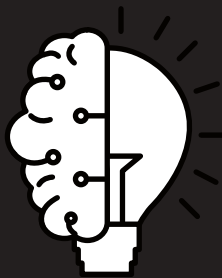


METACOGNITION

A TINY GUIDE

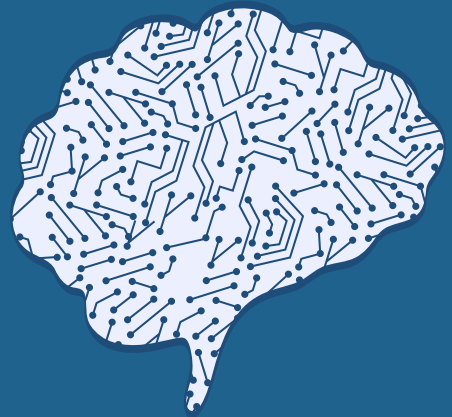


SOURCE MATERIAL BY
**MEGAN
SAXELBY**

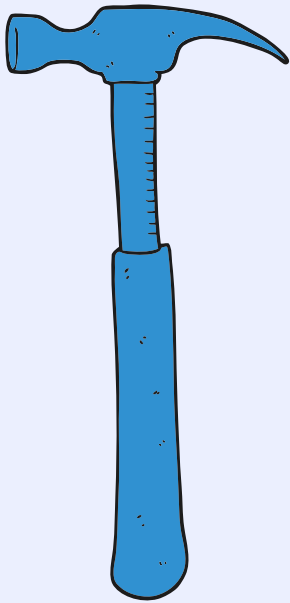
**CREATING
A CULTURE
OF DIGNITY**

METACOGNITION

means thinking
about your thinking.



Emotions don't just happen to us.



Emotions aren't hard wired in our brains.

Emotions are guesses your brain constructs in the moment.

Emotions are *not built in*, they're just built.



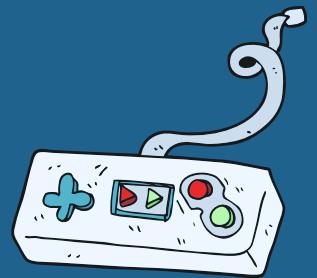
Metacognition is
important because it
helps you become
the **architect of
your experience.**



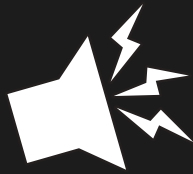
Emotions that seem to happen *to* you are actually made *by* you.

Your brain reacts to the world around you and makes predictions about what's going on and how to interpret it.

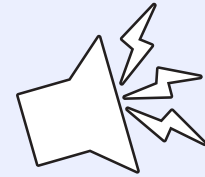
You have more control over your emotions, behaviors, and reactions than you may think!



Metacognition is empowering!



It lets you...



Reflect on your experiences and emotions.

Have more control over your feelings.

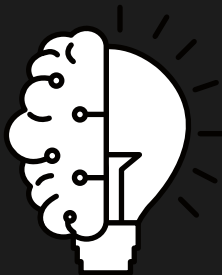
Plant new predictions in your brain so you can break unproductive thinking.

Build an emotional volume control in your brain. *You* decide what gets to be loud and what gets to be quiet.



Metacognition takes effort.

Here's some things to try.



1. Practice mindfulness to slow your thinking

Feeling overwhelmed or disorganized is normal, not a reflection on your character.

Observe your thoughts and feelings without judgement.

Notice your thoughts without coming up with a plan to change anything.



2.

Practice Self-Reflection

When something feels intense or confusing **talk it out**. Literally talk out loud to yourself. It helps you get distance, analyze the situation, get curious, and figure out how you're feeling.

Journal, draw, meditate, anything that allows you to reflect on your behaviors/emotions.

Plan self-reflection breaks throughout your day.



3. Don't do too much!

Trying to change everything you don't like about your thinking sets you up for failure and invites shame to the party.

Choosing to pay attention to 1 or 2 things you want to change is a great way to train your brain to think about your thinking.



Examples of things you might notice and want to work on:

*How you react
when you're
angry*

*How and
when you
procrastinate*

*How you react
when you're
frustrated
confused*

*Taking
feedback
personally*



**Be patient with
yourself.**

Slowing down your
thinking takes work!



**Metacognition helps you
slow down, get distance,
and learn how to process
your feelings.**

It helps you get curious
about the story your brain
is crafting and maybe
write another story.



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

