

YOU ARE NOT ALONE: BE BRAVE

REMAIN IN YOUR TIME ZONE

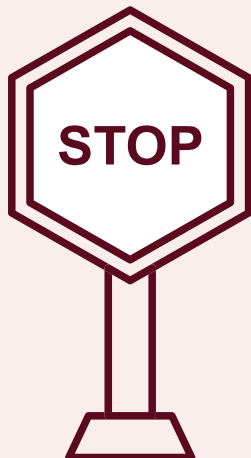
When we feel overwhelmed by an acute state of crisis, one of the most effective and productive things that we can do is to focus all of our attention on the task at hand or the obstacle that stands before us.

Instead, our minds often become hijacked by thoughts of how poorly we may have performed in the past or the longer-term consequences of our current situation if we do not immediately effect change.



TECHNIQUE:

Neither of these time travel instincts help us; in fact, they hurt us. To successfully combat this trajectory, we must remain in our current time zone and steel our minds to deal with the reality of here and now.



- 1 Stop!
- 2 Remove yourself from your current head space.
- 3 Ask yourself "What am I facing RIGHT NOW"?
- 4 Become the **Thought Traffic Cop**: Create A One Way Traffic Mentalty
- 5 Remind yourself that this is not your past. You are living in the **present**.
- 6 Remind yourself that the future has not yet occurred, and that this situation is not final. You can shape it.
- 7 Slow down your thoughts and ask: "What can I do **right now** to influence **right now**?"
- 8 Decide and then **do it!**

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