

# Summary of Webinar Key Points

## Neuroscience



'Same storm, different boats' – Surge capacity



Window of Tolerance



Burnout – Close the Stress Cycle

## Acceptance and Commitment training



How we relate to thoughts matter



Practice Self-Compassion



ACT – Dropping your anchor with ACE and kindness

## Tiny Habits



Put on your oxygen mask and close your stress cycle.



Habits reinforce our identity.



Habit formula:  
- Anchor  
- Behaviour  
- Celebration