

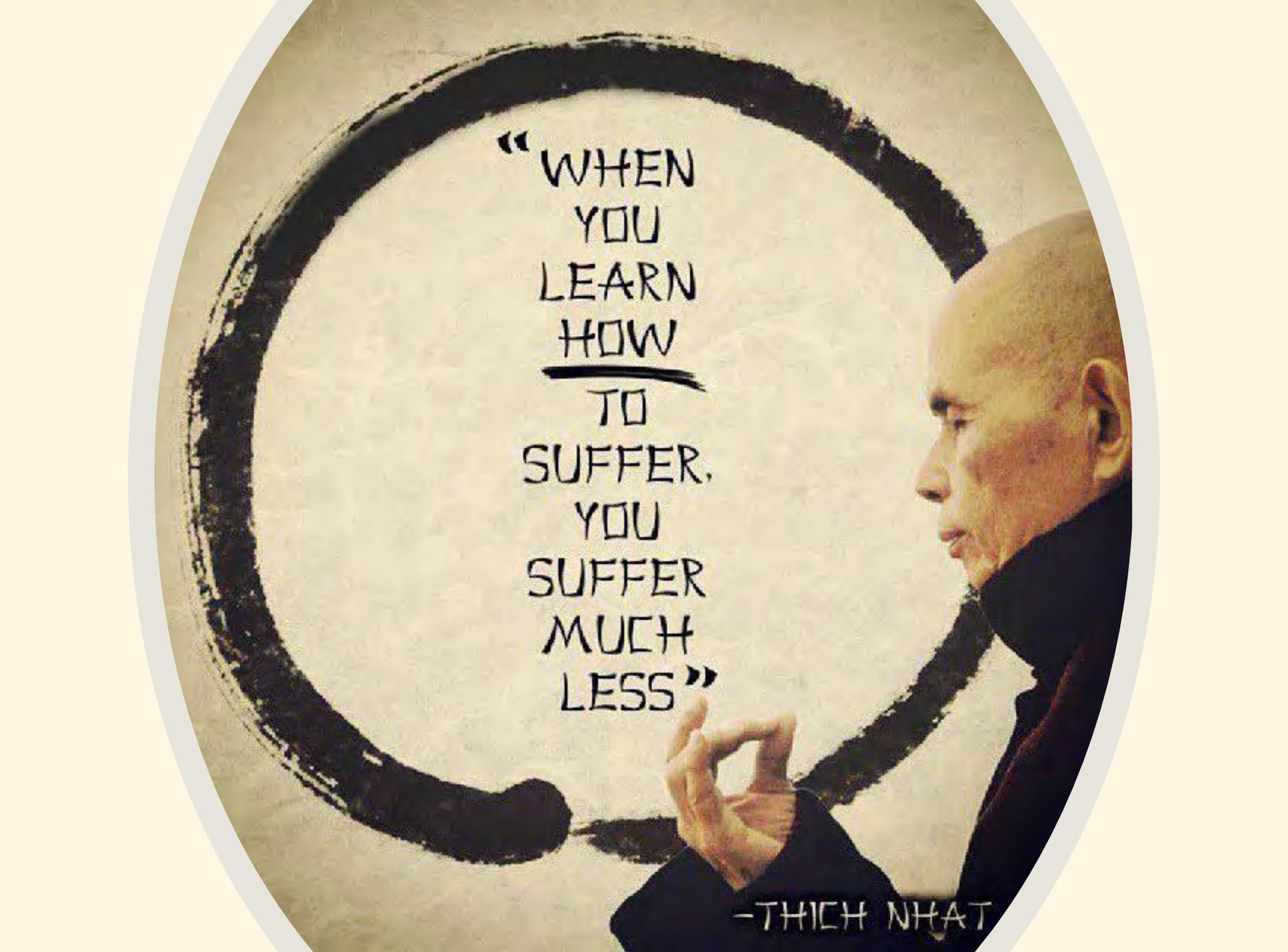
**Compassion for your Brain
in the
Midst of Chaos**





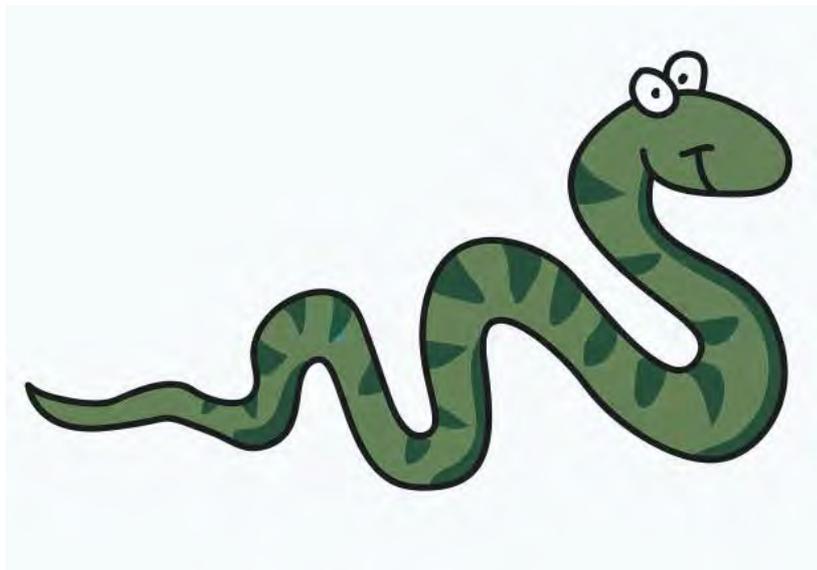
buddhadoodles.com

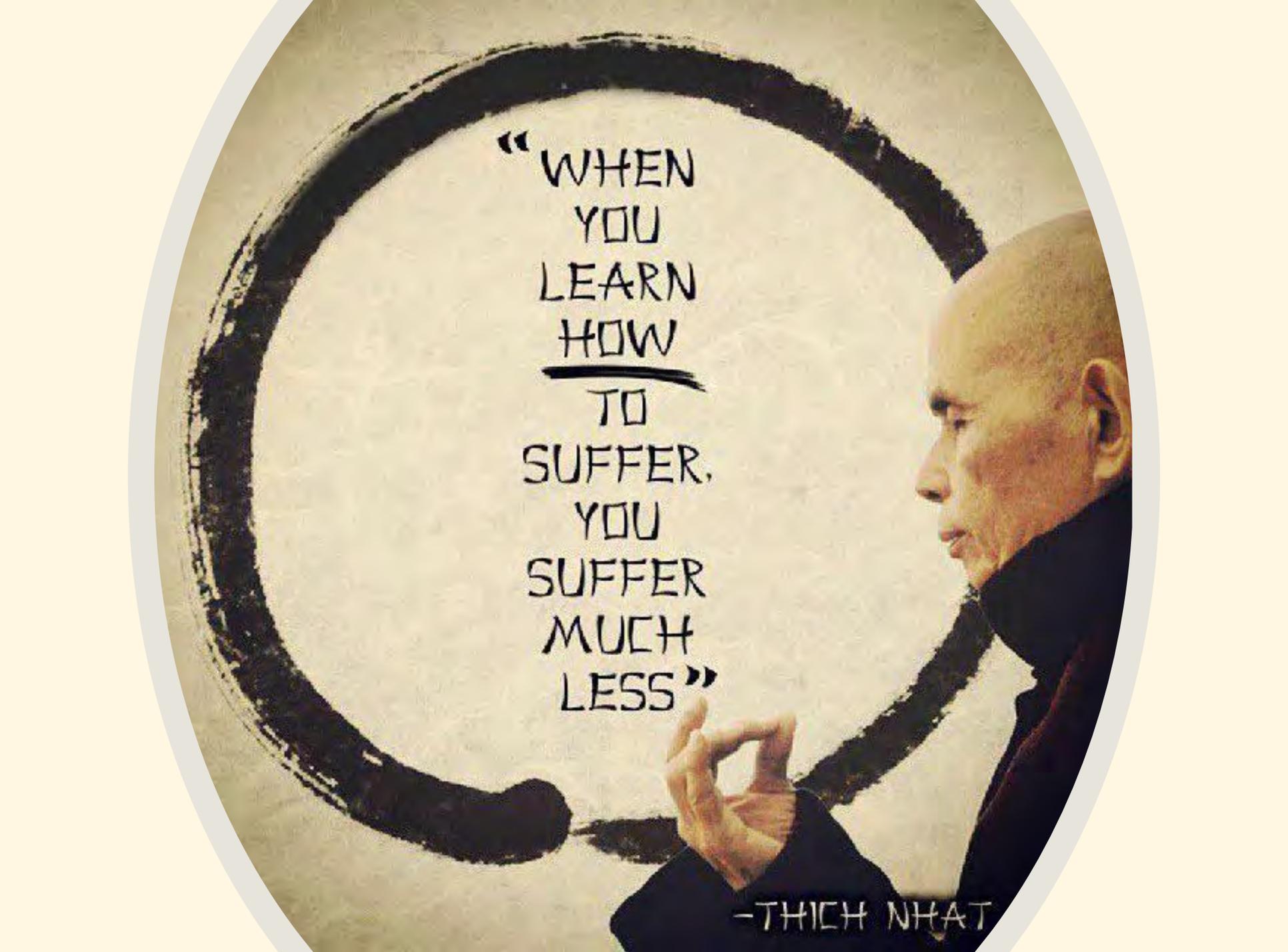
There's
BIG Magic
in simple things.

A circular frame containing a quote and a portrait of Thich Nhat. The quote is written in a hand-drawn, black, sans-serif font. The portrait of Thich Nhat is on the right side, shown in profile, wearing a dark robe and holding his hands in a meditative gesture. The background is a light, textured surface.

“WHEN
YOU
LEARN
HOW
TO
SUFFER,
YOU
SUFFER
MUCH
LESS”

-THICH NHAT



A circular frame containing a quote and a portrait of a Buddhist monk. The quote is written in a hand-drawn, black, sans-serif font. The monk is shown in profile, wearing a dark robe, with his hand in a mudra. The background is a light, textured surface.

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About the Brain

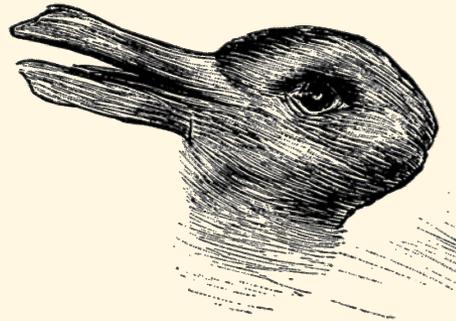
Reasonable brain fatigues quickly

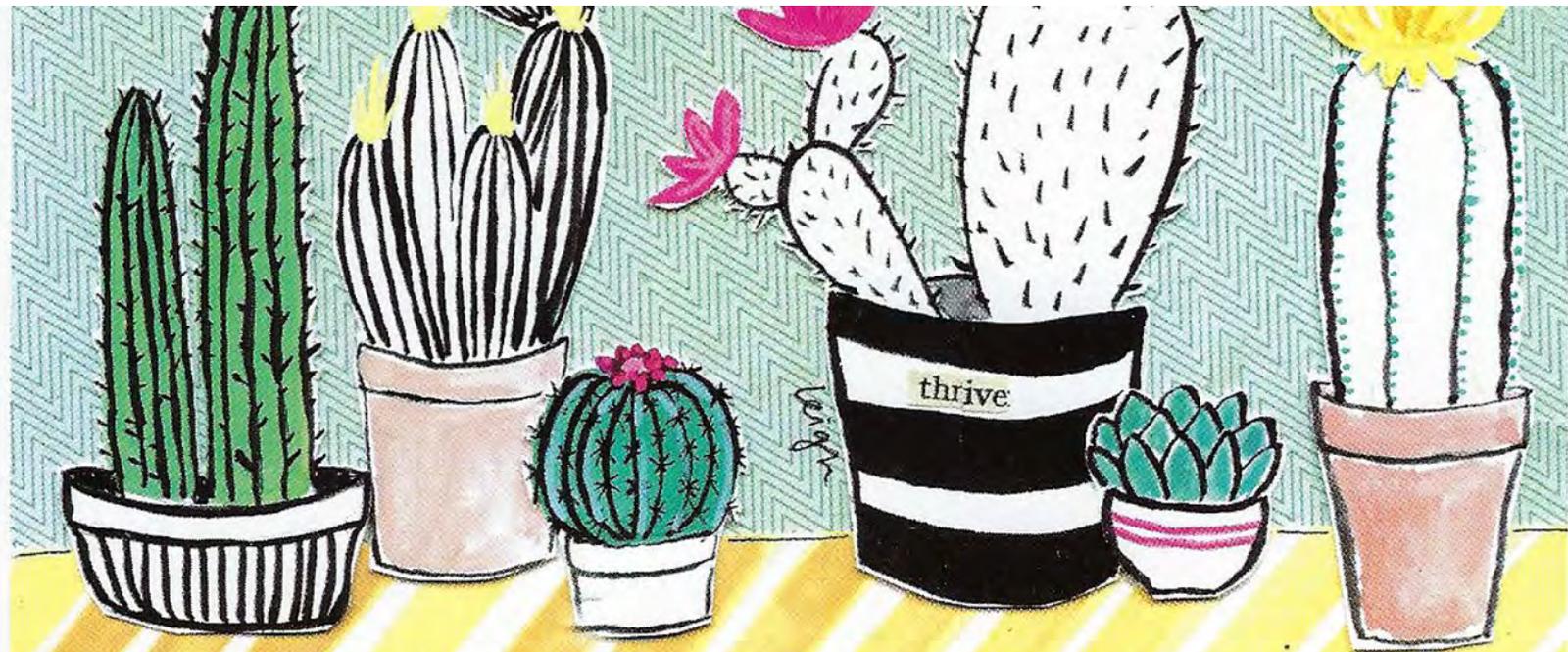


Brain is wired to keep us safe first – scan for threat



Conscious brain has very limited attention





The desert works constantly
to forbid it,
and still
the cactus blooms.



How are you feeling right now?

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

Feelings when your needs are not satisfied

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

“...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

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[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 \(cnvc.org\)](#)

