

Reduce that amygdala! Go to this place and watch a quick video about the amygdala hijack and the 3 F response! https://youtu.be/jEHwB1PG_-Q



Breathe in for 4.

Breathe out for 4.

In through the nose for 4.

Out through the nose for 4.

Say in your head 'I know I'm breathing in... I know I'm breathing out' – all for the count of 4.

Wise Investigation for unhelpful thoughts



Ask yourself these questions, using these EXACT words:

1. What am I BELIEVING right now?
2. Is it true? Where's my evidence?
3. Where in my body can I feel it?
4. What would life/today/this minute/this event be like if I DIDN'T believe this?

When your inner critic takes over!



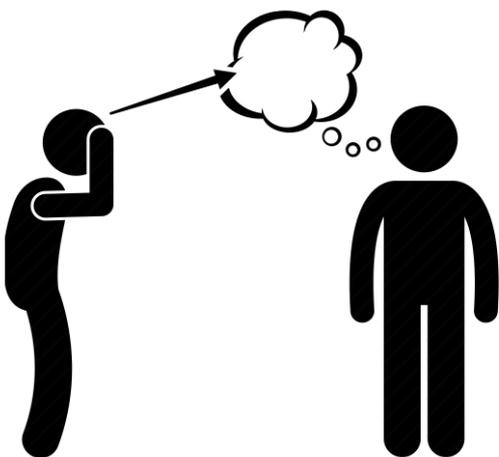
1. Listen to the thoughts.
2. Perhaps write them down.
3. Try Wise Investigation (above)
4. Ask yourself: 'would I say this to my 5-year-old self?' Why not?
5. Ask yourself 'What would I say to a good friend who said these things about themselves?' Why not? Because you'd be kind to them! Try saying kind words to yourself.

Stories we tell ourselves:



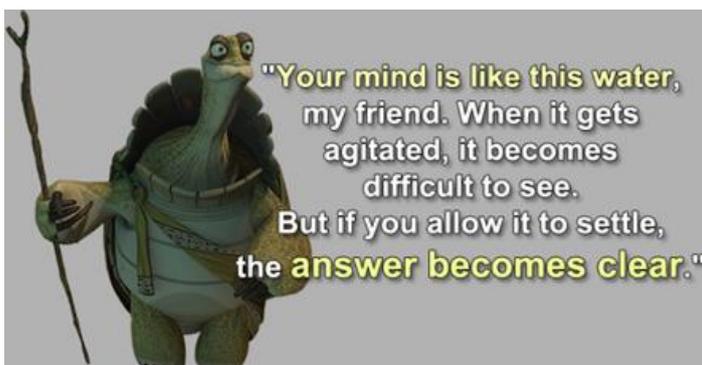
1. Remember – just because we tell ourselves something is true, doesn't mean it IS true.
2. What evidence is there that it's true?
3. Get back to the facts
4. Re-trace the steps you took to reach that conclusion.
5. Re-tell the story with a different ending (you could write this down).

Mindreading!



We often think we can mind-read others: *'They haven't spoken to me – they must hate me'...* *'She marked my work and didn't say anything – I must have failed'...* *I answered that question wrong – they must think I'm stupid'...*

1. Remember you are NOT mind readers.
2. Ask what ACTUAL evidence you have to think that.
3. Don't assume ANYTHING.
4. Challenge these thoughts: there is usually NO evidence to support them.



YouTube links:

Moojiji – [Banana Thoughts](#)

Tara Brach, PH. D – [lots of videos and talks](#)

Eckhart Tolle – [lots of videos and talks](#)

Apps:

Headspace and Calm – both brilliant Apps.

You can also download various guided meditation 'skills' on Alexa.