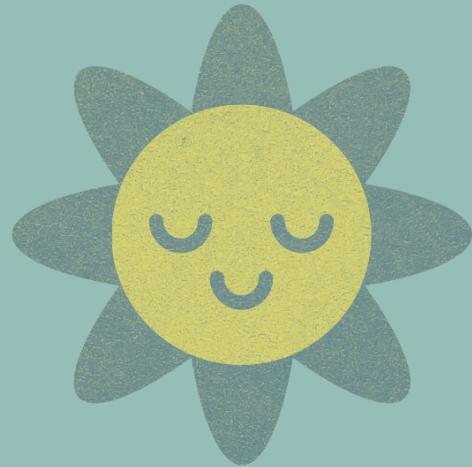
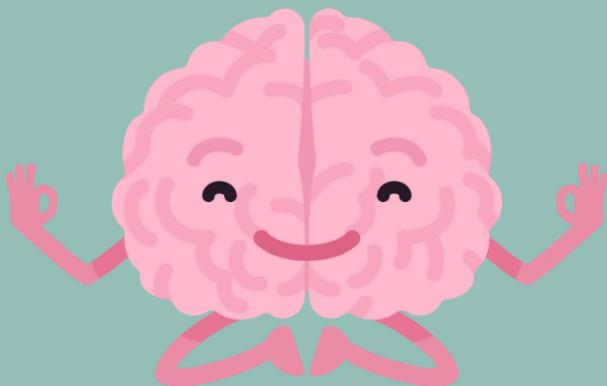




your comfort levels
matter always!
Remember Dat!



“I GOT THIS” **HANDBOOK**

NAVIGATING, REDIRECTING, & SAVOURING

Navigating

01 Redirecting

Effective redirection requires you to assertively close the question without being dismissive. When done correctly it will effectively shut down an enquiry and, instead, introduce a new line of thought. Examples below:

- "I get where you're coming from, thanks! So what are your plans for the rest of the day?"
- (if peeps say anything about your kids' learning): "It's great you care about learning so much, me too! What are some things you've learned recently? Let's share."
- "Enough about me, I'm boring! What's new in YOUR world?" (you're not boring, this is just to get them talking about them.)

02 Neutral

Neutral phrases are phrases you can say when you don't really have much else to say or to add, and aren't super interested in keeping the convo going. You can also use these to segue into making a swift exit if that's what you want:

- "You must be so excited about that."
- "It's been nice talking/catching up. I'm just about to head out."
- "Oh wow, sounds great! Excuse me, heading to the washroom."
- "Mhmm, that's great! Sorry, would you excuse me for a sec."

03 Questions

Questions you can ask to turn the conversation back onto them. This is helpful if you feel you're being grilled and don't want to answer personal questions anymore. Keep asking for little details:

- "So anything exciting happening for you in the next while? Oh cool, tell me about that!"
- "So how's 'x' been going for you? Oh anything else in the works beyond that?"
- "Yeah the trip's been great! What have been your favourite moments so far? Oh cool, anything you'd recommend?"
- AVOID questions about kids, work, marriage, and politics if you can

handbook overview



Navigating Convos

This section includes tips on how to navigate through challenging convos or convos you really don't want it be in/with someone you'd rather not talk to. You will find redirecting phrases, neutral phrases & questions.

Convo Topic Ideas

This section has ideas of topics you can bring up in a conversation that you'd either rather talk about, or a topic that feels "safer" to talk about with them.

Resetting

This section has tips and ideas for what you can do before, during, and after difficult situations, convos, and/or people. This will be helpful to stay as balanced inside your body as you can.

Savouring

This section has tips, tools, and reminders for being present in the moment and intentionally savouring your experiences. There is also some info about why being present and savouring is fulfilling in the moment but also down the line when you look back on it all later too!

Convo Topic Ideas



Learning + Knowledge

Bringing up topics that the OTHER person knows facts about or has an interest in, allows them to keep talking and keeps the topic of conversation off of you. People LOVE to talk about what they know.



THEIR Highlights

This is another tactic to keep the conversation on them. Prepare yourself for the gloat though, they will most likely run with this and start to talk about themselves a lot... if you don't care what they tell you, that's okay, neutral nods are more than okay in reply.



Innovation + The World

Having conversations about what's new in the world is a good way of having a conversation that's not focused on you OR them. Can talk about new innovations, facts about the world or nature or anything you can regurgitate from memory. Stay AWAY from politics talk if you can!



Thoughts + Perspectives

This kind of conversation topic is another good way of getting the other person talking instead of you. Once again, you may need to pretend to be interested in their thoughts and perspectives, the goal is to get THEM talking.

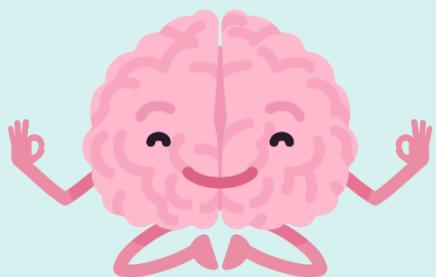


When in doubt, PLAY!

When in doubt, a great go-to is to find your littles and talk to them, play, go ask them how they're doing and what they'd like to do, things like that. Keep convo of topic off of them though, nobody else there needs to be talking about the kids unless it's positive and compassionate talk.

Resetting + Anxiety

BEFORE, DURING, AND AFTER

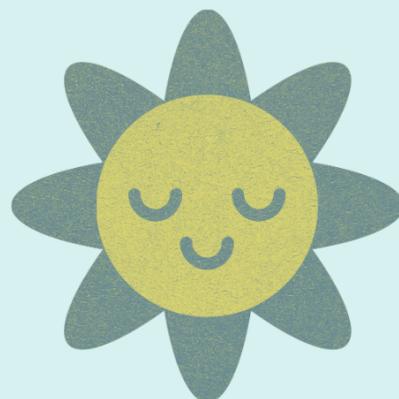


01 Before

Prep is KEY! If you're going to head into a situation that might be anxiety-inducing, prep to make yourself feel as good as you can. Music, podcasts, take a mini-walk around, movement, good scents, etc.

During 02

Then, when you are IN the moment, bring/do things that calm you a bit. So, bring mint gum to chew, an eraser in your pocket to dig your nails into, rub your thumbs on each other, curl your toes and release them, clear throat to release throat tension, cross your arms and run your thumbs around the backs of your arms in that position to offer self-soothing, sway back and forth, etc.



03 After

Give back to your nervous system. Bath or showers are great, shake it out or dance it out for 5 mins. solo or with someone, take a bunchaa deep breaths, hum a song you like to yourself while laying on the floor with knees up, squeeze yourself hard and put ice on the back of your neck (or suck on some ice), drink something bubbly or citrusy, BIG long hug, etc.

Savouring

In psychology, savouring the moment refers to intentionally focusing your attention on the positive aspects of an experience. When you do this, you notice the sensations, perceptions, emotions, actions, and thoughts that are linked to a particular moment, event, or experience. So, let's start off with something you're already familiar with to practice savouring with your senses! So... take time to intentionally savour moments you want to truly remember:

What can ya seee?



Take in your surroundings visually. This can be anything you see, from big to small. People, buildings, details, landscapes, nature, art, clothing, words on signs, etc.

What can ya smellll?



Take in your surroundings internally. What can you smell around you? (Scent is a sense that attaches strongly to memory). Coffee, flowers, exhaust, ocean, food, etc.

What can ya feel physically?



Take in your surroundings physically. What can you feel physically? Is there anything touching you, where are you feeling your current emotion in your body, what are you holding, is there hot air you feel, etc.

What can ya hearr?



What are you able to hear around you? Can you hear anything, is it silent, are there birds, trees in the wind, dogs barking, music in the distance, someone laughing, your breathing, etc.

What can ya tastee?



Think about your mouth for a second, take in what you can taste. Do you have gum in your mouth, coffee, have you brushed your teeth yet, can you taste cold air, etc.



**You
Got
This**