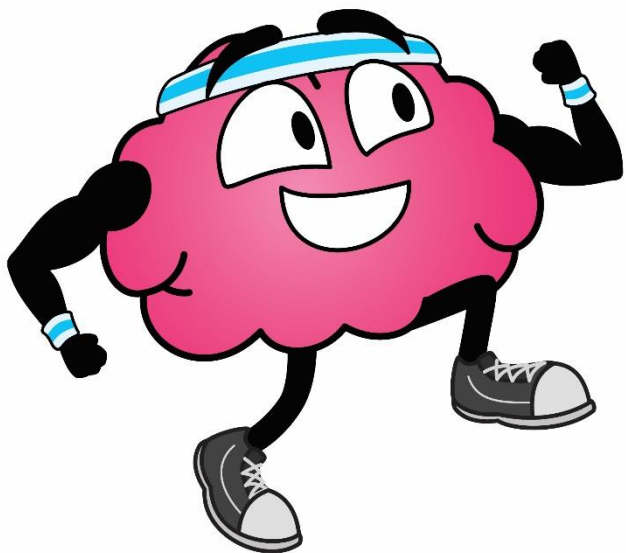


# From Surviving to Thriving

As we all share the same basic needs the following guide can be used to address the needs of yourself, your family, staff and students. Pop on your oxygen mask, your Reboot Lens and then help others with the following:

## 1. FEED THE WILD BRAIN

*When the Wild Brain is unstable our thinking, feeling and behaving processes become dysregulated also. Regain a sense of control within the uncertainty.*



## 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.

### **Create a new routine:**

Write down the 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 and generate a sense of daily rhythm and safety.

### **Bottom-up self-regulation:**

Proactively feed the Wild Brain 2 x a day. Practicing bottom-up self-regulation strategies such as repetitive movement (walking, swimming, knitting, macramé, throwing and catching etc.), playing music or dancing, meditation, breathing and intentionally relaxing with time in nature, gardening etc.

### **Resource security:**

Ensure you feel adequately resourced and seek out support where needed.

## 2. FEED THE EMOTIONAL BRAIN

*Labelling our feelings and feeding the Emotional Brain positive emotional experiences and interactions is key to maintaining our optimism and positivity.*



### NEXT STEPS

#### **Validate and reassure:**

Validate and label our emotions but DO NOT feed them extra fuel. Anxiety, overwhelm, fatigue, grief, loss and general nervousness 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 able to 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:**

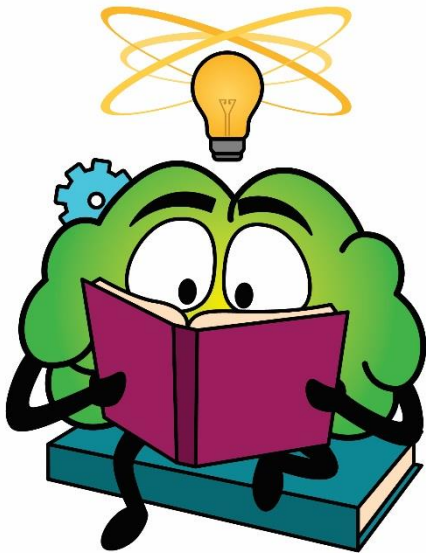
Practicing gratitude helps redirect my focus on to the positives and further boosts my immunity. I am extraordinarily lucky to live in a first world country with an incredible medical system and amazing research scientists, and to have friends, support and love around me at this time.

#### **Avoid feeling isolated:**

Reach out 3 times a day to connect with people that make you feel great.

### 3. FEED THE SMART BRAIN

*Our Smart Brain needs some clear direction, or it can find itself driven by our survival needs and lost in loop of rumination, social media panic and sense of dread and overwhelm.*



## NEXT STEPS

### **Stay clear, informed and purposeful:**

We consider our key contribution at this time to be smoothing out the curve, building immunity and helping everyone to effectively adapt and thrive in new and challenging circumstances. Stay informed as required by reputable science-based sources.

### **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?