

Rise Above The Panic

FEAR: WHAT IS FEAR?

Brain science and psychology tells us that fear is the brain switching to a mode of "false evidence appearing real." Our stress-success cycle is paralyzed, and our amygdala, "the airport traffic control center" is hijacked by fearful thoughts

WHAT IS FEAR-BASED LEADERSHIP?

In times of unprecedented crisis, two types of leaders emerge. One type of leader operates from a subconscious realm of fear. In this state, stress-related symptoms of anxiety, panic, inability to focus, and insomnia predominate

MINDFUL LEADERSHIP DURING CRISIS

A mindful leader is someone who embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others. When we brainSHIFT, we become the leader who quickly faces fears, rises above the panic, and finds a path to calm consciousness.

Give Yourself Permission to Grieve



Disruption of your daily schedule



Loss of employees, your team, or your current role



Change in finances, business goals



Missing eating & supporting your local restaurants and bars



Inability to perform daily activities



Working out at your favorite gym or yoga studio



Having to homeschool your children



Seeing loved ones in person.

brainSHIFT Protocol: F.E.A.R.

1 | RECOGNIZE FEAR - WHAT ARE FEELING?

- Fear can show up as a multitude of emotional and physical symptoms.
- Ask yourself in this moment, *how do you feel?*
- Feeling anxious, angry, moody, loss of appetite, insomnia, heart racing, low energy, or depressed are all normal.

2 | FACE YOUR FEARS - WHAT DO YOU FEAR?

- In a matter of days or weeks, your entire personal and professional schedule shifted into a 'new normal.
- What do you grieve? What do you miss about your life before the Panic?
- What do you fear? Do you fear losing your job, your health, your family?
- A part of shutting down the stress-success cycle in the mind is to sit down and name what you fear and grieve.

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WHAT IS MINDFULNESS?

Mindfulness means to bring yourself to present-centered awareness. Mindfulness is a path to train your brain to shift from a stress-success cycle to one of calm consciousness.

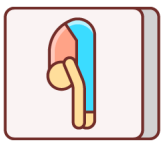
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Anxiety Will Not Win In Our Brains



Forward fold and 3 deep breaths



11 jumping jacks or do the geek girl dance



Rake the leaves, mow the lawn, pull out the weeds



Organize spice cabinet, makeup drawer, or pantry



Turn up the oldies and sing, rap or scream



Call a friend who makes you laugh



Recite the alphabet backwards



Fold and organize your laundry

1 | SHIFT YOUR FEAR: CONNECT TO CALM

- Are you feeling anxious? That is normal.
- Walk away from your desk and change the scenery that your brain is sensing.
- Change the dial of your senses by shifting what is in your sight, what you are touching, what you are smelling, what you are hearing, and what you are tasting.
- Then pick an activity that will require hand-eye coordination and a repetitive task.

2. | GIVE YOUR BRAIN AN ENVIRONMENT FOR CALM

- What time of environment are you creating for your mind and brain function?
- Activities that feed the frenzy in your brain and add to fear are drinking alcohol, sugary foods, watching too much television, watching or reading the news, spending time scrolling on social media.
- Items that calm the brain and mind function starts with focusing on your sleep.

3. | CREATING CALM NATURALLY

- Take a long shower or bath with epsom salts.
- Chamomile tea or ginger tea
- Supplements for sleep and anxiety include:
 - magnesium glycinate 100-300mg at night
 - 5-HTP 50 to 200mg nightly
 - CBD oil (if it is legal in your state)