



The Three Ps

Translating cutting edge relational neuroscience into everyday activities that can be used to promote healing, resiliency, and hope throughout communities across the globe.

The 3 Ps helps us plan and execute action (turn our thoughts into action). Since changing from one thing to another (transitions) set off our fear center, they can be difficult especially when we are under stress or have survived trauma. The 3Ps are designed to help your brain and body prepare for transitions or any changes. For example, you can use the 3 Ps to walk through a new situation or one that might cause anxiety or stress or any transition.

Predict: What you think will happen and what you want to happen.



Practice: How you want to respond to *everything* you predicted could happen.

Plan B: Have a **back up plan** in case what you predicted and practiced does not happen.