

# Thrive 365

## Dragonfly: Impact Education



### Did you know?

'Solomon's Paradox' refers to the idea that people are able to reason more wisely about other people's lives than their own. Igor Grossmann coined the phrase as he uses the story of King Solomon to illustrate how history tells us that people came from far and wide seeking advice from the king, but Solomon's own life was a shambles and led to the ultimate downfall of his kingdom. So why are we limited when it comes to knowledge of ourselves and what can we do about it?

### 1 Use the third person

One technique is to distance yourself from your personal situation by talking about yourself in the third person. 'This has happened to [your name]...what is the wisest approach for her/him?'. By talking about situations in this way, we can remove the blinkers that can naturally appear when we are only seeing things from our own perspective or when things are clouded in a fog of emotion.

It can feel a little bit like you're the character of Dobby from Harry Potter, talking about yourself in the third person - but that can be fun too! Using a clip from the films with children is a great way to introduce the idea.

### 2 Sleep on it

Have you ever advised someone to 'sleep on it'? Not only does this provide some much needed time and space away from a situation, the brain also tidies up many of the connections. You can think of it like gardening: instead of flowers and vegetables, you grow synaptic connections in your brain. These are the connections that neurotransmitters like dopamine, serotonin etc. travel across. The microglial cells in your brain are responsible for synaptic pruning - they prune some connections, but not others. But how do they decide? It's the connections that are least used that are pruned away as we sleep. Focusing on positive thoughts and feelings in the daytime can help us wake up wise!

### 3 Write it down

Do you ever find yourself thinking the same thing over and over again until you have a really good chat with someone and it breaks the pattern? Our thoughts can get stuck in a loop in our own heads if we are not careful. Sometimes there isn't someone readily available to talk things through with and so writing down our feelings can be just as good if not at least second best. When we write things down we can revisit them and look for repetitive patterns. If these patterns are limiting beliefs, we can ask ourselves the questions:

'What will be the outcome if I continue to believe X?' and 'How is believing Y helping me or others?'

