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Behaviors of Brain States Conscious Discipline ©

#### Survival State

- Fight: Hit, Push, Scream, Bite
- Flight: Withdraw, Run Away, Hide
- Surrender by complying, Apathy by giving in or giving up by crying

#### Emotional State

- Blaming others for our distress
- Name calling
- Denial
- Guilt
- Manipulation

#### Executive State

- Attention
- Time Management
- Organization
- Prioritization
- Working Memory
- Impulse Control
- Flexibility
- Empathy
- Metacognition
- Goal Achievement
- Task Initiation
- Emotional Regulation

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## Long Term Cortisol Effects

The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems

- Weight gain
- Memory and concentration impairment

That's why it's so important to learn healthy ways to cope with the stressors in your life.

RESOURCE: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

It also effects your body's glucose production and is related to diabetes.

RESOURCE: <http://www.todaysdietitian.com/newarchives/111609p38.shtml>

## A TOP WIFE Makes Good TEa **Conscious Discipline**®

**A**ttention

**T**ime Management

**O**rganization

**P**rioritization

**W**orking Memory

**I**mpulse Control

**F**lexibility

**E**mpathy

**M**etacognition

**G**oal Achievement

**T**ask Initiation

**E**motional Regulation

### Developmental Order of Executive Skills

Impulse Control Working Memory Emotional Control/Empathy Attention	→	6 - 12 months
Planning / Prioritization Flexibility	→	12-24 months
Task Initiation Organization	→	Preschool
Time Management Goal Achievement Metacognition	→	Elementary School+

Activity – Language of Safety

Child throws a fit in the grocery store. He/she is screaming and demanding a candy bar in checkout line.

Usual Response -You have to stop this behavior NOW. When we get home you will be in a time-out. No TV tonight either.

Write a response that tells the child they are safe:

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Your co-worker was responsible for make copies of the notes for the staff meeting. This is the second time she has forgotten to do her part.

Usual Response – Sandy it was your responsibility to have copies for everyone. You forgot last week too. If you do it again you probably won't get a raise at your next review. You know what you do is a reflective of our whole team.

Write a response that tells your co-worker they are working in a safe environment.

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Your spouse went out after work with his/her friends for a drink (or two) and did not call you and did not answer his/her phone. He/she returns home to you who have been waiting.

Usual Response – Where were you? You know I do not have to put up with this. I have been calling and you did not answer. If you keep this up I will just call a divorce lawyer. I am sick and tired of waiting around for you. This is not how a relationship works.

Write a response that tells your spouse they are in a safe relationship.

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## Using Empathy

Ignoring  
Saving  
Punishing  
Dismissing  
Coaching

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## Noticing Game

Sit in a circle of (group of 4+)

First person says Name your hand is setting on your leg like this (show action). Your mouth is curved up in smile like this (show actions). Your foot is *moving like this*. (You do NOT say the action, but you do show the action). The last verbal causes the person to look at you and make eye contact. Allowing you to take a deep breath activating the mirror neurons in the upset person to get the benefit of a deep breath as well.

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## Five Steps to Self-Regulation

**I AM -**

**I CALM -**

**I FEEL -**

**I CHOOSE -**

**I SOLVE -**

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Resources:

Feeling Buddies

<https://shop.consciousdiscipline.com/collections/feeling-buddies>

Baby Doll Circle Time

<https://shop.consciousdiscipline.com/collections/baby-doll-circle-time>

Bailey, B. (2015). *Conscious Discipline: Building Resilient Classrooms*. Loving Guidance, Inc.

Bailey, B. (2000). *I Love You Rituals*. William Morrow Paperbacks.

Bailey, B. (2011). *Managing Emotional Mayhem: The Five Steps for Self-Regulation*. Conscious Discipline.