



## **TIP SHEET ~ Exercise: Balancing Your Logical and Emotional Brain**

Managing your logical and emotional brain involves finding a balance between the two to make more informed and emotionally intelligent decisions. Here's a step-by-step exercise to help you achieve that balance:

### **Step 1: Self-Awareness**

Begin by developing self-awareness. Take a moment to reflect on your recent decisions and emotional reactions. Identify instances where your emotional brain may have dominated, leading to impulsive choices or heightened reactions. Also, recognise situations where your logical brain was too dominant, potentially making you seem detached or overly analytical.

### **Step 2: Mindfulness Meditation for Emotional Brain**

To manage your emotional brain, practice mindfulness meditation. Find a quiet and comfortable space. Close your eyes and focus on your breath. Pay attention to the sensations of each inhale and exhale. When emotions arise, observe them without judgment. Allow them to come and go like passing clouds. This practice can help you become more aware of your emotions without immediately reacting to them.

### **Step 3: Cognitive Restructuring for Logical Brain**

For your logical brain, engage in cognitive restructuring. When faced with a challenging decision, pause and identify any irrational or overly analytical thoughts. Challenge these thoughts by seeking evidence and considering alternative perspectives. Write down your thoughts and decisions in a journal to track your logical processes and identify areas for improvement.

### **Step 4: Recognise Optimal Situations**

Learn to recognise situations where one brain is more suited than the other. In high-stress situations or emergencies, the emotional brain may take control to ensure survival. In contrast, during calm, reflective moments, the logical brain can shine. By understanding the context, you can consciously choose which brain to engage.

### **Step 5: Practice and Patience**

Balancing your logical and emotional brain is an ongoing process that requires practice and patience. Be kind to yourself when you make mistakes or face challenges in finding that balance. Over time, you'll become more adept at identifying which brain to activate in various situations, leading to better decision-making and improved emotional intelligence.

### Step 6: Seek Professional Guidance

If you find it challenging to manage your emotional and logical brains effectively, consider seeking guidance from a qualified therapist or psychologist. They can provide personalised strategies and support to help you navigate this balance more effectively.

Remember that achieving a balance between your logical and emotional brain is a journey. With consistent practice and self-awareness, you can enhance your decision-making abilities and emotional well-being.