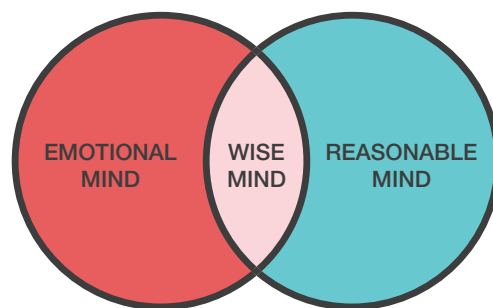


Wise Mind in Daily Life

When we let our strong emotions drive our decisions, we often experience negative consequences. Our daily routines present us with various challenges, both in our personal and professional lives. Opting for coping mechanisms like drinking, smoking, or responding aggressively which tends to exacerbate our issues instead of resolving them. Impulsive or destructive behaviors are the cause of many stressors. Relying solely on our emotional brain often leads us to the wrong track.

Luckily, we also have a reasonable mind. The reasonable mind makes decisions based exclusively on facts and logic. Even though it might sound right to use our rational mind, it does not consider our feelings. When we relate to others, we need to connect with their emotions and particular needs. We also need to recognize our own feelings. Why does this situation make me feel uncomfortable? How does this feeling affect my behavior? Is there something I can do to manage it?



Finding a common ground between our feelings and our thoughts might be hard. We need to train ourselves in the use of the WISE mind which incorporates the emotional side and the rational side. This state helps us integrate our feelings and thoughts into more adaptive behaviors.

If you would like more information on learning to use your WISE mind, your EAP is here to help. Contact us today at 800-327-4968 (800-EAP-4YOU), TTY: 1-877-493-7341 or visit us online at EAP4YOU.com.