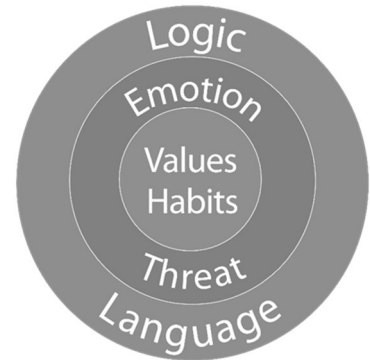
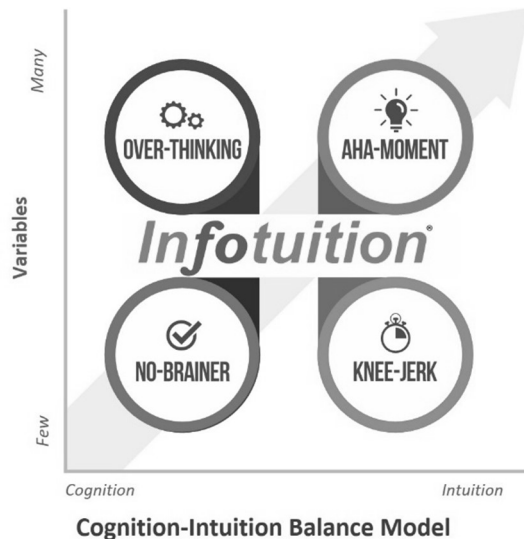


Go with Your Gut: Effective Decision-Making in an Over-Thinking World

Shelley Row, P.E.



Over-Thinking Decisions

Think of a tough decision you need to make or made that caused you to over-think, ruminate, procrastinate or struggle:

What's bugging you about this decision?

What's the nagging feeling? Is it fear or insight?

If you release the fear, what are you now freed up to do?

Understand fear and honor insight

Knee-Jerk Decisions

Know It: Triggers and Somatic Markers

Triggers may be a situation, a word, a task, a story in your head, a person, or anything that creates an over-reaction

Triggering events include...

**To solve it,
resolve it.**

Over-reactions take one of five forms.

- Fight
- Flight
- Freeze
- Appease

What is your “go-to” reaction

Body Markers

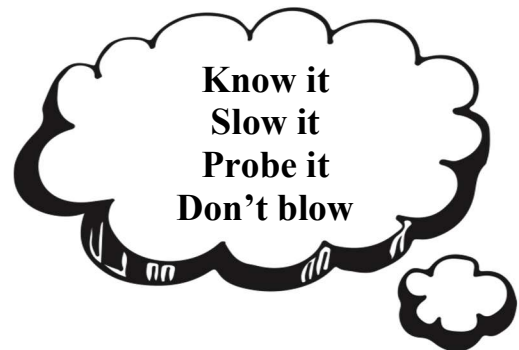
How does your body alert you to a situation that needs further consideration?

- | | |
|--|---|
| <input type="checkbox"/> Tightness in your chest | <input type="checkbox"/> Flushed skin |
| <input type="checkbox"/> Racing heart | <input type="checkbox"/> Knot in your stomach |
| <input type="checkbox"/> Sweaty palms | <input type="checkbox"/> Hot under the collar |
| <input type="checkbox"/> Dilated pupils | <input type="checkbox"/> Chills running up your spine |
| <input type="checkbox"/> Clenched jaw | |

What are typical body markers for you?

Slow It: Remove Yourself from the Heat

Ways that successfully calm my reactivity include...



Probe It: What's really going on?

Aha Moment

Brain Break

Fill yourself with available information, notice your feelings and then take a break. Give your brain a chance to assimilate both fact and feeling. For many, quiet and calm are needed to reach an *infotuitive* state. Methods to take a time out:

- | | |
|---|--|
| <input type="checkbox"/> Sleep on it | <input type="checkbox"/> Do art |
| <input type="checkbox"/> Literally step away | <input type="checkbox"/> Play music |
| <input type="checkbox"/> Take a break | <input type="checkbox"/> Fish |
| <input type="checkbox"/> Walk in nature | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Run, hike, bike, swim | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Commute alone in the quiet | <input type="checkbox"/> Quiet time on flights |

How can you take a brain break? At work? Outside of work?