

# 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 | PROCESS YOUR EMOTIONS: DAILY GRIEF CHECKLIST

- What do you miss in your personal life?
- What makes you sad or grieve for your loved ones (partner, family, friends)
- What are you grieving for your work colleagues?
- What are you grieving for your clients
- What makes you sad or feel grief for the community, mankind, our world?

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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? Feeling anxious is different than anxiety.
- 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. | HELP YOUR LOVED ONES & COLLEAGUES PROCESS GRIEF:

- Is someone around you anxious, angry, depressed, or disengaged? Mood changes could be unprocessed grief.
- Ask grief questions above.
- Sit and listen with an open heart.
- Practice mindful listening. Avoid offering solutions, instead listen quietly with an open heart.
- When someone has shared their grief repeat the statement back, thank them for being open-hearted, and say "I am sorry ...."

## 3. | TAKE TWO TO BRAINSHIFT: MINDFULNESS EXERCISE TO HELP YOU & OTHERS BRAINSHIFT

- Step away from your digital devices.
- Take a deep breath and name two things you can see?
- Breathe deeply, what are two things you can hear?
- Breathe deeply, what are two things you can touch?
- Breathe deeply, what are two things you can smell or taste?