

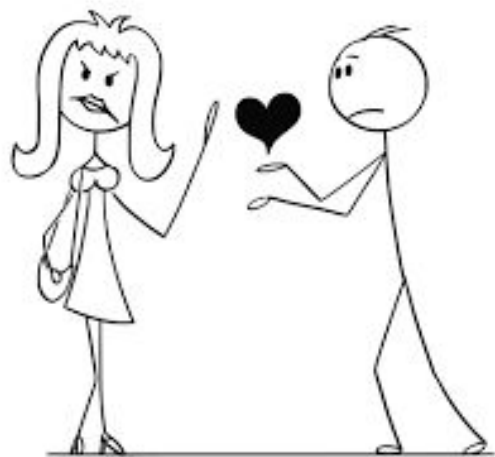


Kako premagati strah in se spoprijateljiti s
pritiski in pričakovanji?

Kako uporabiti strah v svojo korist in kako
živeti brez pritiskov in pričakovanj?

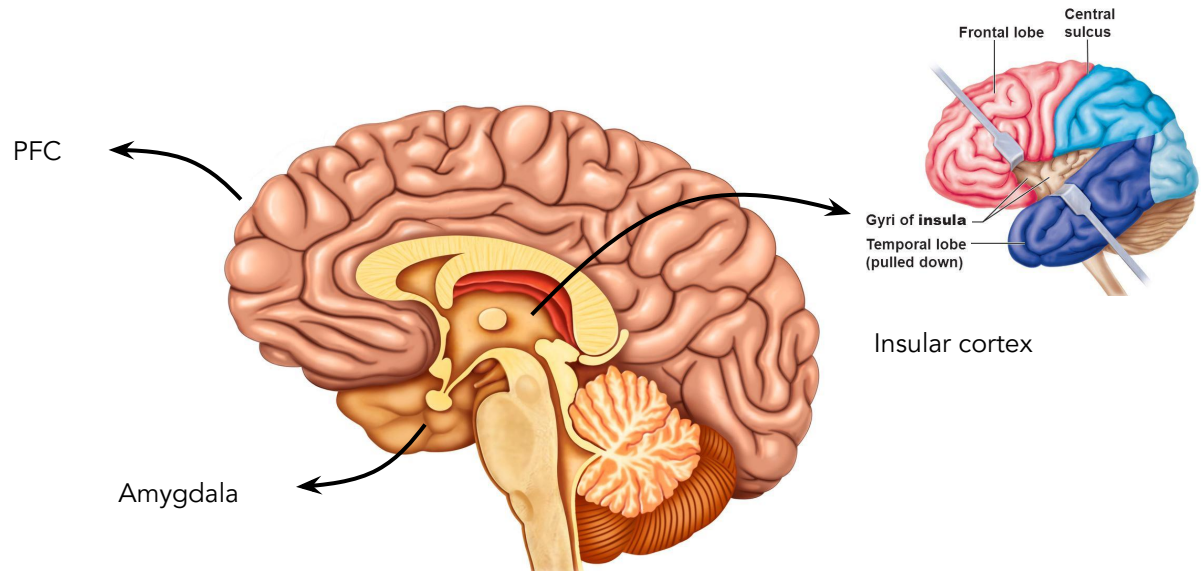


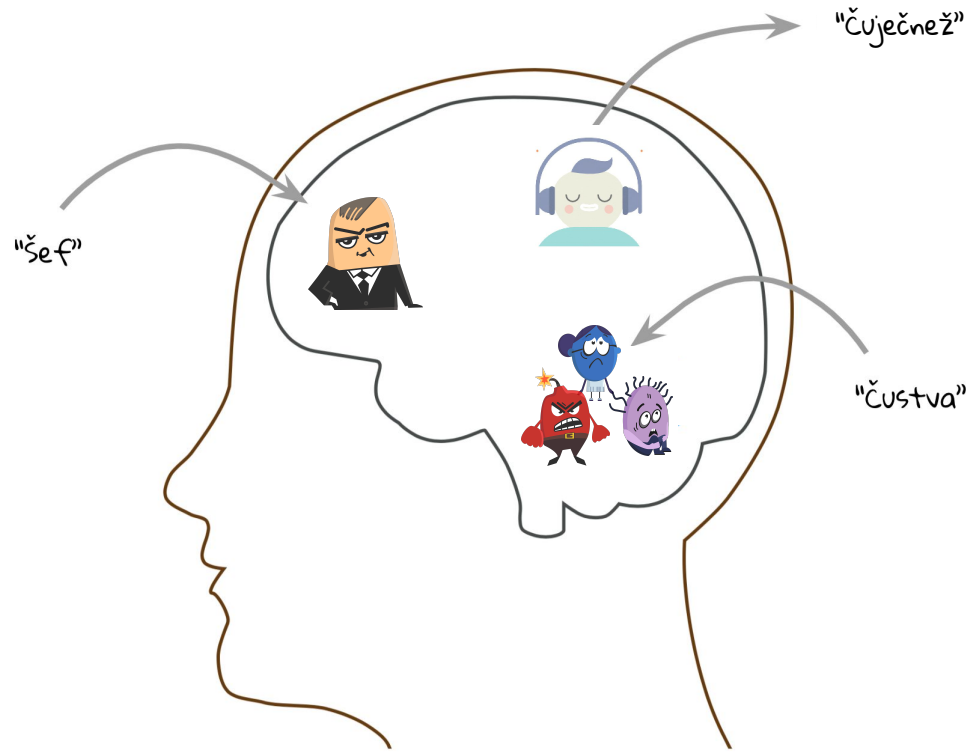


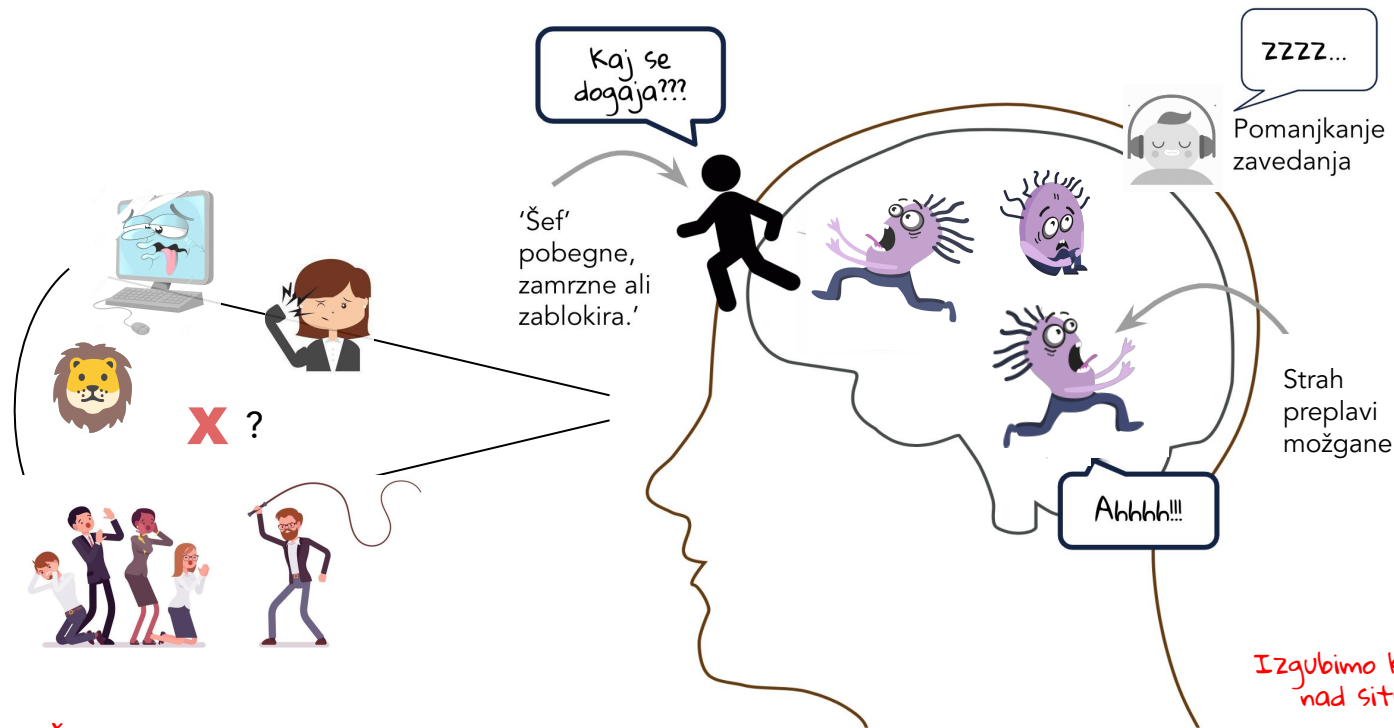




Social conformity experiment







Česa vse se bojimo?

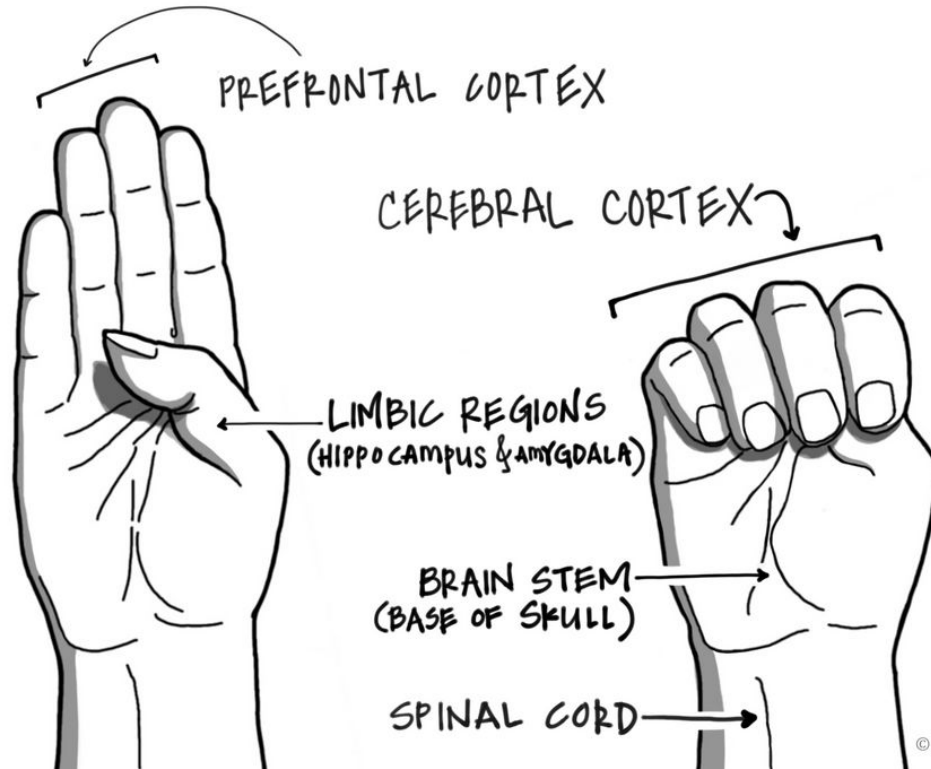
Izgubimo kontrolo nad seboj, in nad situacijo v kateri se nahajamo.

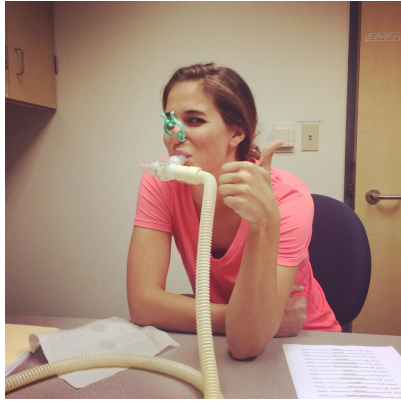
Ujeti smo v eni sami perspektivi, upravlja nas pa čustveni svet (avtopilot)

Sori...



Hand Model of the Brain



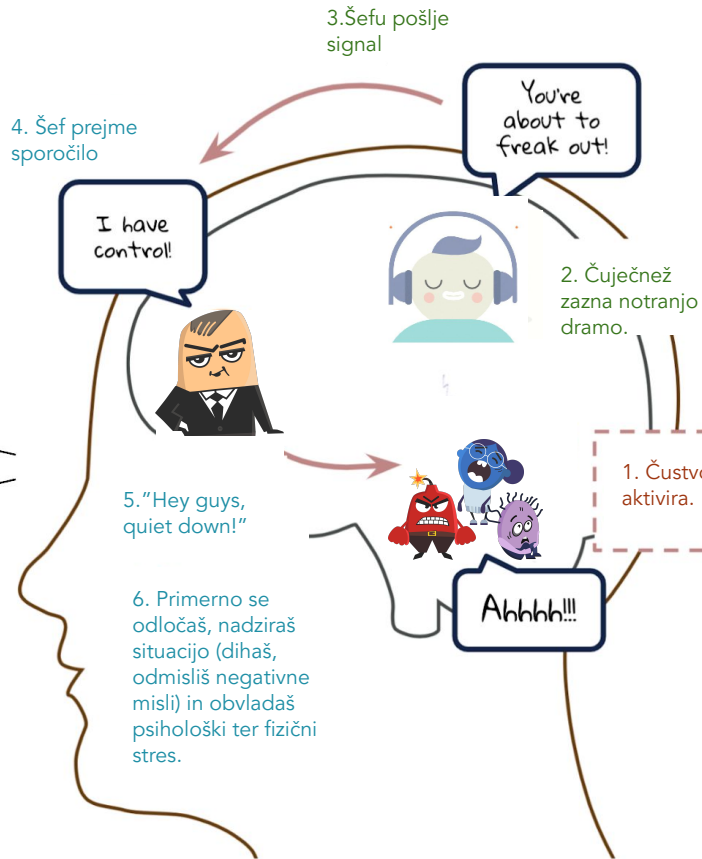


RESEARCH



A pilot study investigating changes in neural processing after mindfulness training in elite athletes- *Frontiers in Behavioral Neuroscience* 2015

When the brain does not adequately feel the body: Links between low Resilience and interoception - *Biological Psychology*, 2016



3. Šefu pošlje signal

You're about to freak out!

2. Čuječnej zazna notranjo dramo.

4. Šef prejme sporočilo

I have control!

5. "Hey guys, quiet down!"

6. Primerno se odločaš, nadziraš situacijo (diháš, odmisliš negativne misli) in obvladaš psihološki ter fizični stres.

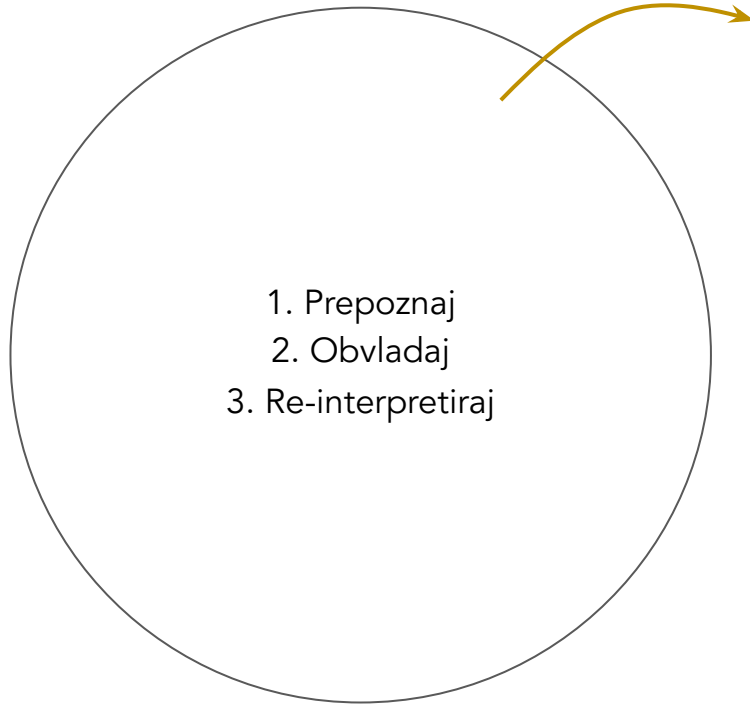
1. Čustvo se aktivira.

Ahhhh!!!

ZAVEDANJE pripelje do PSIHOLŠKE ODORNOSTI.

Zavedanje aktivira samo-obvladovanje

Prevlada občutek kontrole



Ključ do odpornosti



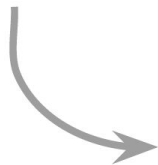
+

Temelj za samo-obvladovanje
+ optimalno funkcioniranje



PRIČAKOVANJA

vzrok za



STRAH

Strah pred neizpolnitvijo pričakovanj

Strogo prepričanje ali močan občutek da se nekaj bo zgodilo ali mora zgoditi. Plus, kako nekaj **mora** biti.



Pritisk!

- Domišljija
- Primerjava z drugimi ljudmi
- Preteklost



Pričakovanja > Realnost

PRIČAKOVANJE

STRAH

Za vsakim strahom je
neko pričakovanje

NOV POGLED



Sprejemam....
Dopuščam...

“Without stretching your ability to do, you are building expectations.”
“This is fundamentally wrong.”

- *Sadghuru*

- Focus on how to enhance your ability to do.
 - **Stretch** your **capability** instead of wasting time on expectations. Build your mind and body so that you can be your best. Success after all is simply how well you use your mind and body.
- Communicate what you need, don't just expect.
- Stay present. Focus on how it is, instead of how it should be. (if anything focus on what you **want** to happen!)
- Never expect others to change, we can only expect how we respond.
- Clear vision, process goals and behavioral intentions
- Beware of self-fulfilling prophecy and confirmation bias with negative exp.
- Find something to be grateful for
- Watch National Geographic. Remember you live in an endless universe ;)

MISTAKES CONTRACT

I will make 10 mistakes this week. If I don't, I will have failed. If I only make 5 mistakes, I have failed to try enough things.

I will hurt people's feelings this week. I will not do what people want me to do this week. That will be good. If I do everything that people want me to do, I will have failed.

I will say the wrong things this week. If I don't stick my foot in my mouth, I will have failed.

I will learn from my mistakes this week. If I focus on learning from other's mistakes, I won't really learn anything. If I don't make mistakes and learn from them, I will have failed.

I am an extraordinary human being, and if I had to be perfect, I would never achieve anything great.

I MUST MAKE MISTAKES. I MUST LEARN FROM MISTAKES. THE ONLY WAY TO LEARN FROM MISTAKES...IS TO MAKE THEM.

Signed

Date

?



HVALA!

Saraisaković

www.saraisakovic.com

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