



Train Your Brain Series: Week 5

Behaviors: The outcomes of our thoughts and feelings

Over the last few weeks, we have learned that our thoughts and feelings play a major role in how we respond. Remember, our actions, which are the outcomes of our thoughts and feelings, define who we are and how we are seen by others. Our actions are what make our intangible thoughts and feelings concrete. Actions cannot be undone, and they can at times have a lasting impact on us and the people around us. By adjusting our behaviors, we are better able to improve our lives, and by extension, the lives of the people around us.

Think about situations that may drive strong emotions in you. Think about your patterned behavior in those situations. Then think about harnessing your thoughts and emotions. Consider the example from last week, the coworker that never acknowledges you. Before we allow our annoyance to seep into more intense feelings and an unwanted angry response, try learning a different behavior.

Take a look at the list of optional behaviors.

Fill in this statement

_____ makes me feel _____ so I act _____
_____. Next time I feel _____, I will try _____ instead.

For example

__Lack of communication__ makes me feel __angry__ so I act __annoyed and short with coworkers_____. Next time I feel __angry__, I will try __Taking a 5-minute walk to reset my mind.__

Remember you can not control someone else's response, but you can control yours by practicing some of these simple strategies. Please review the attached behaviors sheet as a few ideas of activities that can help destress the mind and allow for that important pause button. Also consider breathing techniques as a way to calm the mind. A popular and very effective method is the 4-7-8 breathing method. Here is a very short [video](#) on how it works.