

Emotions and Learning – You can take control and succeed.

Our brains are wired to protect us when we feel threatened. These stress symptoms are normal! Unit 2 of the online program tells us some ways to take control of our brains when we face challenges. You can use these strategies to deal with “flight or flight” syndrome so that your brain can learn!



Square-breathing

Square-breathing moves concentration from an emotional state to a physical state and breaks down adrenaline in the bloodstream.

How to do it? Inhale for count of 5, hold for count of 5, exhale for count of 5, hold for count of 5, repeat. The key is to focus on strategy and get oxygen into your blood stream to stop your stress symptoms (sweating, heart pounding, etc.)

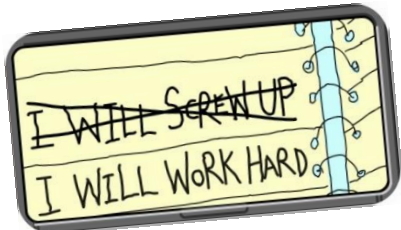


Positive Self-talk

Think about the situation in a different way!

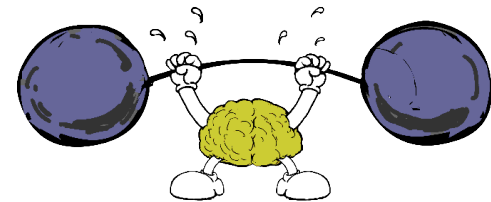
Re-frame the words you say to yourself into growth-minded, positive language. Think and plan with a solution-focus.

Recognize a fixed mindset “voice”, make a choice to think differently, and re-frame the message you tell yourself.



Chunking

Break a problem or task into “do-able” chunks. Create steps, action plans, t-charts, or priority lists. Use this acronym to remember how to take a challenge and make it do-able: B R A I N: Break it down, Repeat, Action, Information search, Never give up



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Visualization

Before a stressful situation: mentally rehearse the performance, including the essential steps for success.

Think about what you are going to do and how you are going to do it is much better than worrying and thinking about failing. Focus on what you need to do instead of what might go wrong!

