



# shifting mindsets

Adaptive Resilience Series: Module 2

hallo      xin chào      helo      سلام

bonjour      χαίρε      नमस्ते      הלל

ciao      안녕      ahoj      olá

hola      szia      hello!      hej

cześć      sawubona      ਸਤਿਨਾਮੁ      Здравейте

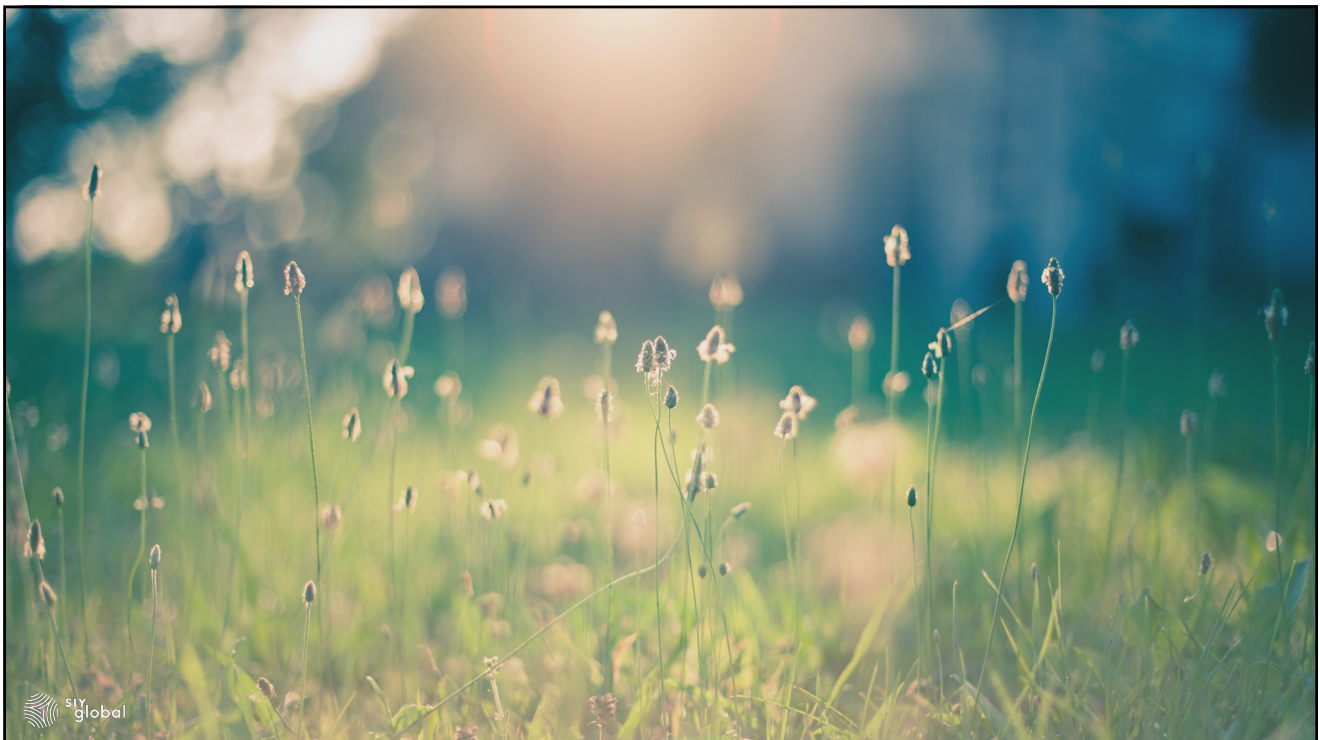
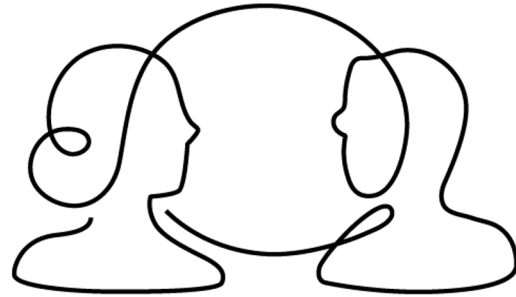
வனக்கம்      kia ora      مرحبا

こんにちは      merhaba      zdravo      你好

# check in

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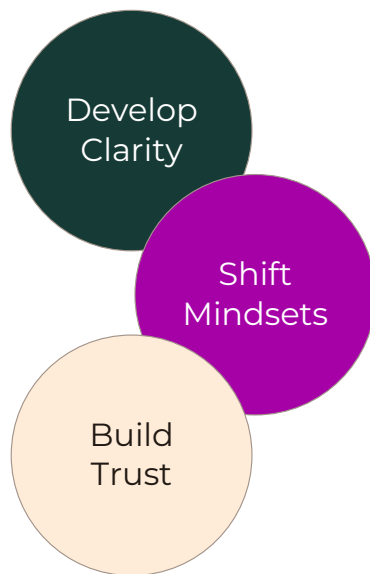
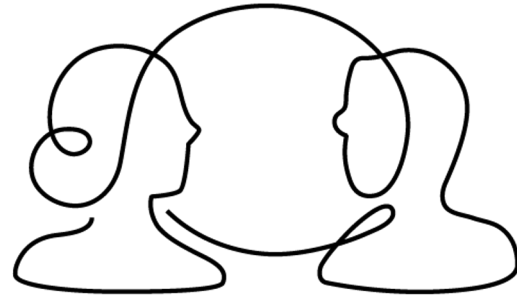
**Two words:** how are you feeling right now?



# sharing

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- What did you notice when doing the STOP practice?
- Was there an insight or shift that occurred?



# adaptive resilience series



## Mindset:

**Deeply ingrained assumptions and beliefs that influence the way we understand the world and how we take action in it.**



mindset



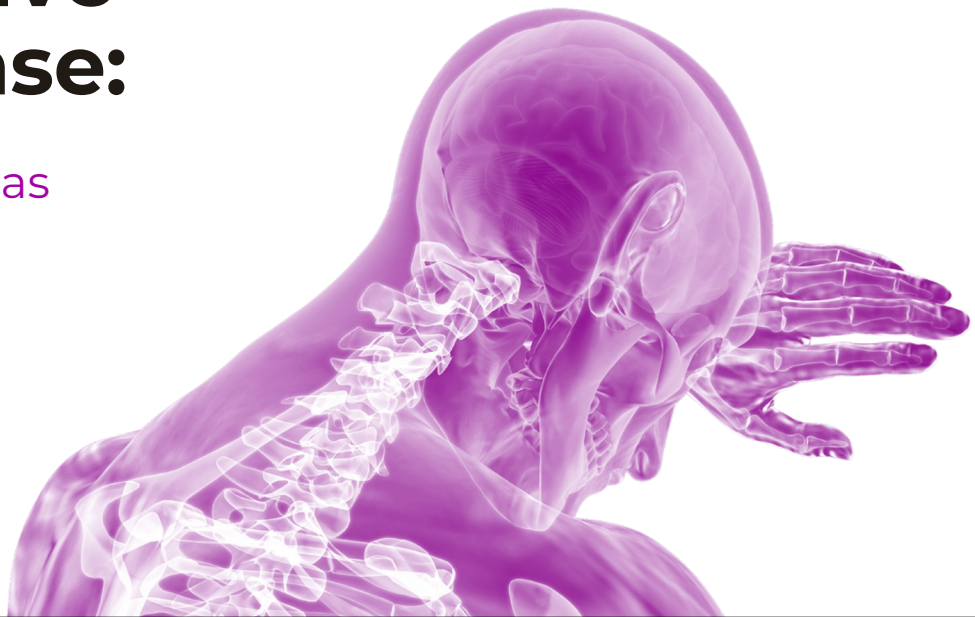
**“Nothing is so painful to the human mind  
as a great and sudden change.”**



Mary Shelley

**cognitive  
response:**

negativity bias





# negativity bias

- Limited ability to focus
- Rumination
- Catastrophic thinking
- Underestimate resources



Deepen Clarity

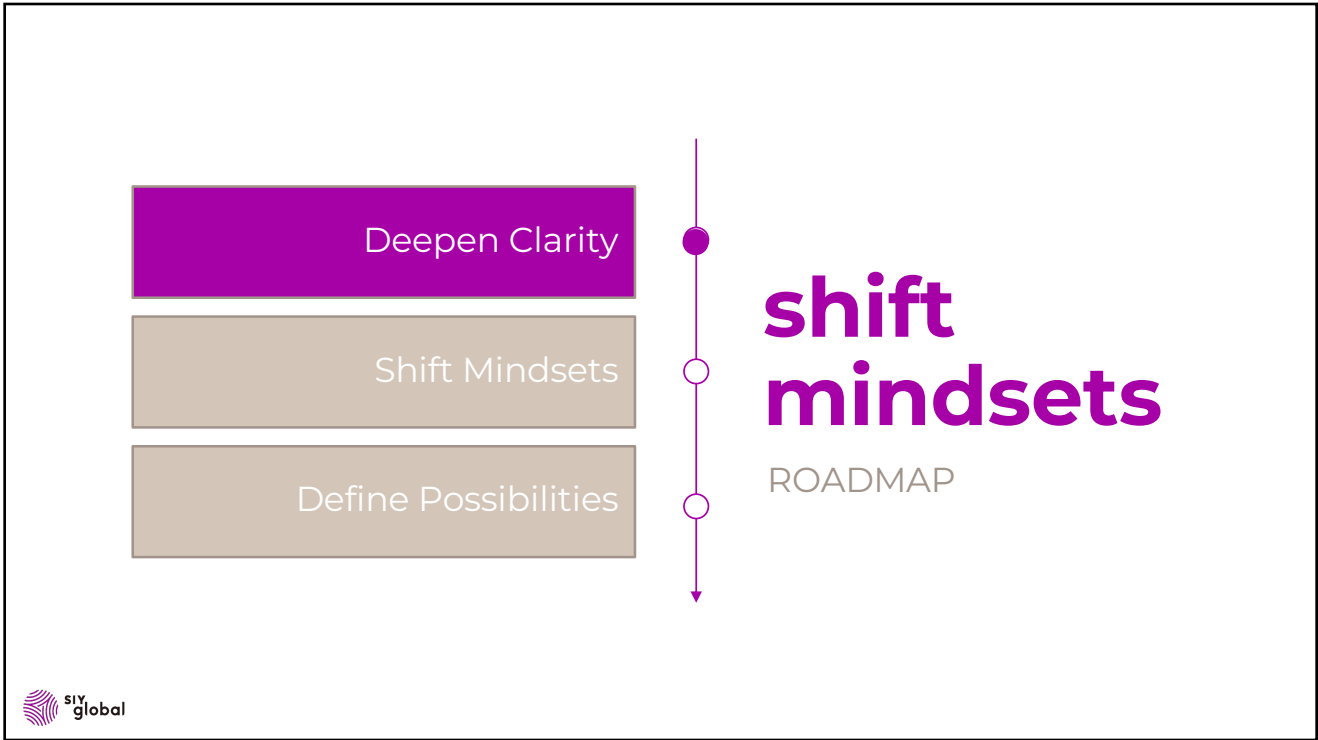
Shift Mindsets

Define Possibilities

## shift mindsets

ROADMAP



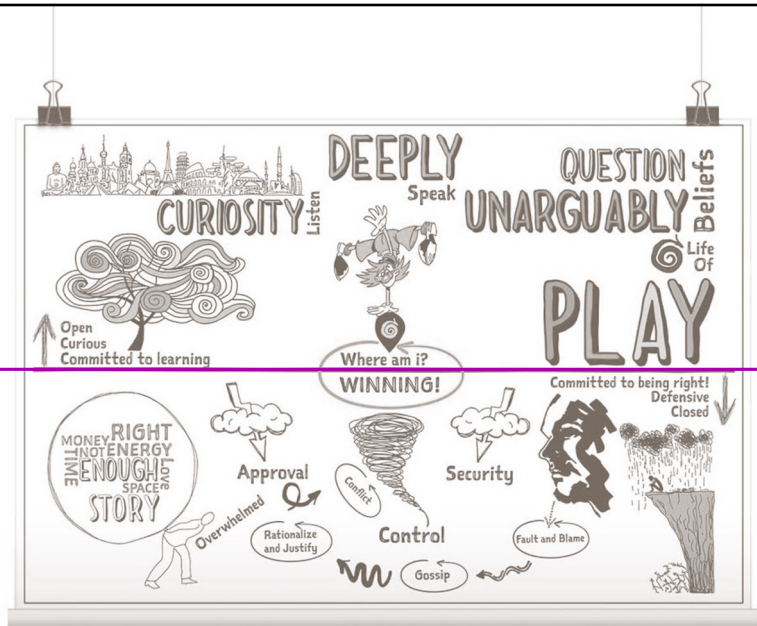




# practice

Above The Line

Below The Line





# attentive listening

- Person **A** shares. Person **B** will practice Attentive Listening.
  - After **3 minutes**, zoom message: Stop, take a breath, and then switch.
  - Person **B** shares. Person **A** will practice Attentive Listening.
  - After **3 minutes**, zoom message: free flow conversation.
- How did it feel to be Below the line, and then Above the line?
  - Share any insights you had.



## sharing

what was the experience like?





## micropractice



### STOP

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- **Stop**
- **Take a breath**
- **Observe:**  
Where am I operating from?

Deepen Clarity

Shift Mindsets

Define Possibilities



## shift mindsets

ROADMAP



Deepen Clarity

Shift Mindsets

Define Possibilities

1

from fixing  
to learning

2

from resistance  
to acceptance

3

from 'not-enough'  
to gratitude



Deepen Clarity

Shift Mindsets

Define Possibilities

1

**from fixing  
to learning**

Reframing Practice

2

from resistance  
to acceptance

3

from 'not-enough'  
to gratitude



“If you don't like something, change it. If you can't change it, change your attitude.”

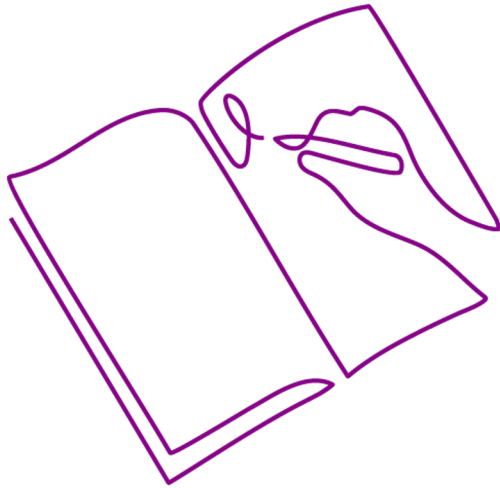


Maya Angelou



journaling



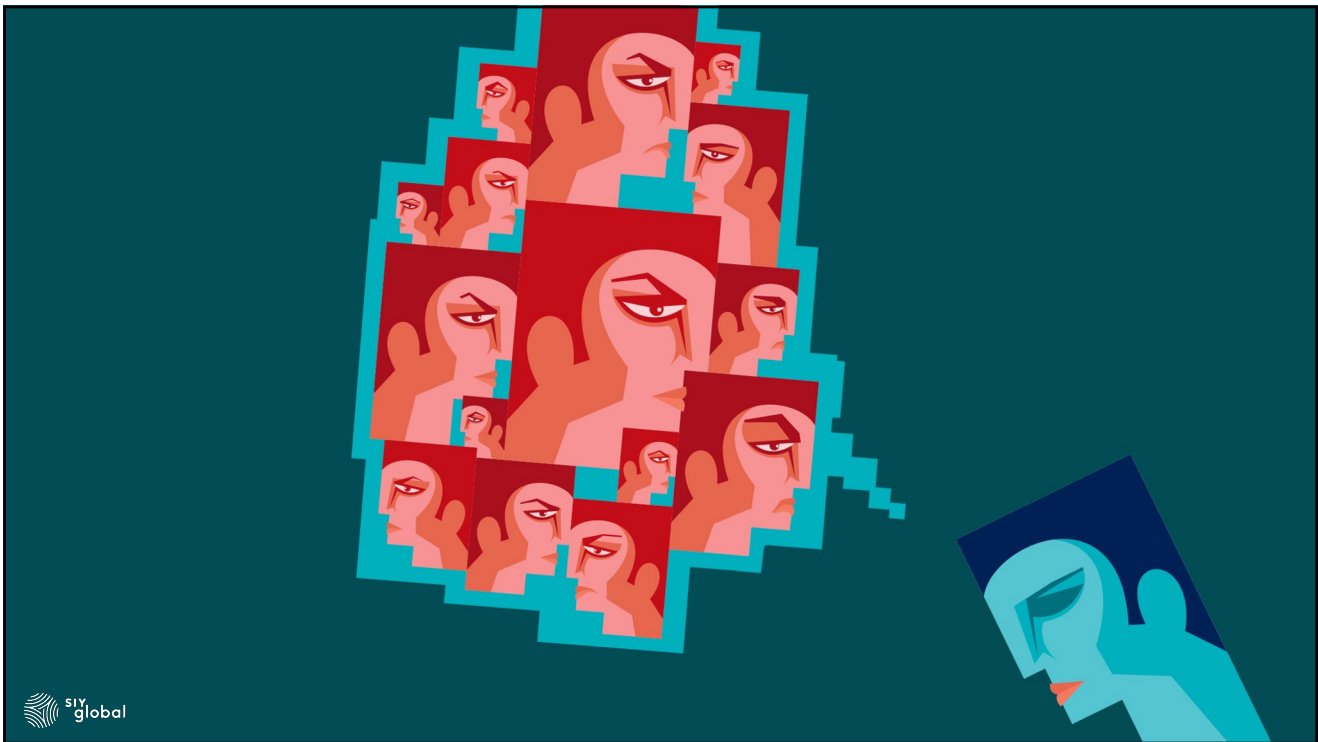
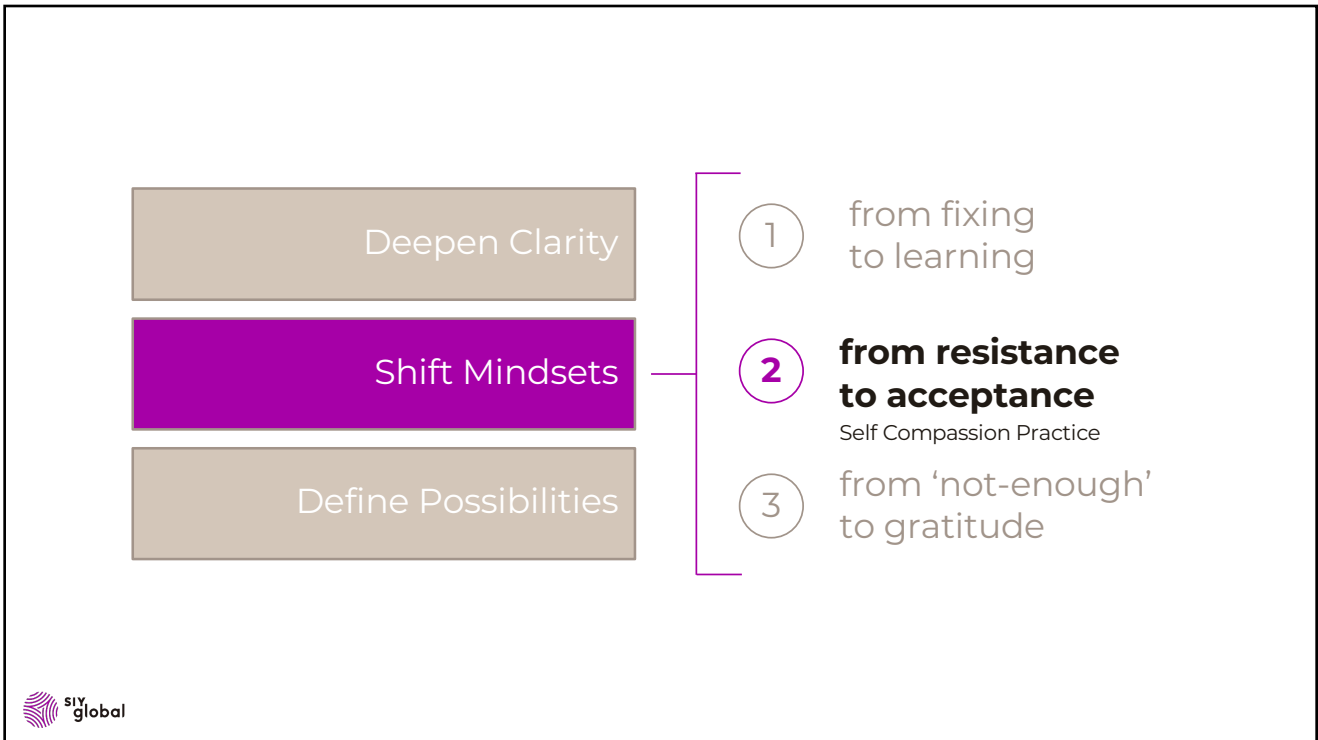


If learning from this situation was my primary intention I would...



A creative next step might be...







# self compassion

Being kind and understanding to ourselves when confronted with personal failings.

- Mindfulness vs. Over-identification
- Common humanity vs. Isolation
- Self-kindness vs. Self-judgement



Kristin Neff



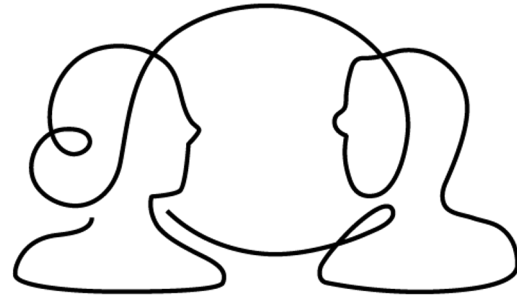
# practice



# chat share

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- What was that experience like?
- What did you learn about yourself?



“A moment of radical acceptance is a moment of genuine freedom.”



Tara Brach





## ACCEPTANCE

Finally realizing that red dot is impossible to catch



Deepen Clarity

Shift Mindsets

Define Possibilities

1

from fixing to learning

2

from resistance to acceptance

3

**from 'not-enough' to gratitude**

What Went Well & Why Practice



# what went well & why

## (4W)



**For seven days every evening, journal for a few minutes:**

- Three things that went well today
- Why did this happen?

*"I enjoyed my meal today."*

*"I received an encouraging message from a friend."*

*"I showed up for an important meeting."*

Seligman, Steen, Park, & Peterson (2005)

Deepen Clarity

Shift Mindsets

Define Possibilities

**shift  
mindsets**

ROADMAP



# attentive listening

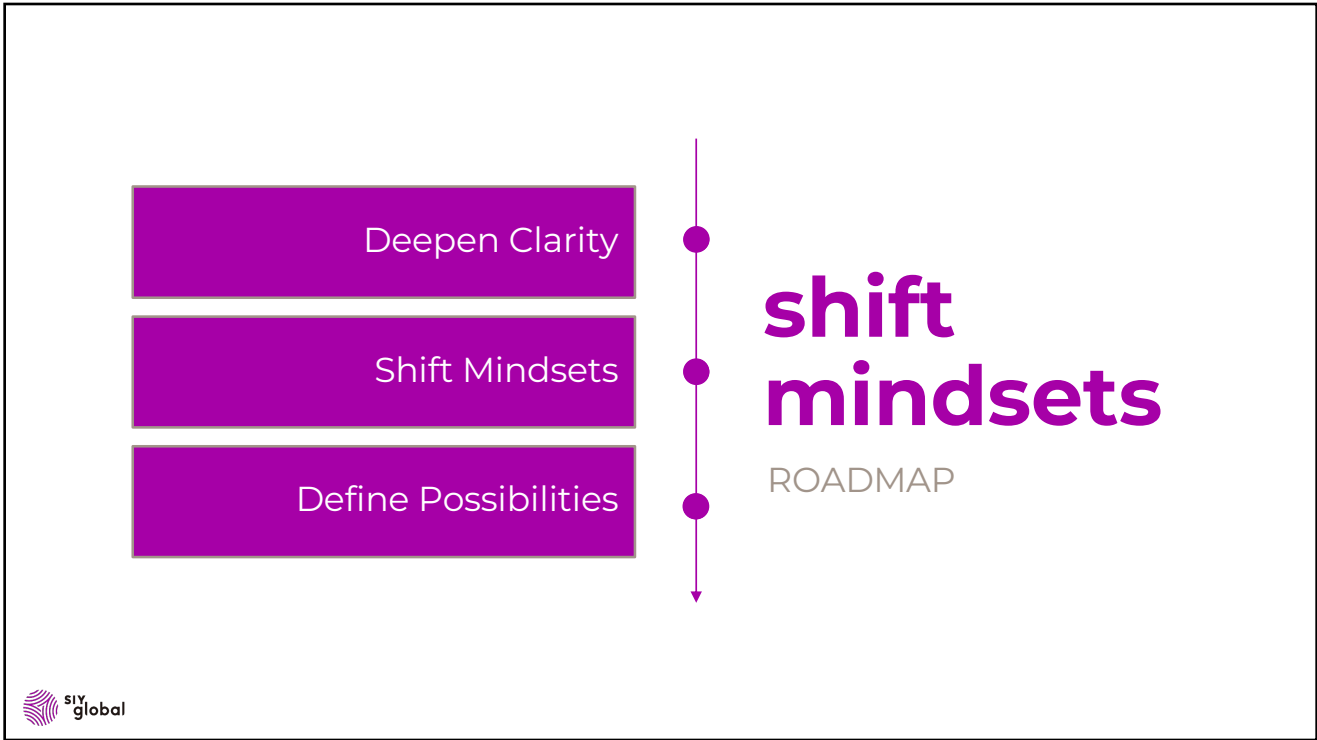
- Person **A** shares. Person **B** will practice Attentive Listening.
  - After **3 minutes**, zoom message: Stop, take a breath, and then switch.
  - Person **B** shares. Person **A** will practice Attentive Listening.
  - After **3 minutes**, zoom message: free flow conversation.
- Go back to the challenging situation and explore new possibilities
  - Is there one thing you would like to try out or explore? What?



## sharing

thinking of your challenge,  
what are some new possibilities you see?





Deepen Clarity	Shift Mindsets	Define Possibilities
<p>Observing where you are operating from: Below the Line or Above the Line</p>	<p>Shifting your relationship towards what you are experiencing...</p>	<p>Support others by building empathy &amp; psychological safety</p>
<p><b>Micropractice:</b></p> <ul style="list-style-type: none"> <li>• Stop</li> <li>• Take a breath</li> <li>• Observe: Where am I operating from?</li> </ul>	<ul style="list-style-type: none"> <li>• From Fixing to Learning <i>Reframing Journaling</i></li> <li>• From Resistance to Acceptance <i>Self-Compassion Practice</i></li> <li>• From 'Not enough' to Gratitude <i>What Went Well and Why?</i></li> </ul>	<p>Attentive Listening or Journaling</p>



# homework

- Start a 4W Gratitude Practice

OR

- Journal to reframe another challenging situation:  
"If learning from this situation was my primary intention I would..."

