Hey there, explorer of all things courageous and brave!

Welcome to your new adventure with our Neurohack Navigation Mini Deck.

Each card has simple yet powerful, science-backed tools to help you transform your relationship with fear. Whether you're facing a big presentation, trying something new, or just need a boost of courage, these neurohacks are here to guide you. Get ready to unlock your inner strength, one card at a time.

Let’s build a braver tomorrow... together!

Mary Poffenroth, PhD

Explore Your Everyday Bravery

Ready for Adventure?

Download travel ready cards and more at marypoffenroth.com/quickwins with password iambrave

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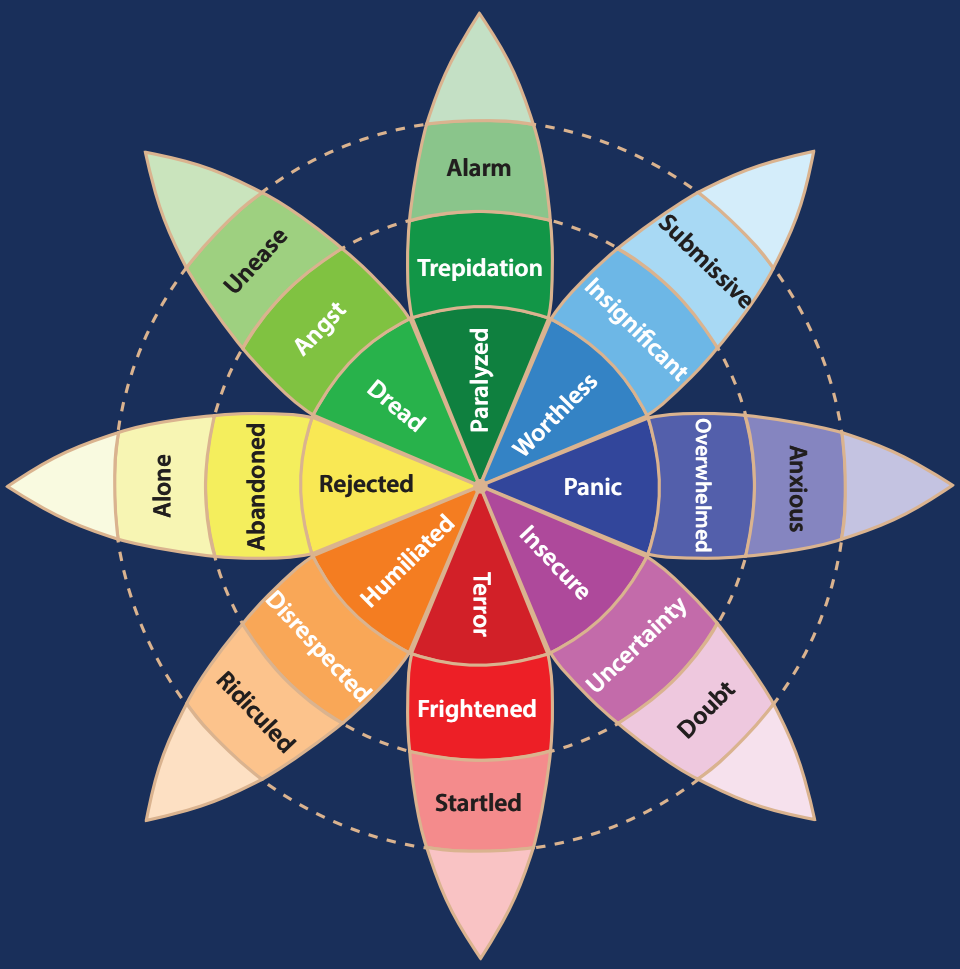

Name It to Claim It

Derail a fear response by naming a single emotion in the moment

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Pinch the Valley

Activate the vagus nerve and calm your amygdala by massaging your HeGu Meridian

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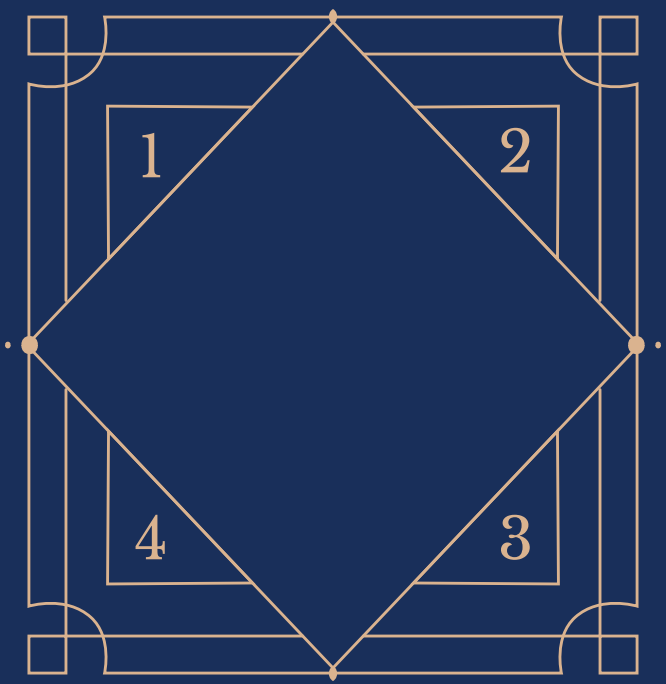

Box Breathing

In for 4

Hold for 4

Out for 4

Hold for 4

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Balancing Breath

Longer exhalations = Calm. Make your exhalation 2x to 3x longer than your inhalation to feel more composed

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Boosting Breath

Longer inhalations = Energy. Make your inhalation 2x to 3x longer than your exhalation for an energy boost

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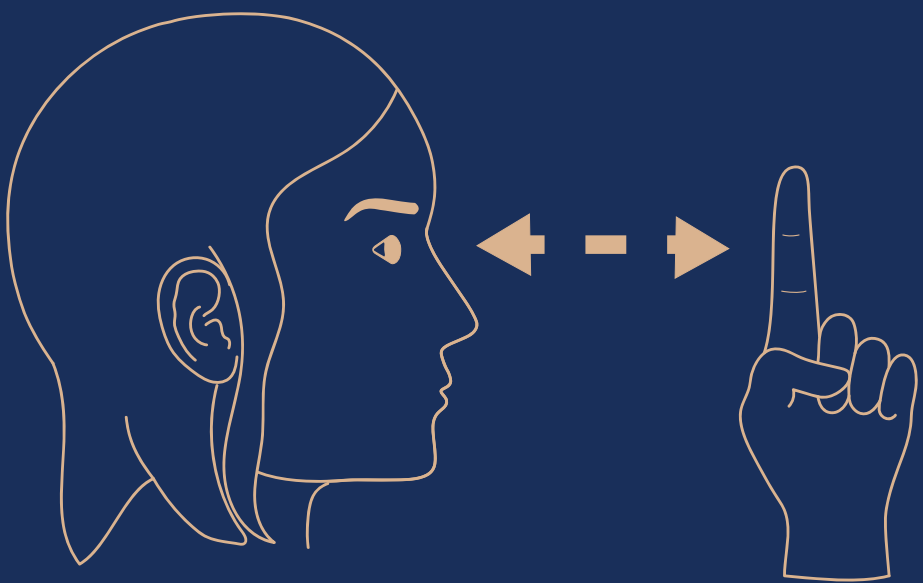

The Near & The Far

Calm your amygdala & build courage by activating your vagus nerve via eye convergence / divergence

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Tapping Into Courage

Using your index fingers, gently tap a heart shape around your face, starting between your eyes & ending at your collarbone.

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The MacEwen Triangle

Gently massage the triangle shaped area of your skull just behind your earlobe using light pressure & circular motions

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Tea Tree

Lavender

Thyme

Peppermint

The Smell of Courage

Need a quick stress buster? Take a deep sniff of these essential oils to interrupt a spiraling fear response

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I see ...

I hear ...

x4

I smell ...

I feel ...

Connect 4

Feeling afraid or overwhelmed? Pause and connect four details using each of your senses: sight, sound, smell, and touch

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One Step at a Time

Small actions create big shifts! Gradually train your brain, helping you build courage progressively

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Trigger

Mind Chatter

Improve

T.M.I.

Identify your Trigger.
Write down your Mind Chatter.
Improve with one small action you can take today

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Tiny Leaps

This allows you to dismantle your fears one small piece at a time, transforming those fears into just another aspect of daily life

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Courage Spiral

Grab a pen and write your thoughts in the shape of a spiral to disrupt swirling thoughts

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Courage Compass

Where's your true north? Describe how you recognize, express, and cope with life's every day fears big and small

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Shift with Strength

Change is scary but vital for growth. Choose one thing you can control today to turn fear into forward momentum

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Sooth With Sound

Singing or humming stimulates the vagus nerve, helping your body shift into calm. Belt it out in the shower and let the nervous system relax

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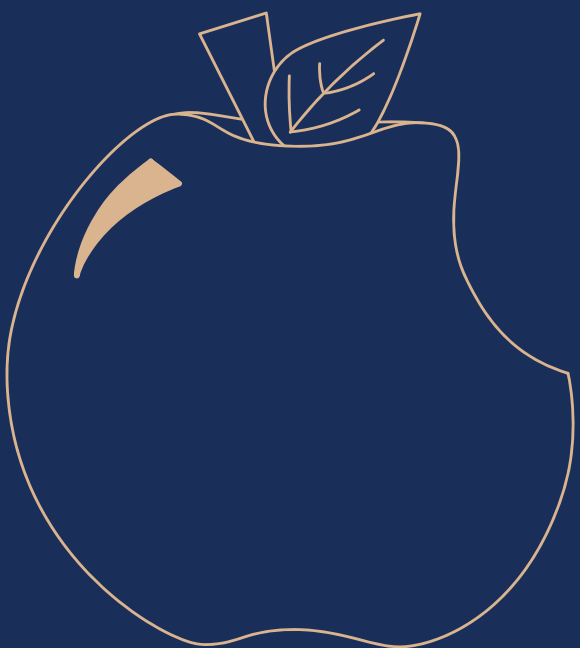

Bravery Bites

Fear disappears while you chew. Activate your stress busting rest-and-digest mode with a crunchy snack, gum, or crushed ice

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Let Go of Perfect

Perfectionism is a trap that keeps you caged in fear. What's one step you can take today toward that dream you feel unready for?

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Ditch the Imposter

Where do you downplay success? Instead of deflecting, own one achievement today and celebrate your worth

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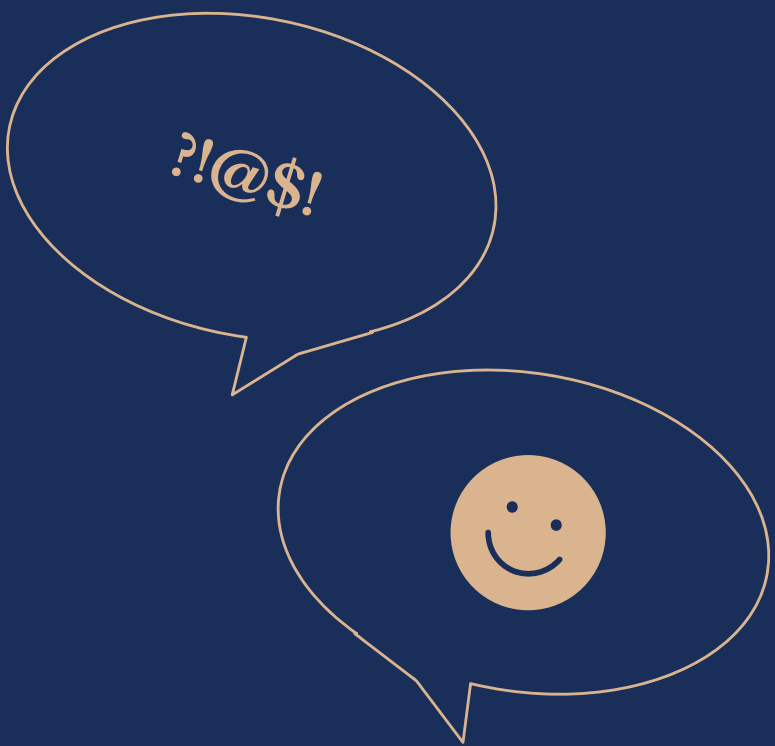

Flip the Script

Your brain defaults to automatic thoughts but they're not always true. When a negative thought pops up, question it and reframe it

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Fear Fact Check

Not all fears are the same. Factual fear is an, immediate threat. Fictional fear is stress and worry. Stop and ask which one am I feeling?

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Racing Heart

Dry Mouth

Foggy Thinking

Faster Breathing

Clammy Skin

Digestive Issues

Decoding Fear Signals

Fear shows up in the body before the mind catches on. Pause and identify what your body is telling you. Awareness is the first step to calming fear

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Identify & Categorize

Feeling overwhelmed?
In the moment, ask yourself which one of these you are responding to

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Frequency Fix

Close your lips and hummm softly for 5-7 seconds. Feel the vibration in your chest and head while keeping the volume low

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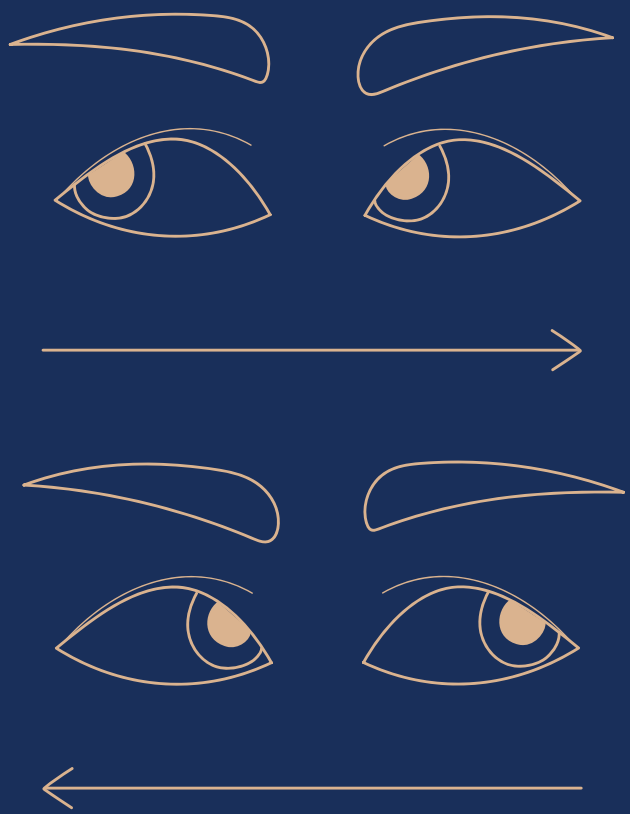

Rapid Eye Recharge

Close your eyes and move them quickly left to right five times, then open, looking straight ahead with a strong five second exhale

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Puppy Shake Reset

Mimic your mammalian instinct for a stress reset by micro shaking your body head to toe with a half second shiver

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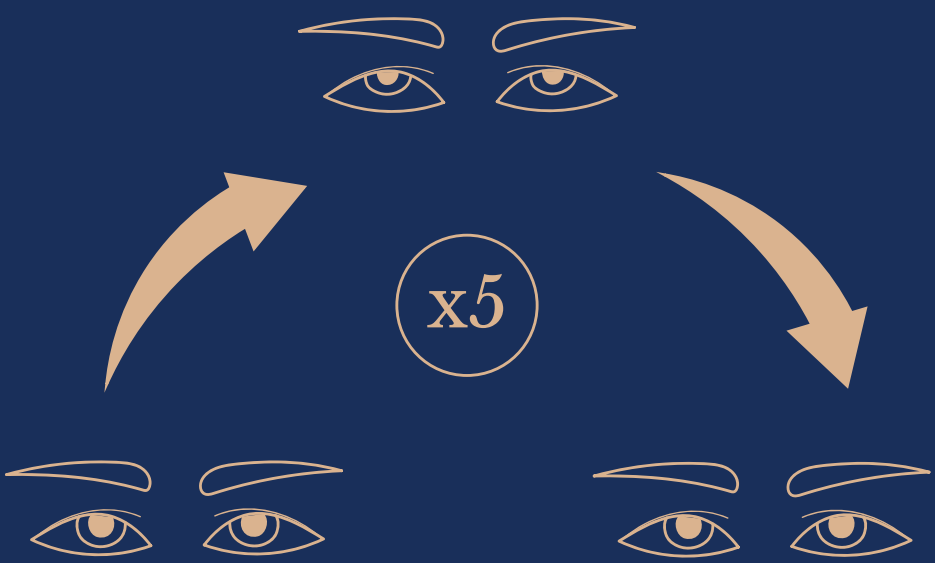

Slow Your Eye Roll

Fix your gaze ahead, then slowly shift your eyes up toward the sky for two seconds and smoothly return to center, then repeat

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Face the Cold

Holding your breath, submerge your entire face in cold water for 30 seconds seconds to activate the dive reflex

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Left Right Reset

For 30 seconds, gaze straight ahead while tapping your feet in a steady left right left rhythm

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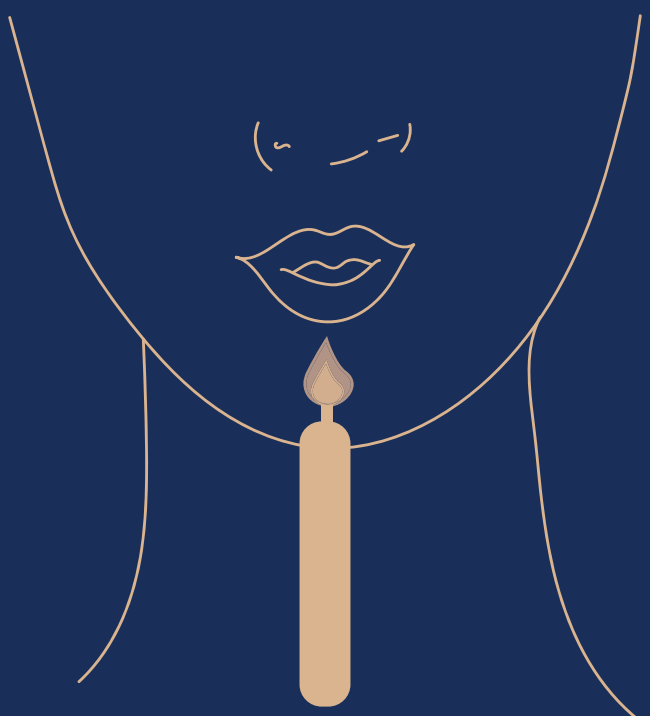

Blow Out the Candles

Nasal inhale for 4 seconds.
Purse lips & slowly exhale
through the mouth for 8 seconds

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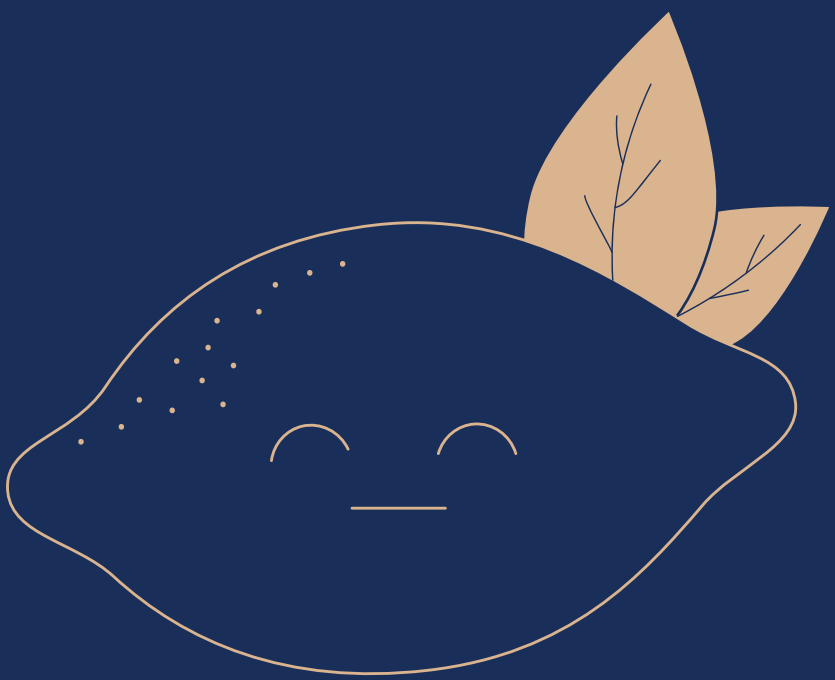

Sour Jolt

Dampen the amygdala's response by chewing on intensely sour candies or tart fruits

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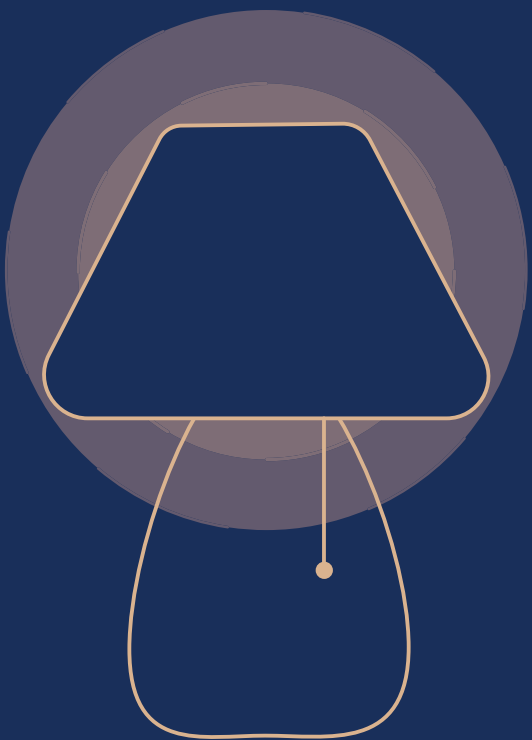

Focus on Function

Inhale and hold your breath while naming one object around you and its function, then exhale