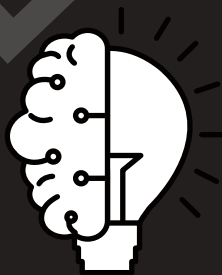


METACOGNITION

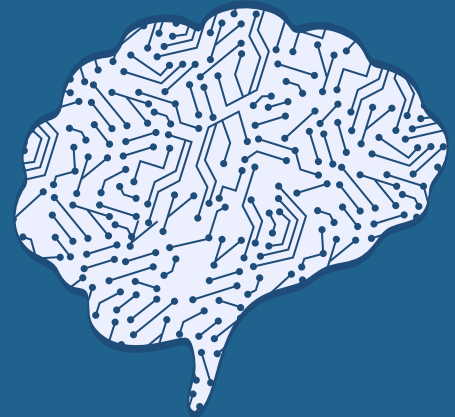
A TINY GUIDE



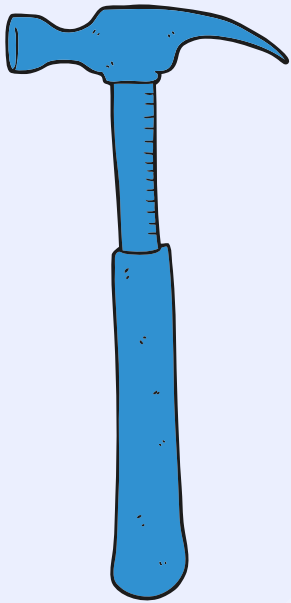
CREATING
A CULTURE
OF DIGNITY

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.



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.

