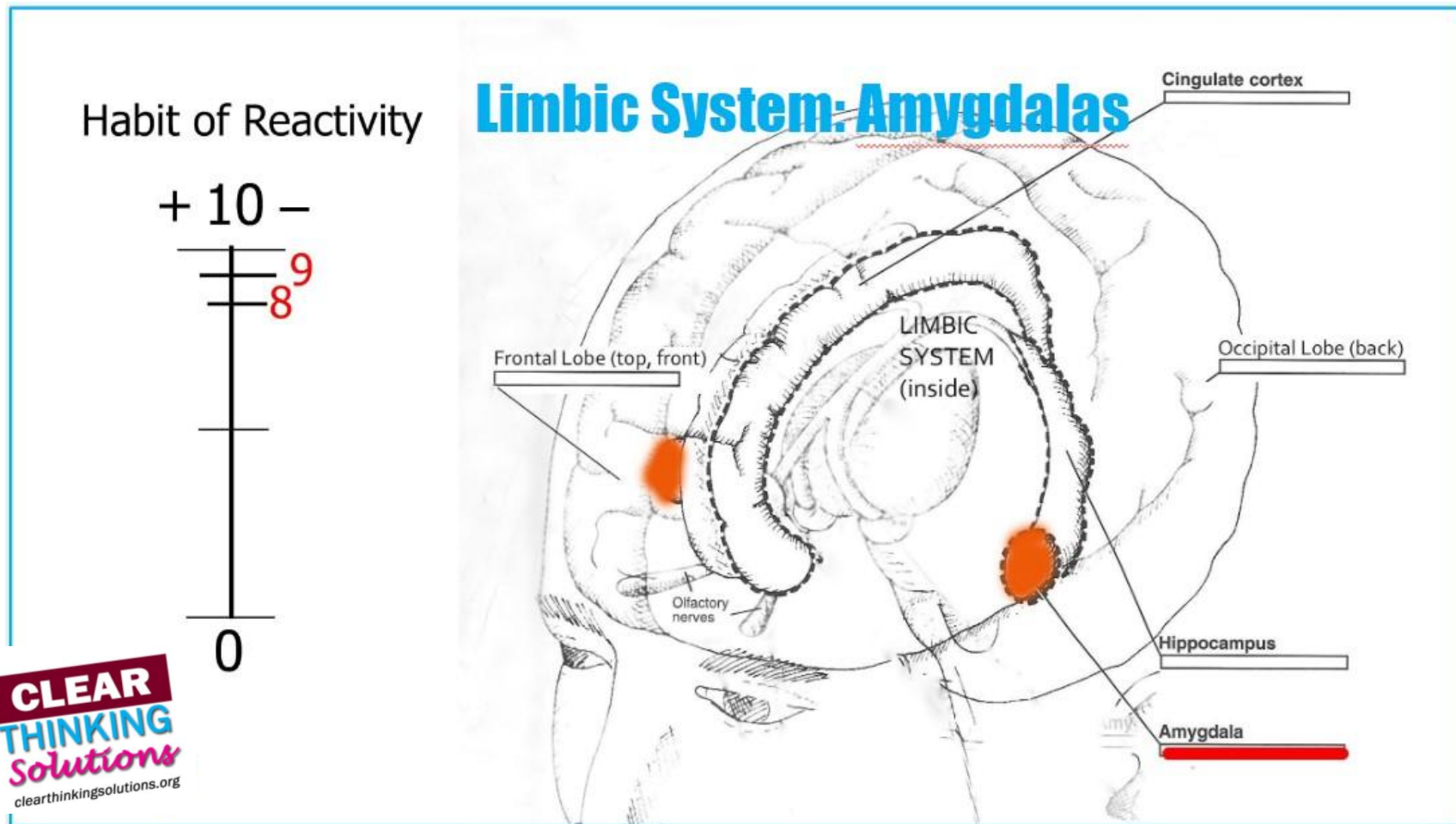


Tackling My Tension with Grace

What stops me from being in my best state of mind?

Learn to identify tension in my brain and body
to become more effective at being present to lead well.

Learn Objective 1: Identify how your brain works to protect you in tension: amygdale, hippocampi, frontal lobes.



Habit of Reactivity

+ 10 -

8⁹

0

Limbic System: Amygdalas

Cingulate cortex

Frontal Lobe (top, front)

LIMBIC SYSTEM (inside)

Occipital Lobe (back)

Olfactory nerves

Hippocampus

Amygdala

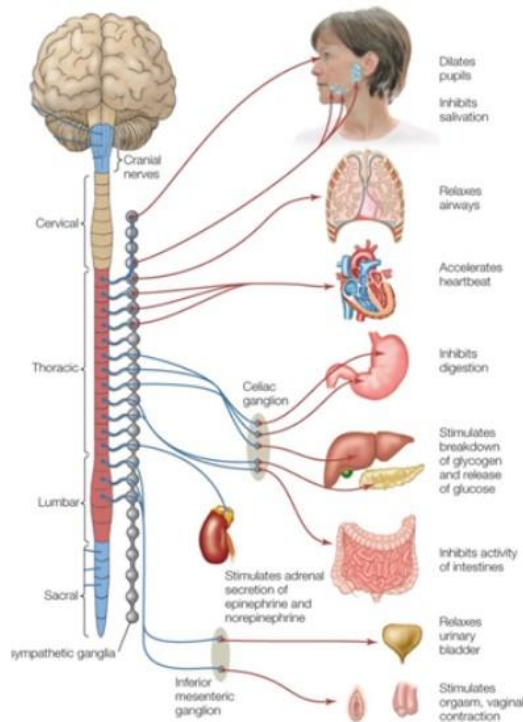
CLEAR THINKING Solutions
clearthinkingsolutions.org

Inviting new balance of brain, body, behavior and belief.

Tackling My Tension with Grace

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Learning Objective 2: Invite awareness of the body in tension and how to relieve that tension: Exhale!

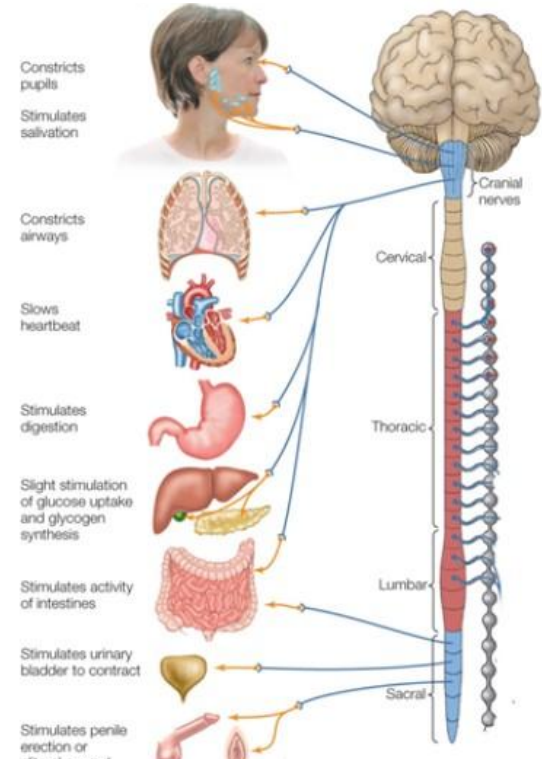


Sympathetic: Bottom up

The vagus nerve from the brain carry this fight, flight, fright response message to the body.

Knowing how to invite the Parasympathetic Rescue System is about knowing and learning two things:

1. How to use the outside body to calm the reactive Sympathetic System
2. How to recognize tension in the body as the clue to what is going on in the mind, and how to invite it to clearer thinking in the moment.



Slowly rotate shoulders and head (immediately tells organs to bring down the tension)

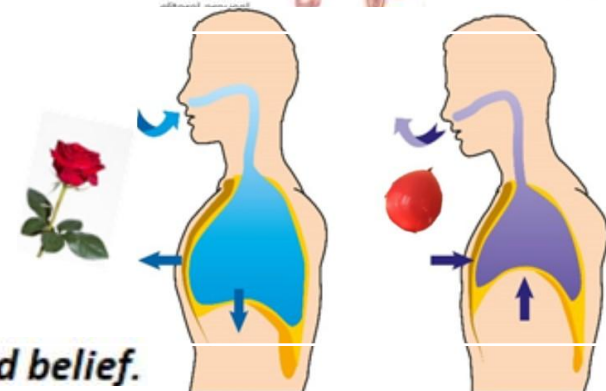
Sit up straight (allows stomach core muscles to support the sagging self)

Allow new strong inhale and low, slow exhale (releases chemicals – see left page)

Move arms above your head (stretch deactivates angry actions)

Wiggle the eyebrows (invites oxygen to frontal lobe for solution)

Fanning the fingers slowly outward from a fist (releases the tension)



Tackling My Tension with Grace

What stops me from being in my best state of mind? Learn to identify tension in my brain and body to become more effective at being present to lead well.

Learning Objective 3: Investigate a four step thinking method to view self and others with empathy.

Clear Thinking Solutions, Inc.

A community-based nonprofit organization facilitating trauma-informed and resilience-building training for organizations and individuals. Compassionate interactive activities including neuroscience education, Art Thinking exercises, and practical self-care options.

CTS was launched by Karen D. Wood, L.C.S.W., Barbara Fiske, Kim Contreras and a team of others in 2020 to facilitate the vision of spreading the Clear Thinking Method locally, nationally and internationally.

Our mission is to train individuals and communities to understand scientific brain functioning and to utilize accessible and efficient strategies for the purpose of promoting tension-free, strength-based thinking.

Clear Thinking Method

The Clear Thinking method of discovering one's best state of mind allows a person to consistently bring their best thinking and ethics into the crucial moments of life, and access needed strength. In development for over thirty years, the method uses the mind's most efficient and effective thinking processes discovered to date, teaching personal mastery over negative emotions and behaviors.

Recent research in neurology, conscious thinking processes, and evidence-based practices confirms the value of clear thinking.

The thinking skills are often visual in nature. Students of this clear thinking process learn to see themselves in their own tension, and the outcome of that reactive state of mind. Then they are able to view themselves looking at the facts of the situation and the outcome of that picture. This allows a new balance between the lessening tension in their mind and their bodies.

Four Step Thinking Sequence

1. **Notice** the tension
2. **Look** (-) at yourself *not accepting* and the outcome of that picture
3. **Look** (+) at yourself *accepting* and the outcome of that picture
4. **Notice** the change in tension