Upstairs and Downstairs Brain Activity

Signs I’m in my Upstairs Brain

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Signs I’m in my Downstairs Brain

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How to Climb the Stairs

• **Step 1:** Name and validate the feeling
  
  o *I feel ______________ because ________________________________*

• **Step 2:** Coping before Pushing Up
  
  o Different coping mechanisms appropriate to your context
    
    ▪ No energy:

    ▪ Low energy:

    ▪ High energy:

• **Step 3:** Choose one small step
  
  o Use “what if” for good. What if I do ____________________________, and it works?
  
  o Make your action measurable, attainable, and deadline driven.