

CALMCLARITY Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy



Leading in Alignment and Wholeness

Webinar for Church of the Brethren, September 28, 2023

Presented by Due Quach ("Zway Kwok"), Author & Founder

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Zoom Virtual Workshop Instructions and Notes

- **Please display your name as you would like to be called.** You can change your display name in the settings.
- **Please mute your microphone when you are not speaking to minimize disruptive sounds.**
- If you are having internet issues, you can use your phone to connect your audio. If you dial in, please turn off the audio on your computer so there is no echo.
- **To foster group rapport, please turn on your camera as much as possible.** This enables non-verbal communication and engagement with the rest of the group.
- You can use the chat function to ask questions, share supportive comments, and affirm what others say. Please note: when a speaker is presenting in screen-share mode, it is harder for the speaker to see and follow the chat box.
- **We welcome you to use emojis in the "reactions" function** to provide visual feedback whenever you feel moved to do so.
- **To ask a question or volunteer to share during a group discussion, please use the "raise hand" reaction.** This will highlight your position in the gallery.
- During group discussions, sharing can help you process and deepen your insights. It also allows the rest of the group to learn and benefit from what you share. Please only share what you feel comfortable telling the group.
- To help us stay on time, please use the final Q&A to ask questions that are specific to your own situation or interests.

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Agree on Group Guidelines

Can you take ownership of co-creating a supportive, brave space to share, learn, and grow so that the collective intentions of this group can be fulfilled?

Please consider these suggested group guidelines as a starting point. Feel free to revise them and add to them.


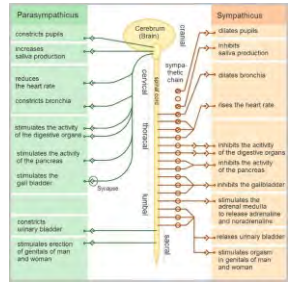
- Be present: minimize distractions
- Participate as much as you can, practice self-care as much as you need to
- See everyone as equal: each person is a student and a teacher
- Value differences
- Be curious: ask questions
- Build each other up
- Share compassion and support
- Protect confidentiality and sensitive information
- **Anything else?**

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Let's settle in by taking 3 slow, deep breaths

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Today's Session

Agenda

Welcome & Intro

Your Brain Patterns**Your Resilience System****Your Connection System**

Wrap-up and Q&A

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Calm Clarity's mission is to improve collective well-being, develop inclusive leaders, and co-create a world where all human beings and communities thrive together



We started in 2013 by training low-income students in inner-city Philadelphia to rewire their brain, improve their mental health, and create positive change.

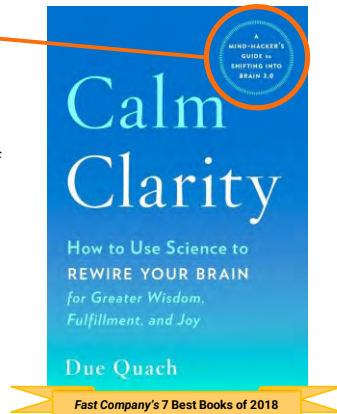


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What is "mind-hacking"?

My definition:

"Using science to enhance the best qualities of being human by proactively **steering brain development** in a way that physiologically supports greater **physical, emotional, mental, and spiritual well-being, alignment, and integration.**"



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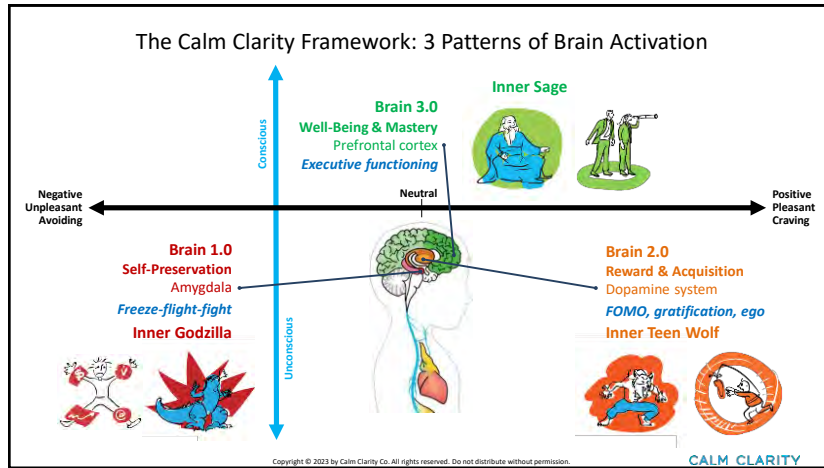
Why I became a mind-hacker

Vietnam refugee
"boat baby"Grew up in inner city Philadelphia,
experienced poverty, racism, and violenceCulture shock & alienation
at Harvard triggered PTSDTurned to neuroscience
to heal my brain and
graduate with honorsWorked in management consulting,
private equity and
social impact investingUsing neuroscience to improve
collective well-being and
develop inclusive leaders

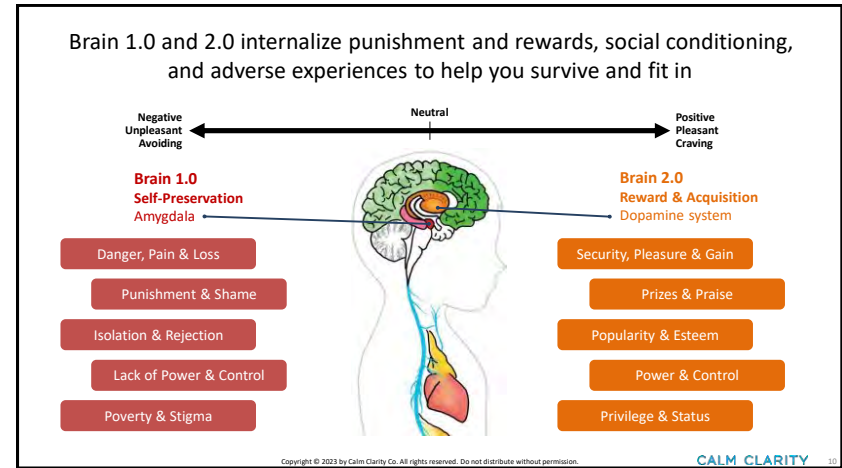
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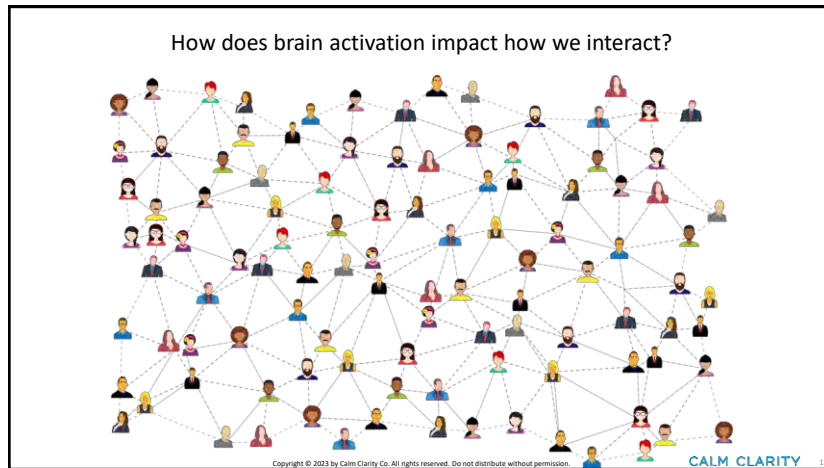
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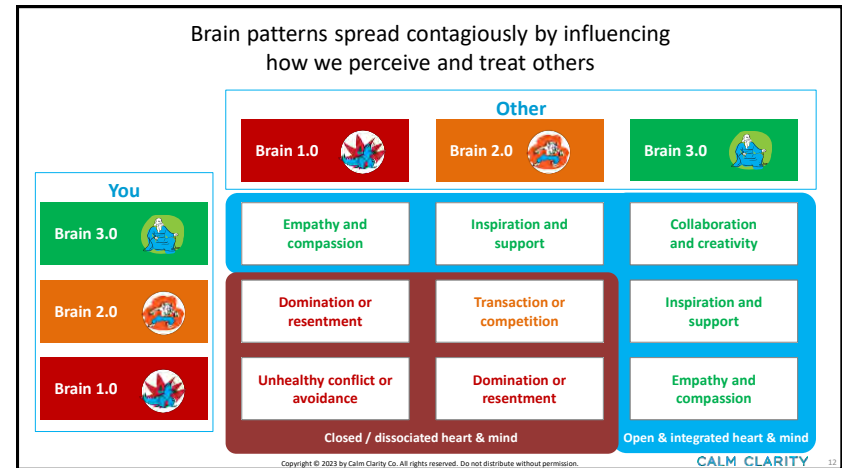
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Stress and challenges activate Brain 1.0 and Brain 2.0



What Activates Brain 1.0

- A threat, change, or disruption that reduces safety, stability, and security
- Uncertainty – uncomfortably high possibility of a negative future outcome
- Feeling helpless, powerless, or overwhelmed by things that are beyond our control
- Isolation, rejection, and stigma



What Activates Brain 2.0

- Reward (money, pleasure, status, control, power, validation, safety, comfort, **relief from a negative feeling**, etc.)
- A strong urge to control and have power over others / the situation
- High stakes – we believe an event will have a huge impact on our lives
- A strong attachment to a specific outcome (tunnel vision) such that we see other outcomes as unbearable and catastrophic

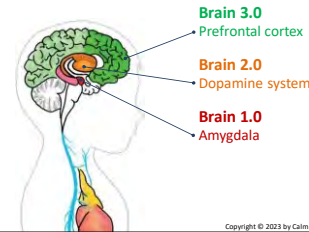
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*“Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”*

—Viktor Frankl



How to choose growth and freedom:

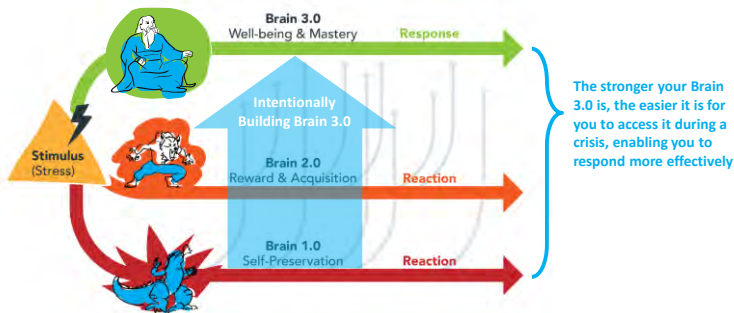
- **Notice and acknowledge** when Brain 1.0 and 2.0 are triggered
- **Intentionally activate Brain 3.0** to respond with wisdom

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Activating Brain 3.0 calms Brain 1.0 and Brain 2.0



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To build Brain 3.0, exercise and strengthen these key systems

1. **The Resilience System:** the networks for stress regulation and recovery
2. **The Connection System:** the networks for compassion and empathy
3. **The Attention System:** the networks for attention, focus, and concentration
4. **The Meta-Awareness System:** the networks for being aware of one's stories, patterns, feelings, thoughts, and behaviors

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Your Resilience System



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The **Resilience System** enables people to overcome adversity and rise to challenges

“The greatest glory in living lies not in never failing, but in rising every time you fall.”

—Nelson Mandela

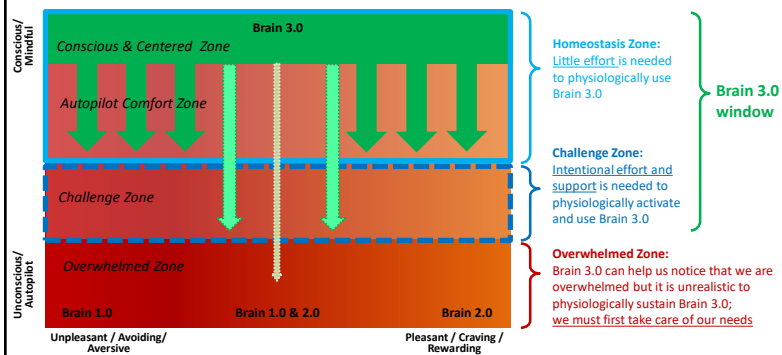


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As stress levels increase and stay high, it gets physiologically harder to access and sustain Brain 3.0 without proactive self-care



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Resilience is tied to being attuned to your body and what it needs



Interoception = sensing stimuli from within one's body

• Interoception enables us to answer these questions:

1. How do I feel?
2. What do I need to do to take care of myself?

• Interoception has two components:

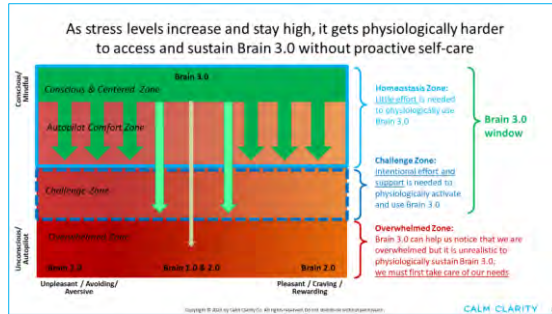
1. Awareness of the signals from one's own body
2. Ability to interpret those signals and respond appropriately

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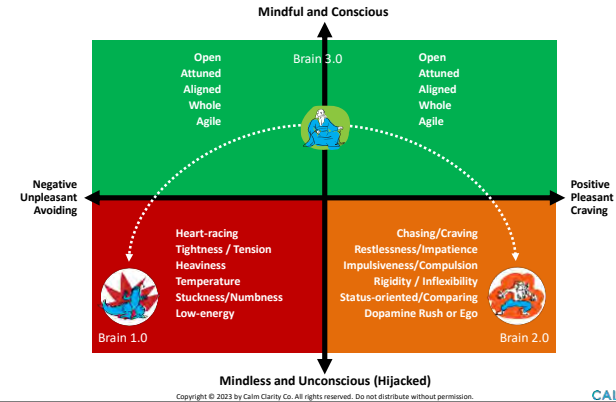
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Interoceptive signals tell you when Brain 1.0 / Brain 2.0 are activated, and that you need to take steps to access Brain 3.0



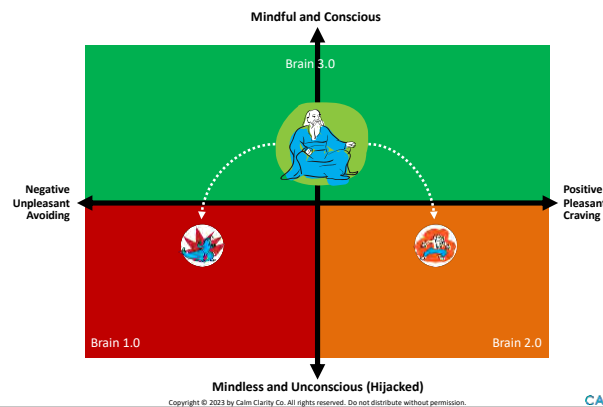
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Notice when Brain 1.0 or 2.0 are triggered: learn the signals from your body



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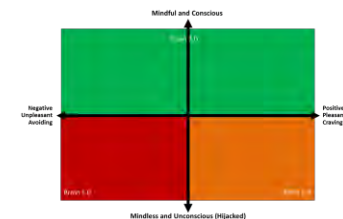
This awareness further activates Brain 3.0 and calms Brain 1.0 & 2.0



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Exercise: Notice Meditation

- Anchor in the present moment with 3 slow, deep breaths
- Observe and assess your brain activation: Brain 1.0/2.0/3.0?
 - Body sensations
 - Valence and emotions
 - Thoughts and state of mind



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Your Connection System

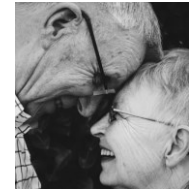


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The **Connection System** is intertwined with the neural networks for joy, meaning, and inspiration



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The Connection System can also be called the "Tend-and-Befriend System"

- When scientists studied how people respond to stress, they observed that many women and some men built social bonds and gave and received support in ways that enabled them to more effectively face the challenges that triggered the stress in the first place. They called this the "tend-and-befriend" response.
- As scientists looked at the biological mechanisms underlying it, they saw that social support increased levels of oxytocin, a hormone that helps buffer the damaging impact of stress on the cardiovascular system and improves the functioning of the parasympathetic nervous system.
 - Essentially, releasing oxytocin helps calm Brain 1.0 and restore blood flow to Brain 3.0.
- For simplicity, we use the term "tend-and-befriend system" to refer to the neural networks and biological structures that enable us to "tend and befriend." The more we activate and use this system, the stronger it becomes.
- This system enables us to connect and experience connectedness. It is an important part of Brain 3.0.

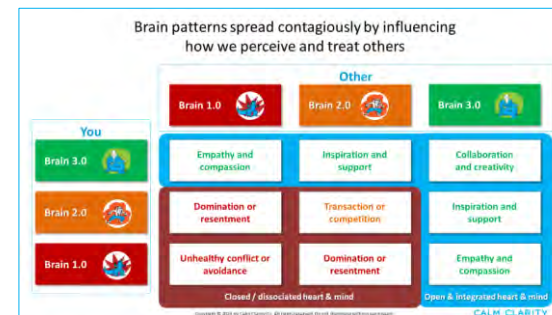


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Strengthening our **Connection System** enables us to interact in Brain 3.0 in challenging situations



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Exercise to Strengthen Your Connection System

Compassion Meditation

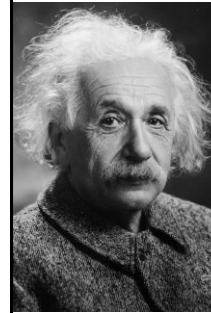
May [I / we all] be:

- Healthy
- Safe
- Peaceful
- Loved
- Blessed with the Grace of Christ

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A human being is a part of a whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

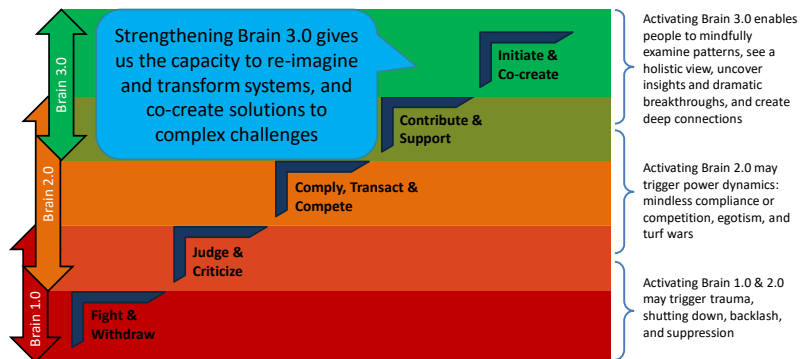
— Albert Einstein

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How society, organizations, and systems activate Brain 1.0, Brain 2.0, and Brain 3.0 can dramatically impact performance and health



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To rise to the challenges of our time, we need to strengthen Brain 3.0

"Virtually all of our suffering comes from our mindlessness."

—Ellen Langer

"No problem can be solved from the same level of consciousness that created it."

—Albert Einstein

"Not everything that is faced can be changed; but nothing can be changed until it is faced."

—James Baldwin

"May your choices reflect your hopes, not your fears."

—Nelson Mandela

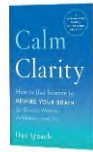
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Recommended Books & Resources

- *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day* by Amishi P. Jha
- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Daniel Goleman and Richard J. Davidson
- *The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them* by Richard J. Davidson with Sharon Begley
- *Behave: The Biology of Humans at Our Best and Worst* by Robert Sapolsky
- *How Emotions are Made: The Secret Life of the Brain* by Lisa Feldman Barrett
- ***Calm Clarity: How to Use Science to Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy* by Due Quach**



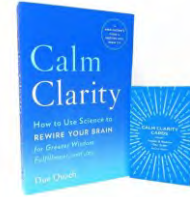
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Co-create a collective shift into Brain 3.0

- Read the book, use the cards, and learn about more resources at CalmClarity.org
- Subscribe to get "Thought for the Week" newsletter to activate Brain 3.0 on our website



May you be **HAPPY**. May you be **HEALTHY**.
May you have **CALM CLARITY**.

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Questions?



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