



## THINKING SPACE CHALLENGE

### DAY 1

#### MAKING SPACE UNDER PRESSURE

Can you give yourself 3 seconds before you respond to anything?

*'Between stimulus and response there is a space, and in that space lies the freedom to choose your response and in your response lies your growth and happiness.'* Viktor Frankl

If we feel closed down, frustrated, unheard, belittled or not appreciated, even in a small meeting, our brains can switch to survival mode. Thousands of years of survival pushes us to see a mild threat as a possible life threat. What happens is that our amygdala hijacks our brain and shuts down our prefrontal cortex. The result is that we turn into a defensive or offensive human as our fight or flight responses are heightened. When this happens, our good ideas and harmonious contribution stops and all good thinking and communication ends.

#### What Can We Do?

- **Give others the space to think** - listening well to others gives them the chance to be heard and opens them up to their best ideas. The way we listen creates innovation and great thinking.  
Everybody has something really great to offer if they are given the space to do so.
- **Avoid Aggression or Bullying** - remember the deer in the headlights? Our aggression will cause them to shut down and freeze.
- **Avoid rushing people** - panic and pace can easily cause defensive or argumentative responses. Give people time and buy yourself time to cool down the heat before responding.

#### Practice - Creating space

Make time in your day to create space. **Practice the Pause.**

Take a moment to imagine your mind being spacious, just you and your breath and whatever arises. De-clutter your awareness.