



Switch on your decision making brain

Strong decision making skills reduce impulsive responses to emotions. Like when we react first, and think of the consequences later.

Decision making skills help us face up to problems and work out solutions, instead of avoiding issues and hoping they will go away.

The first skill in being good at decision making is learning to switch off your emotional brain and switch on your decision making brain. The best way to practice switching on your decision making brain is by stopping and taking a breath before you respond.

SWITCH ON YOUR DECISION MAKING BRAIN WITH STOP AND THINK AHEAD



Stop.



Take a breath. Inhale through your nose and exhale through your mouth.



Observe two body signals.



Predict how you want to feel in 5 minutes

