Compassion for your Brain in the Midst of Chaos
There's big magic in simple things.
“When you learn how to suffer, you suffer much less.”

- Thich Nhat
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—Thich Nhat
About the Brain

Reasonable brain fatigues quickly

Brain is wired to keep us safe first – scan for threat

Conscious brain has very limited attention
The desert works constantly
to forbid it,
and still
the cactus blooms.
How are you feeling right now?
“...of course you feel that way.”
5 Ancient Wisdoms

- Gratitude
- Acceptance
- Meaning
- Forgiveness
- Compassion
Pro Tips

Be encouraged by ‘shots’ you miss. Hindsight is the first step in developing any new practice.

Noticing in hindsight, leads to noticing ‘in the moment.’ If you can think about something in hindsight, it means you noticed. Noticing is the thing we want to improve.

Be patient with yourself. Learning any new skill is challenging. It takes time; just keep coming back to it.
Contact / Articles / Acknowledgements

Elena Jensen, eiLumen LLC  Bio  elena@eilumen.net  www.eilumen.net  tel: 802.363.4716

Coping With COVID-19: Emergency Stress, Secondary Trauma and Self-Efficacy in Healthcare and Emergency Workers in Italy (nih.gov)

Putting feelings into words: affect labeling disrupts amygdala activity in response to affective stimuli - PubMed (nih.gov)

Research (resilientoption.com)

Feelings Inventory | Center for Nonviolent Communication (cnvc.org)