

OCTOBER 2023

**Pause.  
Breathe.  
Resume.**

### **ONLINE SEMINAR**

Mindfulness practice invites us to build active awareness of our thoughts, sensations, and emotions. In this session, we will learn how to notice our own thoughts and how we react to them.

### **LET US HELP**

Visit your home page starting October 17th

**WEBSITE:** [www.EAPHelplink.com](http://www.EAPHelplink.com)

**TOLL-FREE:** 1.800.999.1077

**COMPANY CODE:** UI1



**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**



# EMPLOYEE ASSISTANCE PROGRAM

Kepro is now **Acentra Health**  
New name, same great program! Look for a refresh coming soon.



## Reacting Versus Responding

Human beings have been wired to react to stimuli to avoid direct threats to our survival. We often need to quiet this primitive brain tendency because it can interfere with healthy relationships. We now have the luxury of being able to reflect on situations before we respond. Fortunately, our prefrontal cortex has evolved which allows for analysis, problem-solving, and weighing risks and rewards. How can we tap into the reasoning part of our brain and override our primitive brain instincts?

- Simply being aware of the tendency for the primitive brain to take over can help limit its power. Remind yourself that your survival is not being threatened.
- Recognizing this activates the prefrontal cortex and helps shut down primitive brain urges.
- Consciously stop and pause to avoid a knee-jerk reaction.
- Think to yourself- I'm going to make an informed and deliberate decision about how to respond.

Although it feels like the primitive brain is trying to take over, through practicing a more intentional response to situations you can take control of how you act under pressure. If you're finding your primitive brain taking over more often than not, it might be time to seek the advice of a professional counselor.

### Contact your Employee Assistance Program for professional help.

Taylor, Jim. "The Difference Between Reacting and Responding". Psychology Today. Accessed August 7, 2023 from <https://www.psychologytoday.com/intl/blog/the-power-prime/202110/the-difference-between-reacting-and-responding>



### Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
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