALUES CONFLICT?



GRATITUDE

ADOPT A STRENGTHS-BASED APPROACH-- FOSTER GRATITUDE

NOTES:

LEANING INTO THE POSITIVE, AND POSITIVELY REAPPRAISING YOURSELF AND OTHERS, CAN CREATE AN "UPWARD SPIRAL" OF POSITIVE EMOTION THAT IMPROVES MENTAL AND PHYSICAL HEALTH.

THIS DOES NOT MEAN IGNORE HARD TRUTHS AND REALITY, IT JUST MEANS THAT ADOPTING A STANCE OF "REALISTIC OPTIMISM" AND EMBRACING GRATITUDE SERVES AN ADAPTIVE PURPOSE AND MAKES US FEEL BETTER.

THE STUDY OF RESILIENCE SUPPORTS THIS APPROACH.IT IMPACTS MINDSETS AND IMMUNE SYSTEMS!



HALT

EMBRACE “THE POWER OF THE PAUSE”

NOTES:

THIS WILL HELP YOU INTERRUPT THE AUTOMATIC AND MAKE SPACE FOR INTENTIONAL, AND PERHAPS DIFFERENT, RESPONSES.

REMEMBER VICKTOR FRANKL: **“BETWEEN STIMULUS AND RESPONSE THERE IS A SPACE. IN THAT SPACE LIES OUR POWER TO CHOOSE OUR RESPONSE. IN OUR RESPONSE LIES OUR GROWTH AND FREEDOM.”**

THIS ONE IS INCREDIBLY IMPORTANT FOR PARENTS OF TEENAGERS...AND OH SO HARD...SO DON'T FORGET YOUR INTRAPERSONAL AWARENESS AND COMPASSION HERE!



UNCOVER

FIND THE SIGNAL IN THE NOISE; CONNECT MIND & BODY; MINE FOR INSIGHT

NOTES:

WHAT ARE YOUR BODY, MIND, AND BRAIN TELLING YOU? CHECK-IN WITH YOURSELF AT INTERVALS THROUGHOUT EACH DAY.

WHEN CONFLICT, OR UNCOMFORTABLE AND CONFUSING FEELINGS ARISE:

- ASK YOURSELF WHAT YOU NEED, WANT, HOPE, VALUE
- HOW DO YOUR POSITIVE AND NEGATIVE EMOTIONS FEEL IN YOUR BODY? WHAT ARE THEY SIGNALING?



MODEL

MODEL INTROSPECTION & INTENTION

NOTES:

WHAT BLIND AND SORE SPOTS MAY BE FUELING YOUR INTERPRETATIONS & AUTOMATIC RESPONSES?

IDENTIFY AND CHALLENGE ASSUMPTIONS.

IS THERE SOMETHING TO ADDRESS OR OWN? DO YOU NEED TO INITIATE AN EMOTIONAL REPAIR?

ARE YOU MODELING CURIOSITY AND COMPASSION?

WHAT “EMOTIONAL INHERITANCE” ARE YOU PASSING ALONG?



ACKNOWLEDGE

“NAME IT TO TAME IT”

NOTES:

YOU HAVE EXERCISED AWARENESS, NOW WORK ON ACKNOWLEDGEMENT AS A STEP TOWARD ACCEPTANCE AND POSSIBLE CHANGE.

WHY ARE YOU DOING OR SAYING SOMETHING? HOW DOES IT RELATE TO YOUR VALUES, NEEDS, HOPES, AND DREAMS? (YOU CAN KEEP DOING IT, JUST KNOW WHY AND PROCEED WITH INTENTION.)

MAJOR BONUS: NAMING FEELINGS AND THOUGHTS ACTIVATES YOUR FRONT (EXECUTIVE) BRAIN NETWORKS AND HELPS CALM YOUR NERVOUS SYSTEM DOWN SO YOU CAN THINK MORE CLEARLY.



NAVIGATE

DETERMINE NEXT RIGHT STEPS (THIS “ACTION” MIGHT EVEN BE RESTRAINT!)

NOTES:

EXPERIMENT WITH ASKING FOR WHAT YOU NEED. MAYBE ASK FOR HELP, SHARE FEELINGS, APOLOGIZE, SET A BOUNDARY...

IS IT TIME TO SELF SOOTHE (IN HEALTHY WAYS!)...OR TO FOCUS ON SOMEONE ELSE AND GET OUT OF YOUR HEAD (DIFFERENT THAN AVOIDANCE)?

DO YOU NEED OR WANT CONNECTION, ADVICE, OR INFORMATION (I.E., IS IT TIME TO “PHONE A FRIEND” OR UP-SKILL)?

IS RESTRAINT OR A PAUSE (SPACE) THE BEST NEXT STEP?

IS IT TIME TO LOOK BACK AT YOUR NORTH STAR OR CHECK-IN WITH SOMEONE ELSE?