

feel good about ourselves!  
better when we

# 31%

Our brains work

## Did you know?

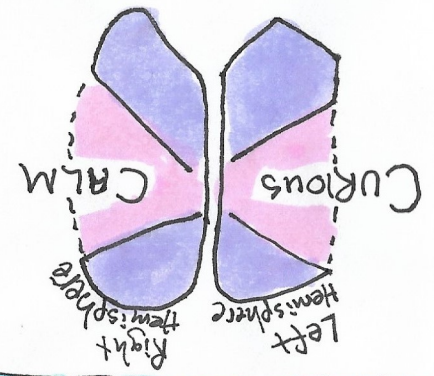
# CURIOUS

# CALM &

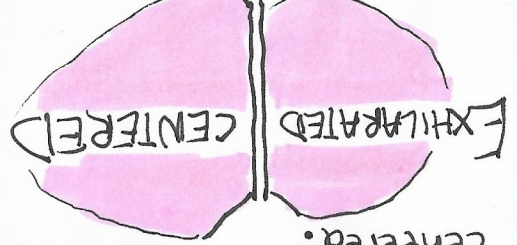
able to have perspective taking for others if a stressful conversation has us **not** feeling

And we are **not** perspective taking

# FEELING GOOD



The higher functioning of our left & right hemispheres activates when we are...



... activates the higher functioning of the front and rear brain gyuses as well. In this state, our left brain feels exhilarated and our right brain feels centered.

# FEELING GREAT

When a topic or conversation is too stressful to keep calm and curious, yet you need perspective taking, use the...

# TLLR TOOL

1. TABLE IT - 2. Lable It

3. LIST IT - 4. REVISIT IT (when calm and curious)

... and if you want to feel GREAT, try sharing a...

# Centered and Exhilerated Memory

to stimulate whole-brain higher-function connecting and empowered community-level healing while minimizing the risk of emotional recoil.

# MYTH

It is a myth that people are solely right or left brained. Stroke patient research has taught us that the left hemisphere may initiate and coordinate the analytical functions (logic, literal, linear, language), however it relies on top & bottom processes as well as the right brain to complete the operation through the unpacking and packing of meaning and visa vessa. To see a synopsis of the current research on the myth of an absolute division between hemispheres, see: The Divided Brain by Ian McGilchrist

