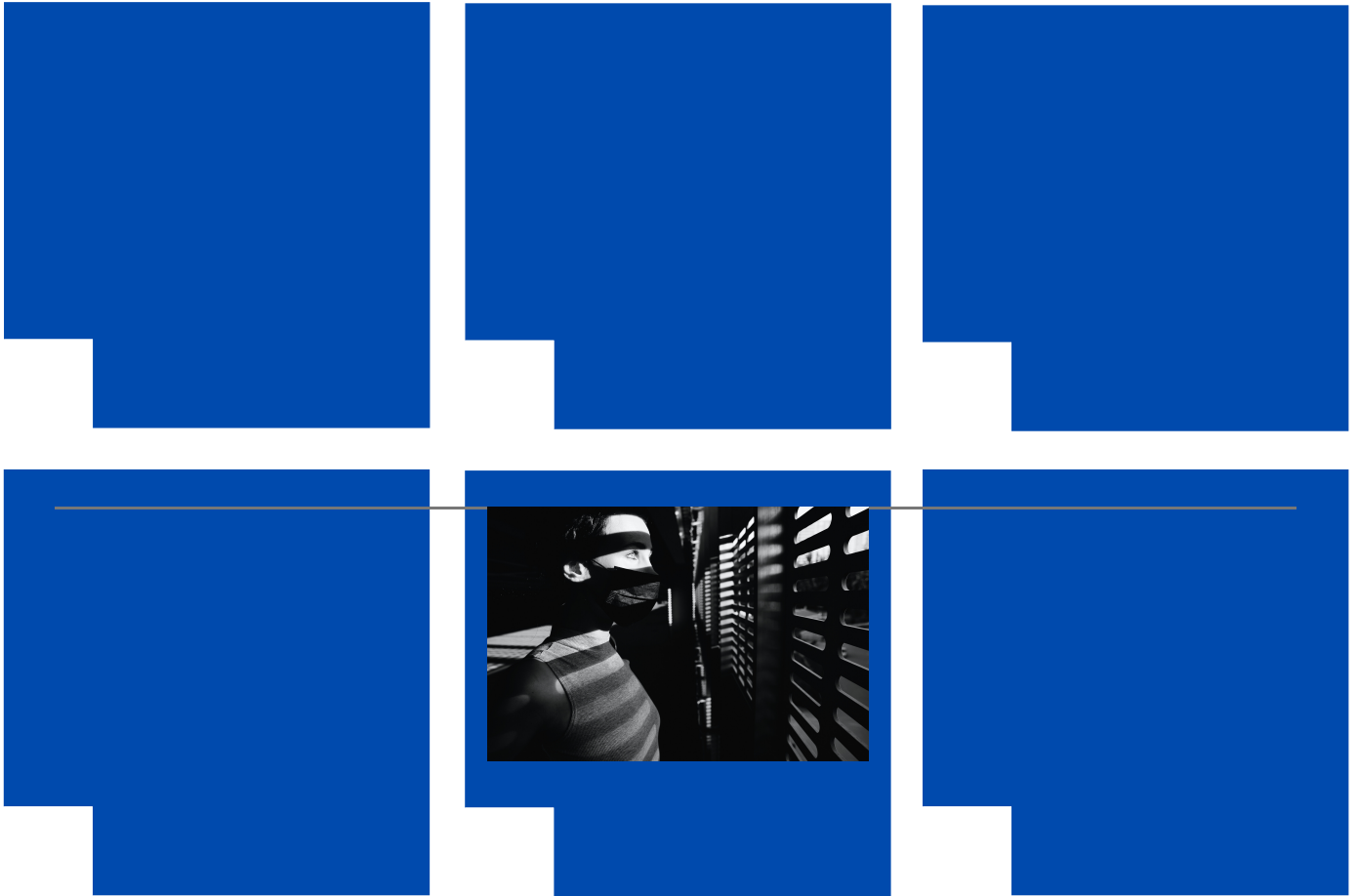


# a few notes

## Topic: Neuroscience of Fear



### Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Fear affects us in different ways at different times. In today's employee check-in, we take a page from [welldoing.org](http://welldoing.org) and discuss the neuroscience of fear. To succeed in this new normal, we need to manage our threat response and find ways to feel empowered. Here are some ways to manage fear. 1. Being physically grounded . 2. Being more flexible and engaging in creative problem solving. 3. Taking care of yourself (resilience) and effectively processing negative events. 4. Remembering we are part of a collective struggle. Endurance helps us sustain efforts over the long term. We may face challenges in this new normal, but we are not alone.

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