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STAYING

SANE

DURING THE HOLIDAYS!

Tips for Managing Emotions

Staying Sane During the Holidays!

Tips for managing stress and understanding the neuroscience of emotions and their impact on our actions, decisions and relationships.

December 17, 2019



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3 Reasons Why We Feel Anxious

Fear of Death

**Fear of the Social
Rejection**

Fear of the Unknown



is pacing back and
omatic complaints and ru
ation.

Anxiety
feeling of worry, nervousne
unease, typically about a

Why are Holidays So Difficult?



Why are Holidays So Difficult?



Too Many Unknowns

- Breaking away from the routine
- Being in new places, with new people
- Dealing with the unpredictability of travel
- Long drawn interactions
- Pleasing people and
- Pressure to prove success, accomplishments, excellence and exceptionalism





- Routine Stress
- Non-routine Stress
- Calamity, Adversity or Crisis

Routine Stress

- Daily responsibilities
- Pressures of school or work
- Having to handle family or relationships



Sudden Negative Change such as

- Losing a job
- Divorce, or
- Illness



Unpredictable events:

- A major illness
- A major accident
- A natural disaster
- An assault
- A war etc.



Benefits of Short-Term Stress

Motivation

Initiation

Flexibility

Intense
focus

Problem
Solving

Innovation



危机



Danger

危机

Opportunity

“The ability to recover from difficult experiences – such as the death of a loved one, a job loss, trauma or a serious illness. It is the cornerstone of good mental health and wellness.

- Glenn Schiraldi, Ph.D.



A portrait of Richard Davidson, a man with dark curly hair and glasses, smiling and resting his chin on his clasped hands. He is wearing a light-colored striped shirt. The background is a soft-focus teal and grey with faint geometric patterns.

Richard Davidson's Four Components of Well-Being

4 Components

1 AWARENESS

2 CONNECTION

3 INSIGHT

4 PURPOSE



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**EMOTIONS ARISE TO
WARN US TO ACT
DIFFERENTLY**

AFFECTIVE COLORING



Emotionally 'neutral'?





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EMOTIONS THAT DYSREGULATE US!

Envy



Emotions that might create stress



According to Marano's research, envy is an unfortunate by-product of constant competition to be "the best" and witnessing peers surpassing you.

- Marano, 2008



Unfair division of labor and disproportionate responsibilities falling on wives' shoulders while husbands

- Coonz, 2013



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EMOTIONS THAT DYSREGULATE US!

A photograph of a person with long, light brown hair, seen from behind, sitting on a boat or pier and looking out at a large, calm lake. The background shows rolling hills under a clear sky. The image is overlaid with a dark purple rectangular box containing the word 'Loneliness'.

Loneliness

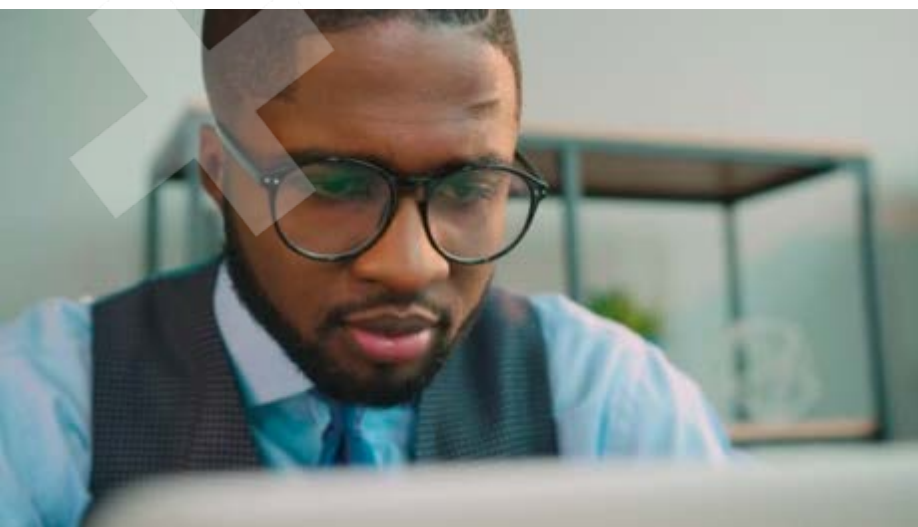


- Need to connect is the most basic human desire
- Deep and pervasive loneliness



A study with mice shows that solitary confinement shows shrunken nerve cells indicating that isolation changes the brain in a very peculiar way.

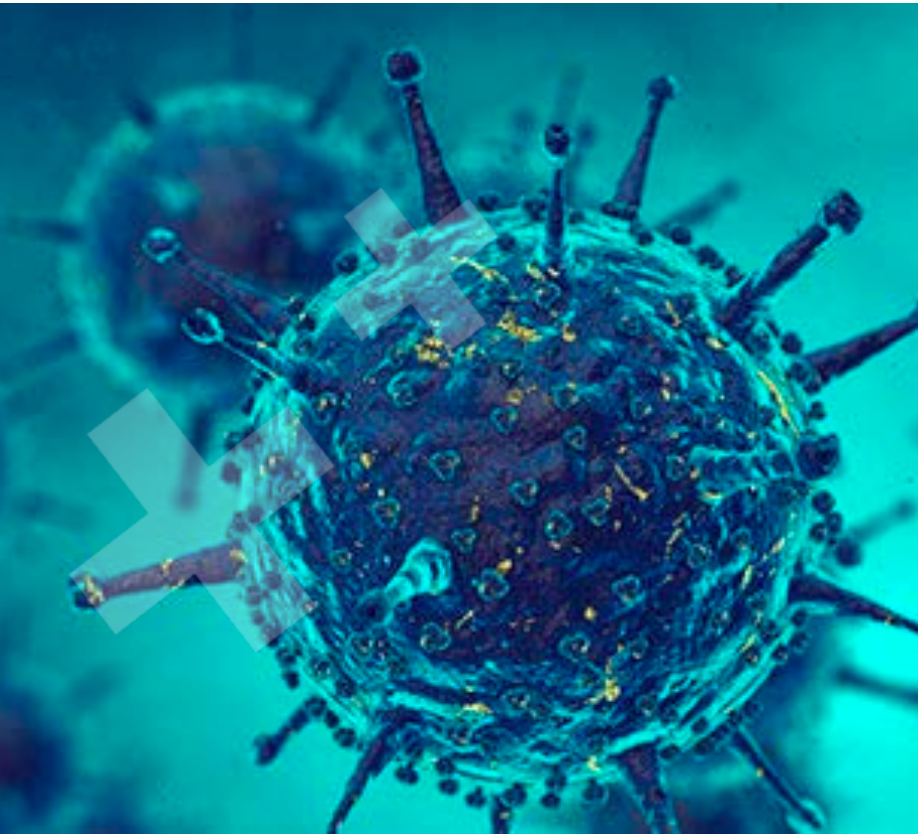
- Article by Laura Sanders



- Problems in adolescence
- Most problems during the ages 25-65 years



- Lowers Immunity
- Increases production of stress hormone and
- Negatively impacts sleep
- Leads to chronic inflammation
- In return, lowers immunity



- Heart diseases
- Type 2 diabetes
- Arthritis
- Alzheimer's disease
(2 times more likely)



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EMOTIONS THAT DYSREGULATE US!

Anger



“It’s the strength of body, mind, and character that enables people to respond well to adversity. In short, resilience is the cornerstone of good mental health and wellness.”

- Linda Graham, Ph.D.





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IDEAS TO MANAGE STRESS & FRENZY

1. Breathe and Soothe

Focus on self-care
because when
YOU are anchored
so is everyone
else!



2. Simplify And Amplify

Go with
predictable and
known comforts.
And amplify the
WHY to
experience the joy



3. Coffee beans for your soul

Reduce the impact of the affective coloring by activating your “emotional reset” button.



In difficult situations
when emotions are
rising high, ask
yourself, what will
... (Batman) do?



Activate your positive inner voice and self-messaging with humility and appreciation for gifts that have come your way.



Don't take yourself too seriously. Make fun of yourself. Share your mistakes and faux pas. Make people feel good with your light-heartedness.



Learn from Tina Fey's improve comedy advice – “Yes and” (instead of “No But”). Collaborate, cooperate and connect.



Engage in assertive communication by finding shared goals. When arguing or discussing or even sharing, think about the others' perspective.





Non-judgmental Stance

- Reduce judgement and normalize difficulties to reduce defensiveness
- Share similar experiences of others

Resource: Margaret Sibley, Ph.D.

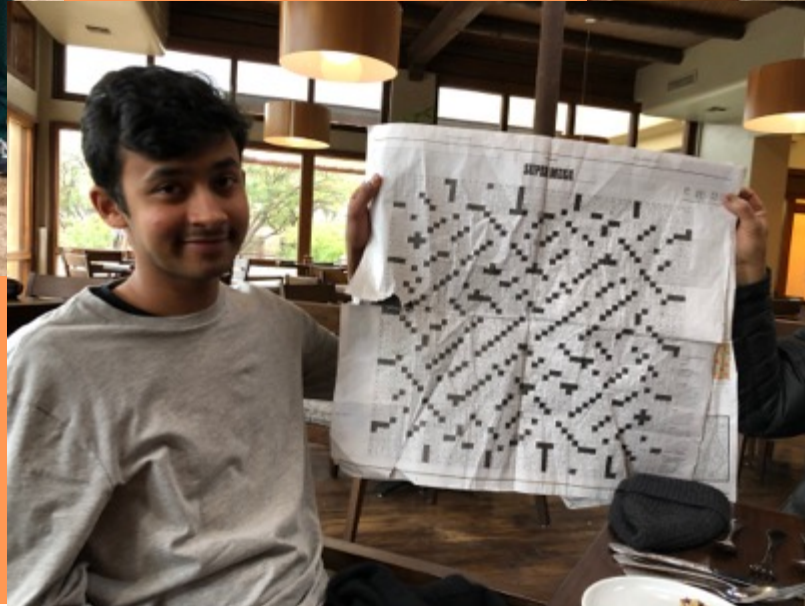
Joint adventures such as Escape the room, family games, races or scavenger hunts can add challenge and intrigue to togetherness.



Experience something amazing together! (a movie, an adventure, an exploration or building or doing...)



11. The Oohs and Awes



SMILE!!!

Smile more,
smile often
and smile a lot!



Holiday Stress CAN Help you Grow



Like Podcasts? Subscribe...

www.fullprefrontal.com



The podcast cover art features a dark purple background with a network diagram of yellow and purple lines and nodes on the left. The text "Full PreFrontal" is written in yellow and white. To the right, it says "A Podcast About Exposing the Mysteries of Executive Function with Sucheta Kamath". Below this is a white box with a yellow border containing a photo of Sucheta Kamath, her name "Sucheta Kamath", and the title "Introduction to the Full PreFrontal Podcast".

Full PreFrontal

A Podcast About Exposing the Mysteries of Executive Function with Sucheta Kamath

Sucheta Kamath

Introduction to the Full PreFrontal Podcast





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Thank You!

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