

EMOTIONAL WELLNESS

Answer the following questions to gain a better understanding of your emotional wellness state of mind.

1. Identify what your current allostatic load is and the stressors that have contributed to it.

2. What inputs are you exposed to and how do they affect your brain?

3. When referring to the Levels of Consciousness in the Danger Response, identify what emotions you have felt in the last 2 weeks and the physical affects they have had on your body.

4. When referring to the Levels of Consciousness in the safety response identify what emotions you have felt in the last 2 weeks and the physical affects they've had on your body.

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Write down triggers for your common negative emotions that fall under Danger Response (old loop) and the emotion you feel as a result of that. Then write down a positive emotion that falls under Safety Response (new loop) and the emotion you feel as a result.

	The trigger	→	The beginning emotion	→	The ending emotion
Old	Increased workload		Anger		Hate, vengeful, aggression
New	Promotion		Optimism		Hopeful, inspiring
Old	_____		_____		_____
New	_____		_____		_____
Old	_____		_____		_____
New	_____		_____		_____

How can you change your perception on situations to set yourself up for a higher emotional state than you have in the past?
