

Teacher-Counselor Connection

Date: February, 2022

Lesson theme: Wise Mind

Tidbits & Takeaways:

- To better understand mindfulness, it helps to think of *3 states of mind*: **Factual Mind, Emotional Mind, & Wise Mind.**
- **Factual Mind** is what you *think* to be true, without emotions present. It's logical, rational, & 'just the facts.' You can also call it "calculator mind." *Too much = lack of empathy and validation.*
- **Emotional Mind** is what you *feel* to be true, acting entirely based on emotion. It involves an intuitive type of thinking, knowing, and acting. *Too much = emotional dysregulation.*
- **Wise Mind** is a combination of the two, and what you *know* to be true. It is important to be in Wise Mind to make decisions in life.
- Sometimes, we appropriately find ourselves on either side of the Venn Diagram (below). Other times, we need to work to get in the middle.
 - Too far into Factual Mind? Help students ID their feelings.
 - Too far into Emotional Mind? Help student use grounding.

