



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Neuroscientists have recently found, contrary to former beliefs, that our emotions are malleable and we have more influence over them than we think.

Your brain uses memories and knowledge from your previous experiences in order to evaluate how you respond to the present. Neuroscientists call this "the predictive brain."

Understanding how our brains use these predictions indicate that emotions aren't out of our control and hard-wired to particular situations. In fact, you can modify what you feel in very direct ways.

By practicing specific emotions, you can "rewire" your brain. So, if you consciously switch negative emotions with positive ones, it will be easier for you to automatically cultivate these emotions in the future. Over time, your brain will start to use positive emotions more often—and turn to negative emotions less often.



Share some appreciation

Get together with friends and write three things you're grateful for on a card, and then share what you wrote with one another

Take an awe walk

Take a daily walk outdoors, preferably without your phone, and pay attention to the details of the world around you

Listen to a calm concert

Find a place in nature to sit for just a few minutes, close your eyes and listen to the natural sounds around you