



Rewired to Relate - Learning Group Guide

Chapter 3

Brain care

Agenda

Thirty- minute call

Time	Activity
5 minutes	<p>Check in</p> <p>Each person share one thing you are doing to take care of your brain.</p> <p>Check in and refresh group agreements</p> <p>How are you doing with your group agreements? Is there anything to add or change?</p>
20 minutes	<p>Discuss learning from reflections and exercises</p> <p>Remind yourselves of this chapter's reflections and exercises and refer to notes you made along the way. See the following pages in this PDF as a reminder.</p> <p>Learning debrief questions:</p> <ul style="list-style-type: none"> • What did you notice about your energy capacity throughout a workday? • What are the most stressful situations for you? • How much are your own Be SAFE & Certain threat reactions contributing to stress and how much PFC energy you need to use? • What wellbeing practices have you put in place to help you maintain access to your PFC? <p><i>Please remember previous agreements about how much you want to share ideas vs. impose suggestions on one another.</i></p>
5 minutes	<p>Each person share:</p> <p>Your biggest takeaway from Chapter 3.</p> <p>The brain-care habits you will develop.</p>

In this chapter, you will learn:



- the impact of stress and why it is important to take care of your brain
- what costs you energy and what gives you energy
- how to organise your day to optimise your brain power

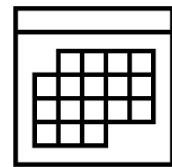
Try it this week:

Throughout this week, monitor how charged your PFC is.

Every day:

1. Experiment with reorganising your day so that activities that drain energy are followed by those that give you energy.

Consider arranging some of these recharge activities that you identified afterwards to help your PFC recover:



2. Practice ABC or another type of mindfulness for a few minutes every day. Aim for 10 minutes per day.

What differences do you notice in yourself about your reactions and behaviours, and your interactions with colleagues?

To take your learning further:

Write down your key learnings from this chapter and the activities that both drain and recharge your PFC. Take these to your **learning group** meeting to discuss.

Be SAFE & Certain



Belonging



Status



Autonomy



Fairness



Expectations



Certainty



Threats

Cortisol
Adrenaline



Rewards

Dopamine

ABC of Mindfulness

