



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

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First Stop on the Happiness Road

Dear Fellow Bucket Filler,

In our last newsletter, we touched on the feeling (limbic) center of our mid-brain. Today, we'll expand on this complex and fascinating subject.

The limbic center of your brain's superhighway is designed to protect you from imminent harm. It's the primitive, prehistoric part of your brain that triggers a "fight-or-flight" response when we sense danger. If a car is speeding toward you, you will need to react quickly. However, in relationships, when someone threatens, angers, or frustrates you, a quick reaction will very likely produce bucketdipping results. Once angry words are spoken, the damage is done.



The answer lies in knowing who and what "pushes your buttons" and how to move past any negative feelings without causing damage. You will know that your brain's feeling center is involved when you notice how quickly your body responds with a racing heartbeat, clenched hands, muscle tension, etc.

In most emergencies, we need to react quickly. However, when negative feelings are triggered in relationships, it is better just to STOP:

STOP
TAKE A BREATH
OBERVE YOURSELF
PROCEED WITH CAUTION

Let your feelings pass and do not speak until you are calm and able to think clearly. If you must respond, learn to say, "*I'm much too upset to talk about this right now. Let's talk later.*" You won't regret this honest statement.

We are better bucket fillers and happier people when we recognize our emotional triggers and practice new and better responses. During the next two weeks, start

to notice what triggers your body's signals of distress. Use each opportunity to practice the **STOP** sign. Ignoring a stop sign is dangerous and could result in a crash on your highway to happiness.

Stay tuned,
Carol McCloud

Our Bucket Filler of the Week*

Grayson Burgess of Leduc, Alberta, Canada

*E-newsletter winners are randomly selected to win a free book!

Bucketfilling Showcase



This week's picture was shared with us by Larry Jenne, Principal, at **Lawrence Avenue Elementary School** in **Potsdam, NY**. Bucket filling has become a daily habit at their school and is shown in positive ways all around their building!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

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