



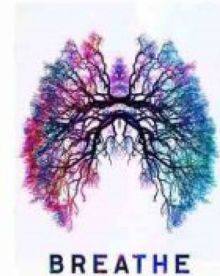
Strategies for coping with an Amygdala Hijack

#Infographic

1

Stop and breathe

Stop what you are doing, breathe deeply with intention and purpose.



2

Neutralise the situation

Humour is also a great tool to help neutralise a situation with hijack potential.



3

Remember the 6-second rule

It takes the chemicals that are released during an amygdala hijacking about 6 seconds to dissipate.



4

Count your blessings



It is hard to be in two emotional states at the same time, and gratitude counters an amygdala hijack.



5

Reflect



Recognising our triggers allow us to avoid them in the future.



6

Mindfulness training

Practices such as meditation also reduce the likelihood of an amygdala hijack.





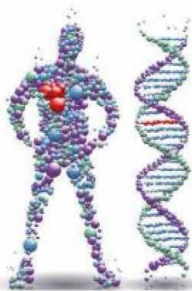
5 ways Mindfulness can enhance our happiness

1. It helps us get out of repetitive negative thought loops



Often what gets in the way of our happiness are habitual loops of negative thinking. This habitual self-talk can create a downward emotional spiral and impact our confidence and attitudes to events in many unhelpful ways.

2. It helps us feel more connected to others



A sense of belonging and connection are also part of our DNA – as outsiders did not survive as well as those who were part of a group. Mindfulness can help deepen and enrich our relationships as we can be more present and pay more attention to those around us.

3. It enhances our sense of gratitude.



Mindfulness allows us to notice more of what is happening around us, and within us. When we are fully present in the moment wonder and gratitude can spontaneously emerge leading to greater happiness at work and at home.

4. It makes us more resilient



Resilience is our ability to recover from setbacks, keep moving forward and adapt to change. Research shows that with regular mindfulness practise we can change the way our brains react to setbacks and make better decisions in our lives.

5. It shrinks the stress region in our brain



Through regular mindfulness practise we can change how we react to stressful situations, thereby improving our mental and physical well-being. This can help us find our sense of inner peace.



21 Ways to Reduce Stress During the Workday

Adapted from Saki Santorelli

1. Take five to thirty minutes in the morning to be quiet and meditate, and/or lie down and be with yourself...gaze out the window, listen to the sounds of nature, or take a slow quiet walk.
2. While your car is warming up, try taking a minute to quietly pay attention to your breathing.
3. While driving, become aware of body tension, e.g., hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc., consciously working at releasing, dissolving that tension...Does being tense help you to drive better? What does it feel like to relax and drive?
4. Decide not to play the radio and be with your own sound.
5. On the interstate, experiment with riding in the right lane, going five miles below the speed limit.
6. Pay attention to your breathing and to the sky, trees, or quality of your mind, when stopped at a red light or toll plaza.
7. Take a moment to orient yourself to your workday once you park your car at the workplace. Use the walk across the parking lot to step in to your life. To know where you are and where you are going.
8. While sitting at your desk, keyboard, etc., pay attention to bodily sensations, again consciously attempting to relax and rid yourself of excess tension.
9. Use your breaks to truly relax rather than simply “pausing.” For instance, instead of having coffee, a cigarette, or reading, try taking a short walk –or sitting at your desk and renewing yourself.
10. For lunch, try changing your environment. This can be helpful.
11. Try closing your door (if you have one) and take some time to consciously relax.
12. Decide to stop for one to three minutes every hour during the workday. Become aware of your breathing and bodily sensations, allowing the mind to settle in as a time to regroup and recoup.

13. Use the everyday cues in your environment as reminders to “center” yourself, e.g., the telephone ringing, sitting at the computer terminal, etc.
14. Take some time at lunch or other moments in the day to speak with close associates. Try choosing topics that are not necessarily work related.
15. Choose to eat one or two lunches per week in silences. Use this as a time to eat slowly and be with yourself.
16. At the end of the workday, try retracing today’s activities, acknowledging and congratulating yourself for what you’ve accomplished and then make a list for tomorrow. You’ve done enough for today!
17. Pay attention to the short walk to your car – breathing the crisp or warm air. Feel the cold or warmth of your body. What might happen if you open up to and accept these environmental conditions and bodily sensations rather than resist them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?
18. At the end of the workday, while your car is warming up, sit quietly and consciously make the transition from work to home – take a moment to simply be – enjoy it for a moment. Like most of us, you’re heading into your next full-time job – home!
19. While driving, notice if you are rushing. What does this feel like? What could you do about it? Remember, you’ve got more control than you might imagine.
20. When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members or to entering your home.
21. Try changing out of work clothes when you get home. This simple act might help you to make a smoother transition into your next “role” – much of the time you can probably “spare” five minutes to do this. Say hello to each of your family members or to the people you live with. Take a moment to look in their eyes. If possible, make the time to take five to ten minutes to be quiet and still. If you live alone, feel what it is like to enter the quietness of your home, the feeling of entering your own environment.



Feeling Overwhelmed? Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience

R.A.I.N. MINDFULNESS PRACTICE

A: Acceptance

Acknowledge and accept what your current experience is. Yes, even if it is unpleasant. Let the thoughts, feelings and body sensations that you have just be present. As you are doing this be self-compassionate instead of having self-criticism.

N: Non-identification

Non-identification is about having the thought, feeling or body sensation etc., but not being it. By allowing yourself to have the experience, but not BE it, you can start disentangling from it, develop insight and return home to yourself.

R: Recognition

Notice what is going on for you in this moment. Step back and observe what is here for you. If you choose, you can put a name to any feelings or thoughts.

I: Investigation

Investigate or inquire on what is present using curiosity and openness. Remember to use your self-compassion here as well!

