Our brains struggle with …

FOC__

EAT I ___

FEA__
BRAIN QUIZ

Our brains struggle with …

FOCUS

FATIGUE

FEAR
Adapted from Faber LG, et al. Mental fatigue affects visual selective attention. PLOS ONE. 2012;7.
WORLD

PAST

PRESENT

FUTURE

MIND

Hurts and regrets

Concerns and fears
ATTENTION BLACK HOLES

- Imagination (Catastrophizing)
- Kernel of negative memory or fear
- Rumination
- Avoidant response
CORE PRACTICE:
MORNING GRATITUDE
PART 2: MINDFUL PRESENCE
World

Mind

Smartphone
CORE PRACTICE:
TWO-MINUTE RULE
HELP OTHERS FEEL WORTHY
PART 3:
KINDNESS
STRESS RESPONSE

PREFRONTAL CORTEX (rationality)

AMYGDALA (emotions)

HIPPOCAMPUS (memory)
I wish you well.
Mindset

Attention

Insight
PART 4:
RESILIENT MINDSET
ANCHOR YOUR MIND

- Gratitude
- Compassion
- Acceptance
- Meaning
- Forgiveness
WEDNESDAY
Resilience

Stress

Anxiety

Quality of life

Sood A, et al. JGIM 2011


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