FEARLESS POSITIVITY

BY AMY BLANKSON
Fear abounds...

- Returning to in-person teaching this fall: 82%
- Ongoing changes to guidance and regulations due to COVID-19: 90%
- Accessing sufficient personal protective equipment and cleaning materials for teaching in person: 78%
- Risking your own health by returning to school: 77%
- Connecting with students you've never met this fall, if we are all wearing masks: 73%
- Not knowing how or where you will be teaching this fall: 72%
I’ll be happy when...
We are at an inflection point in history.
What does it mean to be FEARLESSLY POSITIVE?
We step into fear for something bigger.

brAVERY. This girl is the very definition of it. Please keep our family and especially our baby girl in your prayers. Avery was diagnosed with leukemia yesterday. We have a long road ahead but Avery is so strong and we know our God is so very faithful.
“Courage is not the absence of fear, but rather the assessment that something else is more important than fear.”

FRANKLIN D. ROOSEVELT
Optimism is the belief that your behavior matters.
3 STRATEGIES FOR FEARLESS POSITIVITY

1. Rethink Stress
2. Optimize Your Mindset
3. Lean Into Social Support
1. RETHINK STRESS
THE JOURNEY IS UNCERTAIN
HURRICANE KATRINA
DETERMINANTS OF HAPPINESS

10% EXTERNAL

90% GENES & PERCEPTION
How do you respond to stress?
CHALLENGES
Prefrontal cortex

THREATS
Amygdala

- DMPFC: Reality testing, Error monitoring
- DLPFC: Top-down guidance of attention and thought
- rIPFC: Inhibition of inappropriate actions
- VMPFC: Regulating emotion
The question is not about how to adjust to the new normal, but rather how to make the present better than ever before....
Who do I choose to be during COVID-19?

Fear Zone:
- I panic buy
- I hoard toilet paper, food, and medicines I don’t need
- I act like a victim looking who to blame

Learning Zone:
- I search and share everything I can find about COVID-19
- I get irritated easily
- I recognize that everyone is doing their best whilst facing an extremely complicated situation
- I make a program for myself to make use of the time

Growth Zone:
- I start to let go of control
- I think about others and how I can be of help
- I stop consuming that which causes me harm from the news to what I eat and drink
- Live NOW, with a clear picture of what’s NEXT

Be appreciative
Be grateful

I am not in a waiting room or ‘in between’... THIS IS LIFE. Ask how do I want this moment to be?
2. OPTIMIZE YOUR MINDSET
A positive mindset is the single greatest advantage in the modern economy.
37% GREATER SALES
3x MORE CREATIVE
31% MORE PRODUCTIVE
40% MORE LIKELY TO RECEIVE A PROMOTION
23% FEWER FATIGUE SYMPTOMS
10X MORE ENGAGED
39% MORE LIKELY TO LIVE TO AGE 94
50% LOWER HEART DISEASE
Appreciative Inquiry

Asset Based

Look at what we've got!!

Look at what we're missing!!

Deficit Focused

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PRIME YOUR MIND

Journaling
Gratitude
Acts of Kindness
Meditation
Exercise
JOURNALING
Creates a trajectory of meaning in your life
GRATITUDE creates new neural pathways in your brain
ACTS OF KINDNESS
create a positive feedback loop that strengthens connections
MEDITATION improves accuracy tests by 10%, improves happiness, and decreases the stress level of the people on your team even if they are not meditating.
EXERCISE gives the brain a cognitive boost and creates constellations of positive habits
Since February searches for “how to get your brain to focus” have increased 300%.

It’s time to give intention to our attention.
Zoom Fatigue + Continuous Partial Attention + Constant Connectivity = Decreased Engagement
A New Model for Flourishing in the Digital Era

digitalwellnessinstitute.com
3. LEAN INTO SOCIAL SUPPORT

THE SINGLE GREATEST PREDICTOR OF LONG-TERM SUCCESS AND HAPPINESS
In hard times, we tend to disinvest in friendships when we actually need them the most.
It’s ok to not be okay.
MENTAL HEALTH

In a survey of 10k respondents:

• 50% serious depression
• 35% serious anxiety
• 25% rise in loneliness since 2018
OUR TEACHERS ARE THE BEST

YOU ARE VITAL

Every Little Thing
Individuals who PROVIDE social support to others are 40% more likely to receive it in return.
Rewriting the Social Script
3 STRATEGIES FOR FEARLESS POSITIVITY

- RETHINK STRESS
- OPTIMIZE YOUR MINDSET
- LEAN INTO SOCIAL SUPPORT
“Write a new ending for yourself, for the people you’re meant to serve and support, and for your culture.”

- Brené Brown
THANK YOU!
For more resources: fearlesspositivity.com