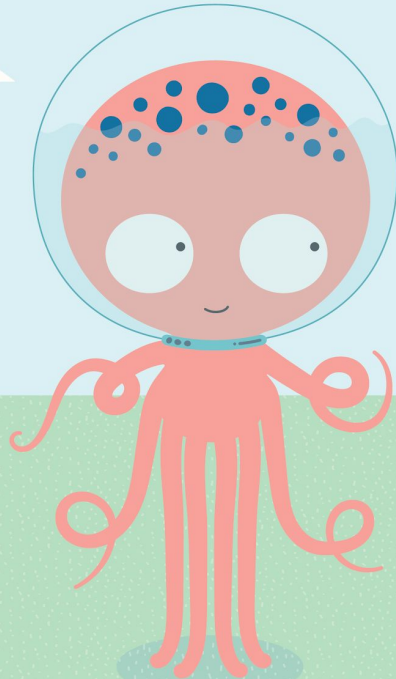


The Sensitive Octopus

(insular cortex)



WAKE ME UP BY

Imagining how someone
else is feeling

Checking in with your internal
weather. Are you feeling Sunny?
Stormy? Cloudy?

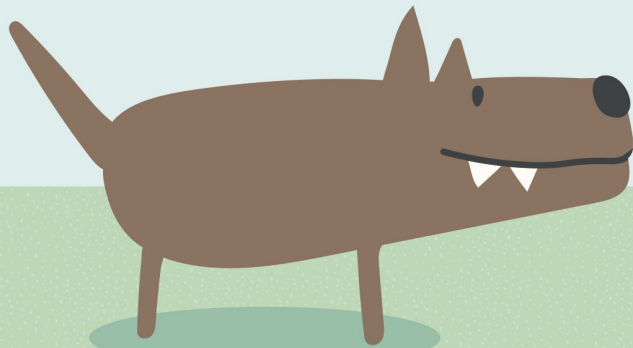
Reading BOOKS!

Naming your feelings

Staying curious

The Guard Dog

(amygdala)



CALM ME BY

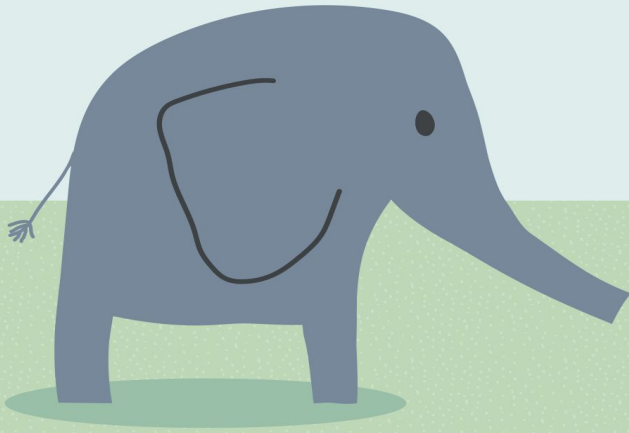
Practicing mindfulness -
eating, listening, breathing,
seeing - take YOUR pick!

Doing something kind for
someone else

Writing three things you are
thankful for EVERY day

Changing a shark thought into a
dolphin one

The Elephant who tries hard to remember (hippocampus)



WAKE ME UP BY

Moving your body EVERY day

Learning one new thing a day

Meditating - even for a minute of
belly breathing or hand breathing

Eating healthy food

The Wise Owl

(prefrontal cortex)



WAKE ME UP BY

Getting a good night's sleep

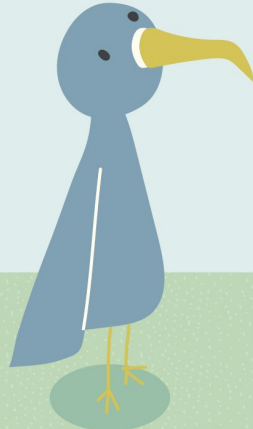
Sticking with tricky things

Taking three mindful breaths

Making a mistake and
learning from it

The Sifting Sooty

(reticular activating system, RAS)



WAKE ME UP BY

Noticing when you are distracted:
one thing you can touch, see, hear,
smell and taste.

Doing one thing at a time

Setting a goal with a good plan on
how to achieve it

Drawing a picture or taking a photo
that reminds you of what your
goal is