

## Summary of Key Points from the session on September 15th

- Reinforced, Reminded, Revealed.
- Focusing on your 'Inner Circle' (what you can control in your green zone).
- *E* + *R* = *O*. Event + Response = Outcome
- *Red cap, Fast brain and Blue Cap, Slow brain*. Red cap wants to protect us, survival is its priority, but it can often react. Engaging blue cap can help us be more rational and gain greater perspective
- Reasons why it's sometimes hard to access blue cap brain
  - o Fatigue
  - Reflection Rejection
  - High emotional involvement
- Your Five to thrive
  - 1. Sleep. 'What you take to bed with you travels the night with you' (what's the last thing you watch, read or listen to before you go to sleep?)
  - 2. R & R Rest and re-energise. Rest is works partner. What's your full stop? Remember, don't hope for happy times, plan them.
  - 3. Manage your mental diet. What am I thankful *four*? How am I showing kindness to others? How am I showing kindness to myself?
  - 4. *Hippo Time is OK* we need to Wallow and have time for recovery. However it's temporary
  - 5. Remember the beachball.

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