



RED HEAD TO BLUE HEAD

A - ALL OF ME MATTERS

Red Head to Blue Head

When faced with change or uncertainty, a healthy functioning brain will go straight into 'Red Head' - scanning for all the problems or threats to our physical and psychological safety in an attempt to keep us safe. In today's workplaces, loss of control, lack of information and uncertainty is rife which can send our Red Head into meltdown. When this happens, use this tool to Stop, Pause and Choose to acknowledge what your Red Head is telling you and then taking time out to figure out how your Blue Head might see things more helpfully.

Identify your challenge or problem here:

Set a timer for 3 minutes and write down your Red Head thoughts and feelings about the challenge or problem here:

STOP, PAUSE, CHOOSE

Set a timer for 3 minutes and write down all the ways you could look at this challenge differently - Blue Head. If you're struggling, imagine what you would say to a friend with a similar challenge: