

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*
 - 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.