

# CHANGE-WORKS

transformational change for your team

Self Care

Manual

[www.change-works.co.uk](http://www.change-works.co.uk)

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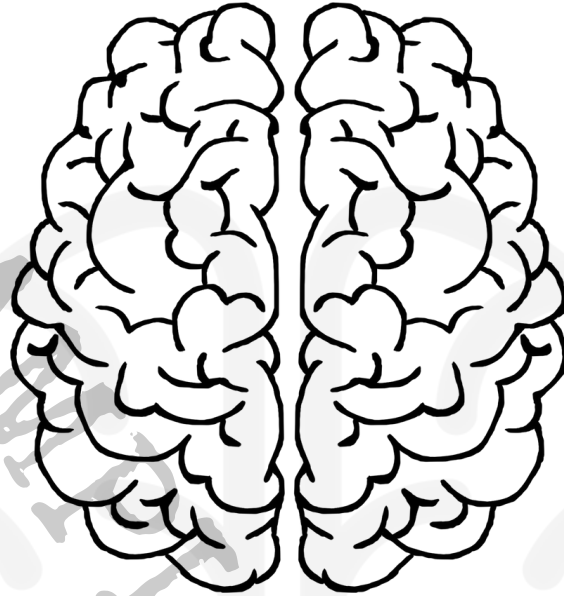
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CS  
SAMPLE  
HAND  
OUT

# Our Brain



It can be helpful to think of our brain in two halves, doing two important jobs, together but separately

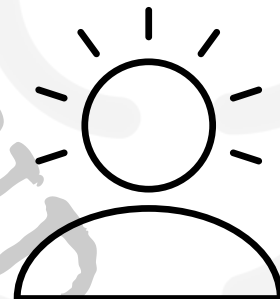


One half is more focused on what has been learned

On comparing what's going on, to what's happened previously

The map

Things and their uses



One half is more focused on what's going on around us

On the physical experience through our bodies senses

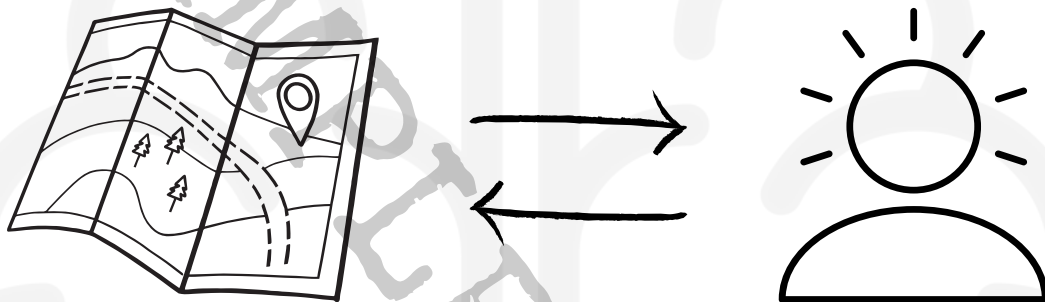
The here and now

The world as a whole

The map is only concerned with things that are rewarding and things that are dangerous

What we have experienced and mapped in the past will effect what we are focusing on in the here and now

And the experience that we have in the here and now will effect what we mark on our map to look out for in the future



And wherever we find ourselves, the best place to start is always now

A really good start is with how we use our language, because how we use our words is how we describe the world to ourselves

And that language, and how we feel when we use it, effects what we mark on our maps for future reference

We can help ourselves by trying not to use negative language about ourselves and our situation, and by avoiding judging others, regardless of their behaviour

The story we tell ourselves, out loud or in our heads, will massively impact how we experience our life

Often we will have spent a lot of our lives focusing on the negatives in life, and marking those on our map

And often those negatives were really negative

But sometimes we miss a lot of the good because we're focus on the bad

We might not, for instance, notice all the people that help us get back up, because we're too busy paying attention to the fall

Maybe, just maybe, noticing the people that help us back up instead of the fall, and the gratitude we could have for that, would make the world feel that bit nicer

Which would be mapped in that way, so that in future when our brain is checking what to expect, it has a positive marker, and not a negative one

Over time, this really builds up, and how we start to look at life really does change

Most of us don't want to be having a negative time, we just don't know how to get back out of it, or even that there is way out of it

Either we control our brains or our brains control us, and so all of this is an opportunity to begin to make the shifts

So many of us spend a large part of our lives lost in feelings and emotions, and this isn't pleasant

The following pages are exercises that work to help us move out of having a negative experience

Everything takes patience and practice, the small ongoing efforts will be worth it

# Getting Unstuck

A lot of the stuff that we have previously marked on our map, and the patterns of thought that it can lead us to, can get in the way of us just having the life we want

As soon as we find ourselves in a reactive state, we're lost

That would be when, rather than responding to something intelligently, we're reacting through our emotions in a negative way

We may find ourselves saying things like "I'm pissed off", "I'm down", "I am so unlucky", and we can easily get consumed in these thoughts and the feelings they bring up

This exercise is very simple in it's steps, and over time it becomes second nature

## Step 1:

It's all about awareness. When we catch ourselves lost in a negative thought or emotion, we just think to ourselves "STOP!"

And then we recognise what's going on, where we've been in our head

"I'm pissed off"

## Step 2:

For this step, really easy, we just add in "feeling"

So "I'm pissed off" simply becomes "I'm feeling pissed off"

And we get used to doing that, understanding that it's just a feeling

This can make it a bit less consuming

Step 3:

This time we go from "I'm feeling pissed off" to "I notice I am having feelings of being pissed off"

We've changed it a bit now so that, where we first went from being something that "I am" to being something "I am feeling", now we're just noticing a feeling

Step 4:

This time we just add in "I am not my thoughts or feelings"

So we end up with "I notice I am having feelings of being pissed off, I am not my thoughts or feelings"

We can start to take on this understanding, that we are not all of those thoughts or feelings that come and go

From there, it's useful to find an acceptance in this, and that there is no need to associate to the thoughts or feelings that may rise up

And really, with the varying quality of the influences around us throughout our lives, a lot of those understandings that we mapped out may not be worth the paper they're written on

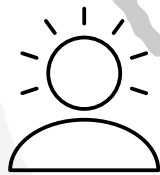


# How to Regulate

If we find ourselves to be in any level of thought or emotion that is unproductive, we can shift out of it, and calm ourselves back down

The following technique is just a framework, with practice we can work out the exact things that work best for us

Below are the steps and on the following pages we'll look at each step individually and why we will benefit from each step and the process overall



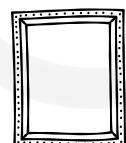
Awareness



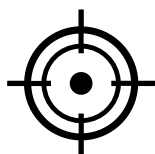
Present  
Awareness



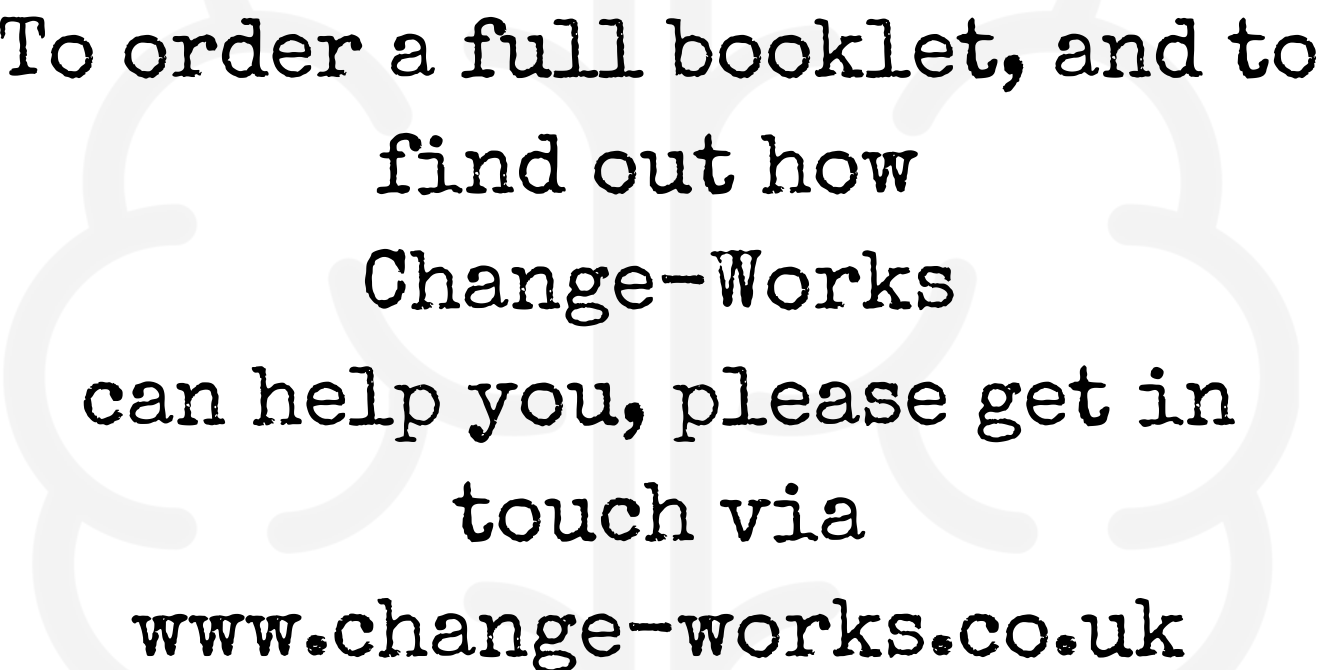
Breathing



Reframing



Refocusing



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