

# Rise Above The Panic

## FEAR: WHAT IS FEAR?

Brain science and psychology tells us that fear is the brain switching to a mode of "false evidence appearing real." Our stress-success cycle is paralyzed, and our amygdala, "the airport traffic control center" is hijacked by fearful thoughts

## WHAT IS FEAR-BASED LEADERSHIP?

In times of unprecedented crisis, two types of leaders emerge. One type of leader operates from a subconscious realm of fear. In this state, stress-related symptoms of anxiety, panic, inability to focus, and insomnia predominate

## MINDFUL LEADERSHIP DURING CRISIS

A mindful leader is someone who embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others. When we brainSHIFT, we become the leader who quickly faces fears, rises above the panic, and finds a path to calm consciousness.

# Give Yourself Permission to Grieve



Disruption of your daily schedule



Loss of employees, your team, or your current role



Change in finances, business goals



Missing eating & supporting your local restaurants and bars



Inability to perform daily activities



Working out at your favorite gym or yoga studio



Having to homeschool your children



Seeing loved ones in person.

# brainSHIFT Protocol: F.E.A.R

## DAY #1 self-reflection writing prompts

### 1 | RECOGNIZE FEAR - WHAT ARE FEELING?

- Fear can show up as a multitude of emotional and physical symptoms. Ask yourself in this moment, how do you feel?
- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR EMOTIONS: DAILY GRIEF CHECKLIST

- What do you miss in your personal life?
- What makes you sad or grieve for your loved ones (partner, family, friends)
- What are you grieving for your work colleagues?
- What are you grieving for your clients
- What makes you sad or feel grief for the community, mankind, our world?

# brainSHIFT Protocol: F.E.A.R

## DAY #2 self-reflection

### 1 | RECOGNIZE FEAR - WHAT ARE FEELING?

- Fear can show up as a multitude of emotional and physical symptoms. Ask yourself in this moment, how do you feel?
- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR EMOTIONS: DAILY GRIEF CHECKLIST

- What do you miss in your personal life?
- What makes you sad or grieve for your loved ones (partner, family, friends)
- What are you grieving for your work colleagues?
- What are you grieving for your clients
- What makes you sad or feel grief for the community, mankind, our world?

# brainSHIFT Protocol: F.E.A.R

## DAY #3 self-reflection

### 1 | NAME YOUR EMOTIONS:

- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR GRIEF:

- What do you miss in your personal life?
- What makes you sad or grieve for your family or loved ones?
- What are you grieving for your work colleagues?
- What are you grieving for your clients?
- What makes you sad or feel grief for the community, mankind, our world?

### 2 | POSITIVE MENTAL ATTITUDE

- What or who inspired you today?
- Who are you grateful for today, and did you express the gratitude?
- What can you approve upon from today?
- How can you be of service to someone else?

# brainSHIFT Protocol: F.E.A.R

## DAY #4 self-reflection

### 1 | NAME YOUR EMOTIONS:

- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR GRIEF:

- What do you miss in your personal life?
- What makes you sad or grieve for your family or loved ones?
- What are you grieving for your work colleagues?
- What are you grieving for your clients?
- What makes you sad or feel grief for the community, mankind, our world?

### 2 | POSITIVE MENTAL ATTITUDE

- What or who inspired you today?
- Who are you grateful for today, and did you express the gratitude?
- What can you approve upon from today?
- How can you be of service to someone else?

# brainSHIFT Protocol: F.E.A.R

## DAY #5 self-reflection

### 1 | NAME YOUR EMOTIONS:

- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR GRIEF:

- What do you miss in your personal life?
- What makes you sad or grieve for your family or loved ones?
- What are you grieving for your work colleagues?
- What are you grieving for your clients?
- What makes you sad or feel grief for the community, mankind, our world?

### 2 | POSITIVE MENTAL ATTITUDE

- What or who inspired you today?
- Who are you grateful for today, and did you express the gratitude?
- What can you approve upon from today?
- How can you be of service to someone else?

# brainSHIFT Protocol: F.E.A.R

## DAY #6 self-reflection

### 1 | NAME YOUR EMOTIONS:

- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR GRIEF:

- What do you miss in your personal life?
- What makes you sad or grieve for your family or loved ones?
- What are you grieving for your work colleagues?
- What are you grieving for your clients?
- What makes you sad or feel grief for the community, mankind, our world?

### 2 | POSITIVE MENTAL ATTITUDE

- What or who inspired you today?
- Who are you grateful for today, and did you express the gratitude?
- What can you approve upon from today?
- How can you be of service to someone else?

# brainSHIFT Protocol: F.E.A.R

## DAY #7 self-reflection

### 1 | NAME YOUR EMOTIONS:

- Did you have any unexpected emotions today?
- What caused you to feel this way?

### 2 | PROCESS YOUR GRIEF:

- What do you miss in your personal life?
- What makes you sad or grieve for your family or loved ones?
- What are you grieving for your work colleagues?
- What are you grieving for your clients?
- What makes you sad or feel grief for the community, mankind, our world?

### 2 | POSITIVE MENTAL ATTITUDE

- What or who inspired you today?
- Who are you grateful for today, and did you express the gratitude?
- What can you approve upon from today?
- How can you be of service to someone else?