



Courage & Coffee
Cultivating Calm During the Holidays
Wednesday, December 8, 2021

Over Functioning:

When we are in this state, we tend to move quickly to advise, rescue, take over, micromanage and basically get in other people's business rather than looking inward.

Under Functioning:

When we are in this state, we tend to get less competent under stress, inviting others to take over and often become the focus of worry or concern.

- When do I over function and with whom?
- When do I under function and with whom?
- Do I have all of the data to freak out?
- If I have all of the data, is freaking out helpful?
- What can I do when I am feeling this way?

Calm:

Perspective Taking + Mindfulness + Managing Emotional Reactivity

How you can cultivate calm for yourself?

The Daring Venture

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