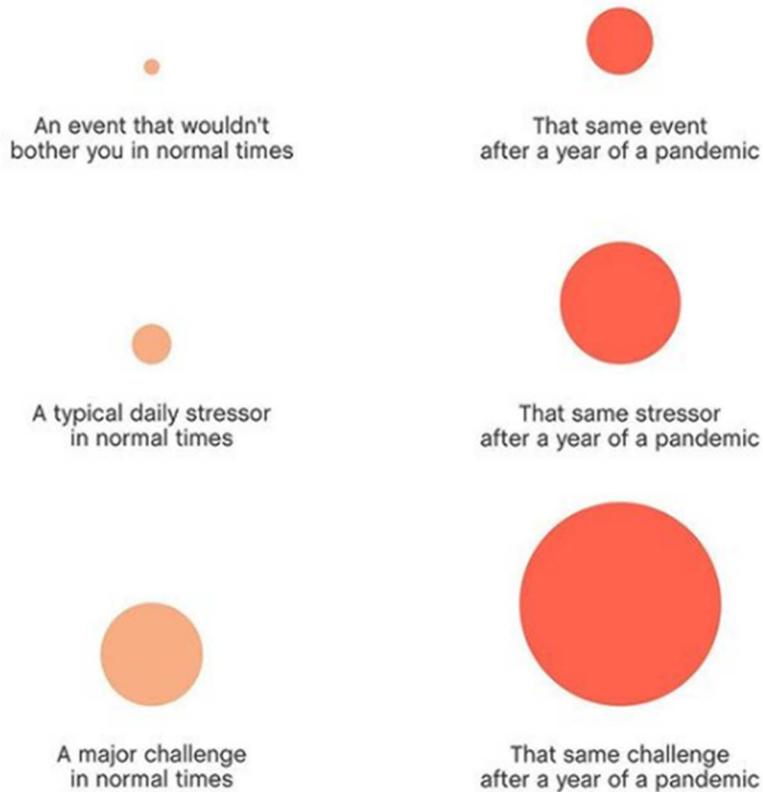


Four Wisdom Centers of the Whole Person

There are 4 knowledge centers within every human being. Each center holds important wisdom and information about what we need to be at our best. The centers are interdependent and need to be in equilibrium for us to be whole and at our best. However, balance is not fixed or static. The requirements of each center ebb and flow according to internal and external factors. When one or more centers are taxed, neglected or depleted the others can compensate but only for a short period of time. Checking in on the 4 knowledge centers regularly can help you become self-aware of the present needs and demands of each center to keep you healthy, happy and whole.

Potential Impact of Pandemic on Mental Health



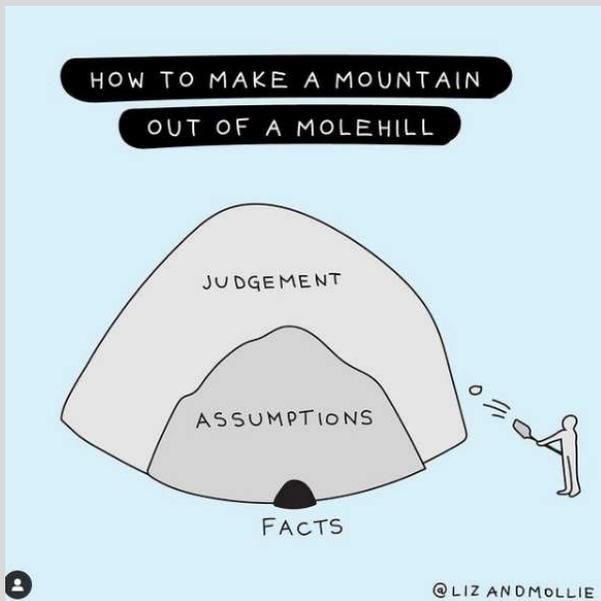
Mental Health Check in	
7	I'm great
6	I'm pretty good
5	I'm ok, I guess
4	I'm starting to struggle
3	I'm having a hard time
2	I'm stuck
1	I need to reach out for support
Monitor yourself so you can ask for help and recover sooner	

The downward slide might begin like this:

Mind

The brain is hardwired to analyze and assess if things are good/bad, right/wrong, positive/negative, safe/danger... When it detects a threat we can reactively go into fight, flight, fix-it mode to eradicate the risk.

We can become hyper focused on selective evidence that validates the mind's point of view. Then the insidious thoughts can spiral downwards as the mind blows things out of proportion- catastrophizing.



Self Check:

- Is my mind skewing my view by seeing more and more things as 'a problem?' i.e. It's 'too hard, too much work, too challenging, impossible, not worth it?
- Am I feeling negative, overly critical, picky?
- Am I blowing thing out of proportion by interpreting facts rather than describing events?
- Am I obsessing, jumping to conclusions without facts, catastrophizing?
- Am I more anxious or worried about the future than normal?
- Am I beating myself up?

Check in on all of the other knowledge centers....

Body

The body is our GPS. It gives us an accurate reading of what is going on in us. Ninety five percent of our actions are unconscious. If there is a discrepancy between the mind and the body, the body is telling the truth. It provides us with an ongoing source of wisdom.

However, it can be hard to decipher, so we often default to giving the power to the mind- which is easier to understand but often misguides us.

Self Check:

- Body Scan from head to toe. Check in with areas of the body to identify what physical What is here? What's new or different?
- What do various regions of the body feel like?
- What are the physical sensations? What is my physical energy like? i.e. lethargic, weary?
- What new afflictions/illnesses have occurred recently? i.e. aches, twitches, allergies, insomnia, skin irritations
- What hurts, is stiff, sore, achy?
- Where do I feel stuck, blocked, numb, heavy?
- What is it telling me? What have I not been listening to, ignoring, avoiding?

I wish people knew that my mental health is so physical too:



Heart

The heart informs us about how we feel about things. The emotional center, it drives action. i.e. People may procrastinate when they 'feel' confused, overwhelmed, or disengaged.

Emotions inform us. For example, anger means something is unjust, I want something to change. Sadness is the loss of something that matters to me. Glad says I got what I was looking for. Scared is the perception that something bad or what I don't want is going to happen to me.

Self Check:

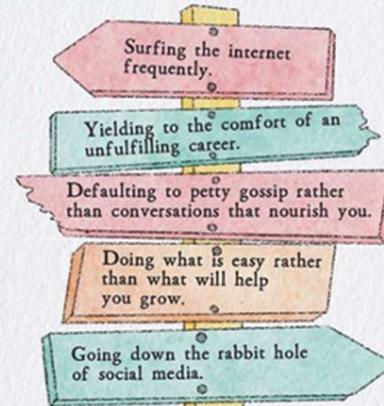
- Am I more grumpy, irritable, snappy, taking things personally, overly serious, more sensitive than normal?
- Am I feeling joyless, blue, melancholy, apathetic, despair?
- Am I emotional eating when I'm not hungry but I'm bored, need comforting, or as a way to avoid?
- Am I disrespecting my own habits or standards i.e. not cleaning up as I usually would, let grooming slide,
- Am I procrastinating, putting things off, self-sabotaging, punishing myself, feeling unworthy?
- Revenge bedtime procrastination
- Feeling helpless, hopeless, scared, like a victim or martyr?
- Unmotivated, lethargic, languishing

WHAT'S UNDERNEATH?

Mad	Sad	Tired	Happy
Furious	Heartbroken	Bored	Cheerful
Livid	Disappointed	Fatigued	Festive
Irate	Hopeless	Exhausted	Heartening
Resentful	Regretful	Uninterested	Lighthearted
Hate	Depressed	Overworked	Upbeat
Hostile	Pessimistic	Worn out	Glad
Aggressive	Melancholy	Fed up	Merry
Worked up	Sorrowful	Drained	Elated
Provoked	Morbid	Weary	Enjoyable
Miffed	Heavy-hearted	Burned out	Euphoria
Outrage	Low	Lethargic	Delighted
Defensive	Blue	Beat	Jubilant
	Gloomy	Sleepy	Hopeful
	Miserable	Depleted	Tickled
	Despair		Pleased

Spirit

SIGNPOSTS THAT YOU MAY NOT BE LIVING WITH INTENTION



Just "going with the flow" drains purpose from your work and life. Recognize unhealthy patterns and create new, productive habits. Begin today.

EMOTIONAL AGILITY

SUSAN DAVID

The spirit knowledge center is our soul. It focuses on what is meaningful in our life. The mark we want to leave behind. What we want to create in the world. Our WHY, purpose, calling, mission, and/or vision.

It is also who we are when we are our fully expressed, actualized Higher Selves. We are living our values, best qualities and character.

When we lose connection to our source, higher power, the universe we can feel isolated, alone and fearful.

Self Check:

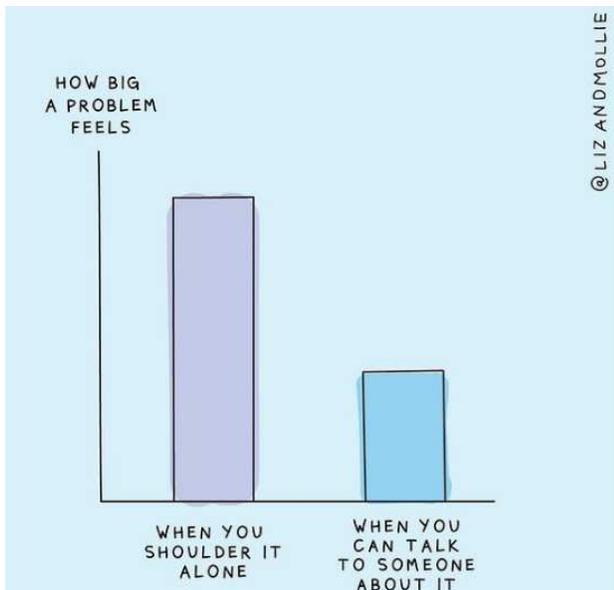
- Am I feeling aimless, listless, uninspired, unmotivated, directionless?
- Have I lost my rudder, drive, self-discipline?
- Am I giving into temptations that sabotage me?
- What values am I dishonoring?
- Am I doubting my ability to create my own future, be the architect of my own life?
- I am questioning if I am making a difference?
- Have I lost touch with my dreams, lost faith that I can achieve it?
- Am I comparing my path to someone else's?
- Am I feeling replaceable?

Recovery could begin to look like this:

Mind

Strategies to reset this Knowledge Center:

- Challenge your assumptions and make space for changing your narratives
- Separate issues into **descriptions** of the facts/ events from the **interpretation** or story I am making up about the facts (that is not the truth)
- What is the sliver of wisdom my mind wants me to pay attention to? Take that, discard the rest.
- How important will this be in 2 or 5 years?
- What would I say to someone I care about if they shared these thoughts with me?
- Notice repetitive recycling thoughts. Get them out of your head by writing or speak them out so they are released
- Listen to outside voices- they speak the facts, not your inside voices- they are fiction
- Listen to a podcast, read an inspiring book
- Write 3 things you are grateful for every morning and 3 things you are proud of yourself for at the end of each day
- Talk to others, ask for help, share your load
- Write a to-do list, mark 3 most important tasks



Where **perfection** exists, **shame** is always lurking. What we don't need in the midst of struggle is shame for being human. *Brene Brown*

Body



Talk yourself through the above points until you feel your mind and your body calm down.

Strategies to reset this Knowledge Center:

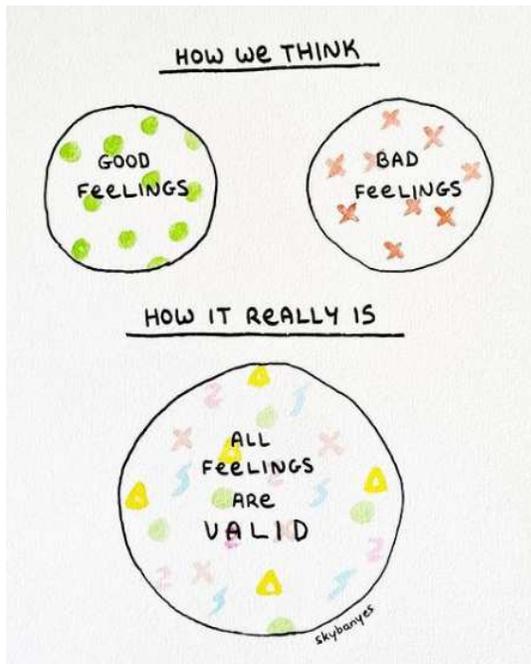
- Schedule time for 20-minute naps when needed
- Start moving your body*: online or in person exercise, yoga, dance, play a sport
- Get outdoors, hike in nature, walk for 30 min
- Change your workspace- stand, sit, move to another room
- Tidy a room or declutter a section of living space, organize a closet, donate what you don't need to charity
- Stretch for 10 min, do yoga or tai chi
- Take a long bath, hot shower
- Practice a 5 min breathing exercise
- Drink water
- Sit still, do nothing,
- Pull weeds, garden, buy yourself flowers
- Put on something you love
- Make a meal, go to a restaurant, eat chocolate

*Individuals who exercise at least 1-2 times/week are less likely to report symptoms of depression or anxiety.

The six **best doctors**:
 sunshine, water, rest, air, exercise, and diet.
Wayne Fields

Heart

Unexpressed emotions will never die.
 They are **buried alive** and will come forth later
 in uglier ways. *Sigmund Freud*



Strategies to reset this Knowledge Center:

- Feel your emotion. Articulate what it is like, express it, don't suppress it.
- Sit with it. Observe it. Accept it. Be compassionate and curious with yourself
- Allow it to inform you i.e. if it could speak what would it be saying to you?
- Share with a safe person- friend, partner, coach, counsellor who will listen without judging, giving advice, or fixing it. Someone calm, neutral, accepting
- Read texts, messages, cards of people appreciating you, telling you what you mean to them, the positive impact you have had on them
- Watch something light hearted or funny
- Listen to instrumental, uplifting music
- Sit alone quietly and experience what you are feeling. Emotions only last 90 seconds.
- Recognize how emotions affect your decision making. Wait until your emotions dissipate before responding, taking action, making an important choice

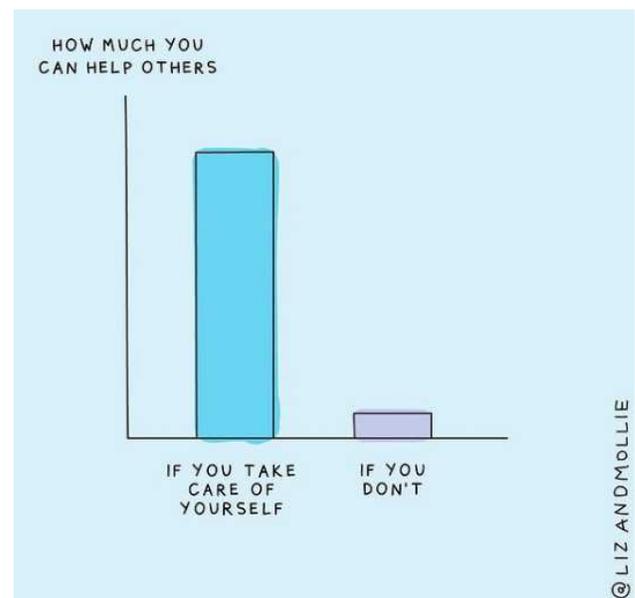
Spirit

Strategies to reset this Knowledge Center:

- What is important to me?
- What's one little step I could take to help another?
- What am I passionate about? Get involved in something much bigger than yourself.
- Volunteer, donate, lend a hand
- What small difference could I make right now by using my gifts that few others have?
- Write down 100 gifts within you, reasons you believe in yourself
- Pray, meditate, connect to your source, higher power, God, universe
- Appreciate everything as an opportunity for self growth and development
- Speak kindly to yourself as if to a child you love
- Visualize your goal, imagine yourself moving forward, being successful
- Spend 24 hours being grateful for everything in your world especially things that are unacceptable
- Explore what values am I dishonoring? Which one do I want to honor more?
- Where am I 'off' purpose? Eliminate it. Re-choose things that will take you in the direction of your purpose

Those who look outside, **dream**.
 Those who look inside, **awaken**.

Carl Jung



The following grids (or use our fillable PDFworksheet) is provided for you to record your personal journeys. Whenever you think you may be in a downward slide, complete the first grid. Seeing it on paper may give you some insights into what you need to reset quicker. Use the second grid to track your beliefs, thoughts, actions as you take proactive steps to recover to your best self. By detailing your unique cycle whenever you dip, over time you can begin to identify re-occurring themes or patterns and avert or bypass them all together. Good luck!

My downward slide can begin like this:

Mind	Body
Heart	Spirit

My recovery can begin to look like this:

Mind	Body
Heart	Spirit

Resources

Burnout and How to Complete the Stress Cycle *Brene Brown with Emily and Amelia Nagoski Unlocking Us with Brene Brown Podcast Oct 2020*

Chatter: Learning to Love the Voice in Your Head *Ethan Kross The Next Big Idea Podcast Apr 22 2021*
https://nextbigideaclub.com/magazine/voice-head-runs-amok/26979/?utm_source=sumome&utm_medium=twitter&utm_campaign=sumome_share

Podcasts on Wellbeing

- **Happier** *Gretchen Rubint*
- **Mad World** *Bryony Gordon Telegraph*
- **Mentally Yours** *Yvette Caster and Ellen Scott The Metro*

The Discomfort You're Feeling is Grief *Scott Berinato Harvard Business Review March 23, 2020*

The Psychology behind 'revenge bedtime procrastination' *Lu-Hai Liang, BBC Worklife Nov 25, 2020*
<https://www.bbc.co.uk/worklife/article/20201123-the-psychology-behind-revenge-bedtime-procrastination>

There's a Name for the Blah You're Feeling: Its Called Languishing *Adam Grant, The New York Times April 22, 2021* <https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html?referringSource=articleShare>