

October 2026



You Can't Teach a Flooded Brain:
The Neuroscience of Why Mind Matters Comes First

Presenter:

Aaron Larson

The Dibble Institute

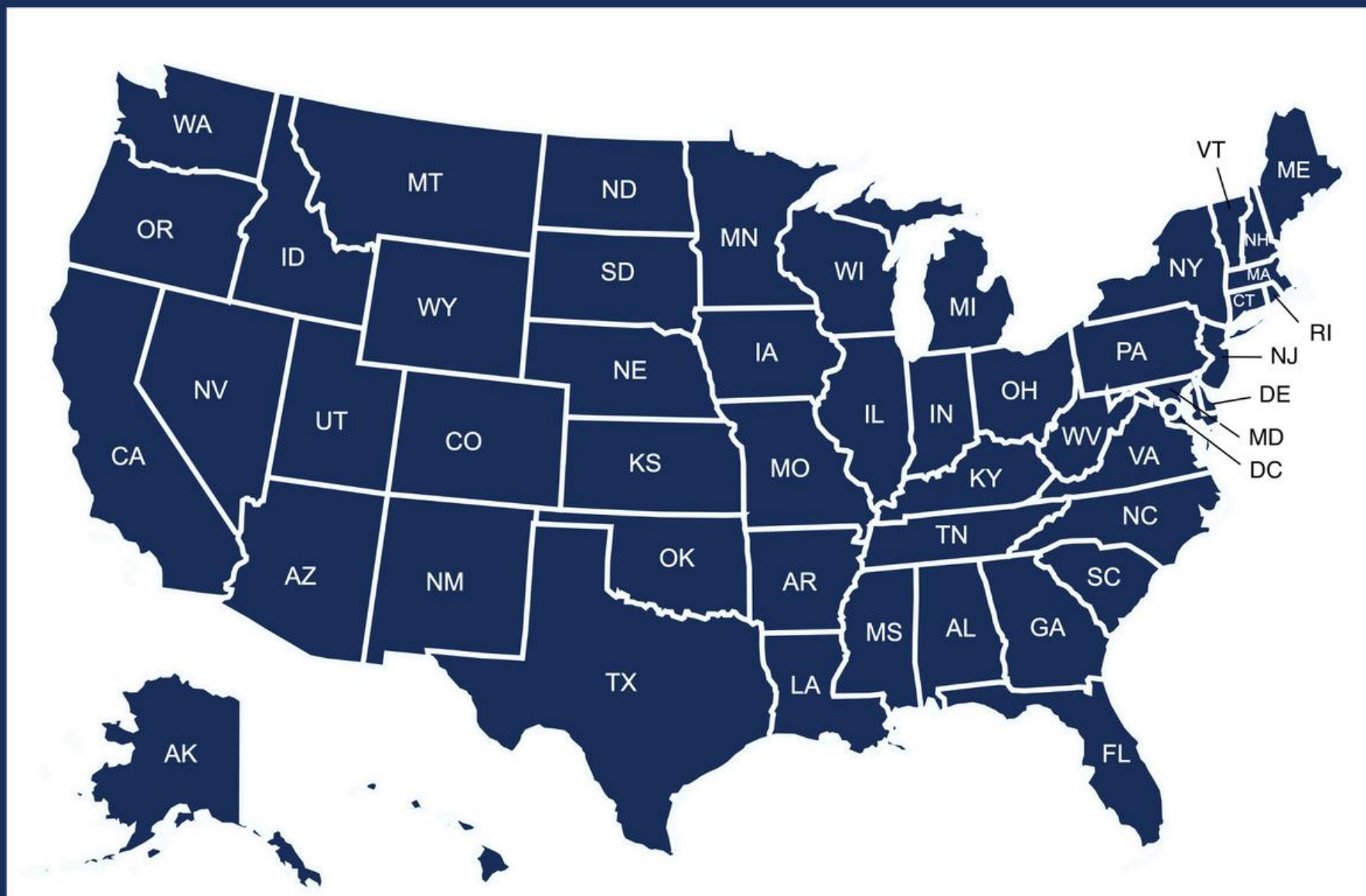
Webinar Resources

1. If you cannot hear this presentation, **check your audio settings located in the control panel.** If that does not work, please dial in using the number found in your invite.
2. We will be putting “**handouts**” in the chat located in the control panel.
3. Please **tell us who you are and where you are from** in the chat.
4. Questions? The **Q&A box** is located in your control panel.
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Charlie and Helen Dibble



2024-2025 Clients
served approximately 117,000 youth



The Dibble Institute
is a national,
independent non-
profit organization.

Our Mission

Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.



We believe in research.



We believe in **stable, safe, and nurturing** families.



We believe that relationship education is for everyone.



You Can't Teach a Flooded Brain: The Neuroscience of Why Mind Matters Comes First



The Dibble Institute

Aaron Larson

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INSTRUCTOR MANUAL | THE DIBBLE INSTITUTE®

Mind Matters_{2.0}

A Map for Thriving



Why Explain the Why?



The Reboot Sigh

Reset and recharge in three breaths



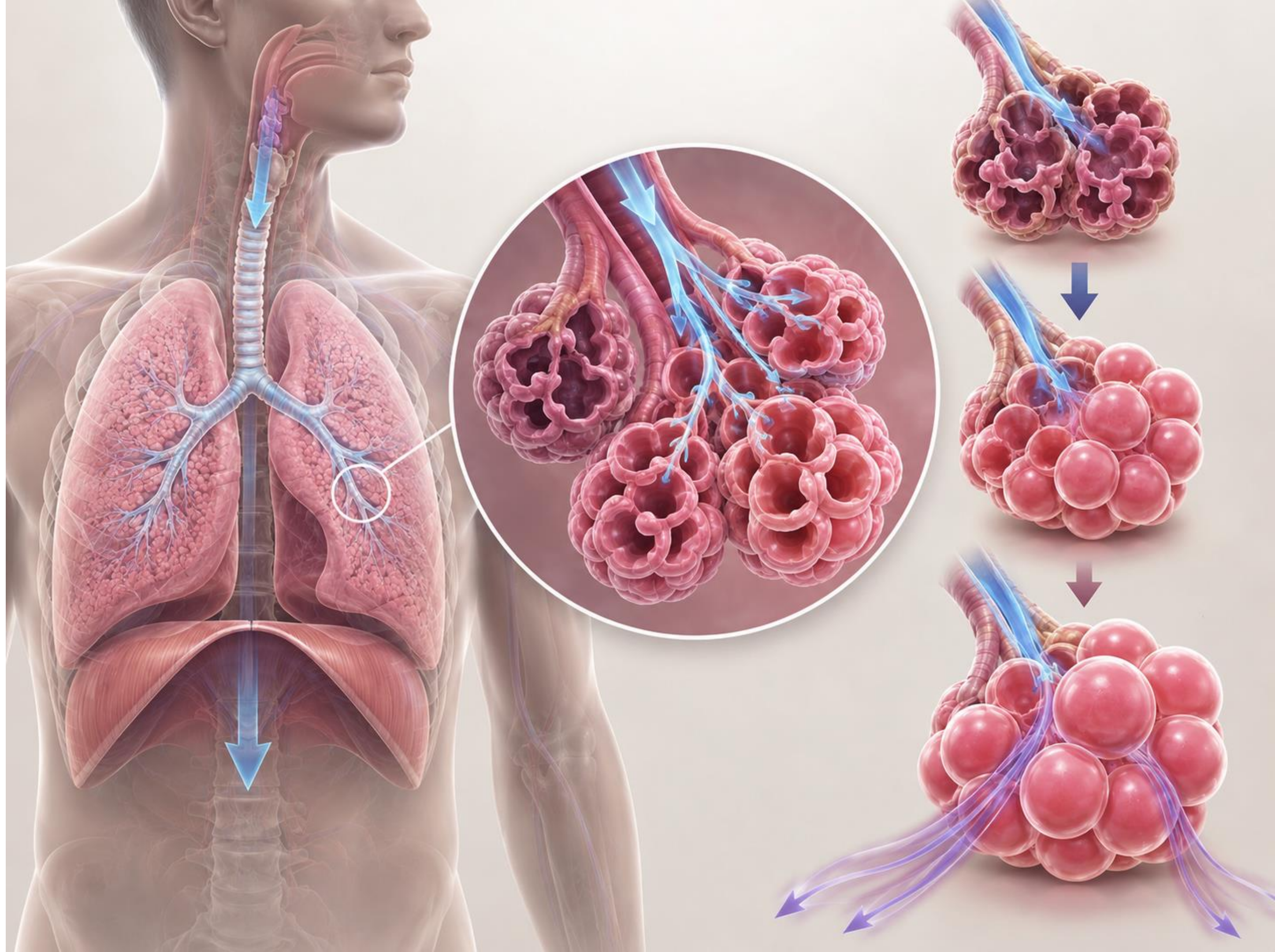
First inhale
Inhale through nose



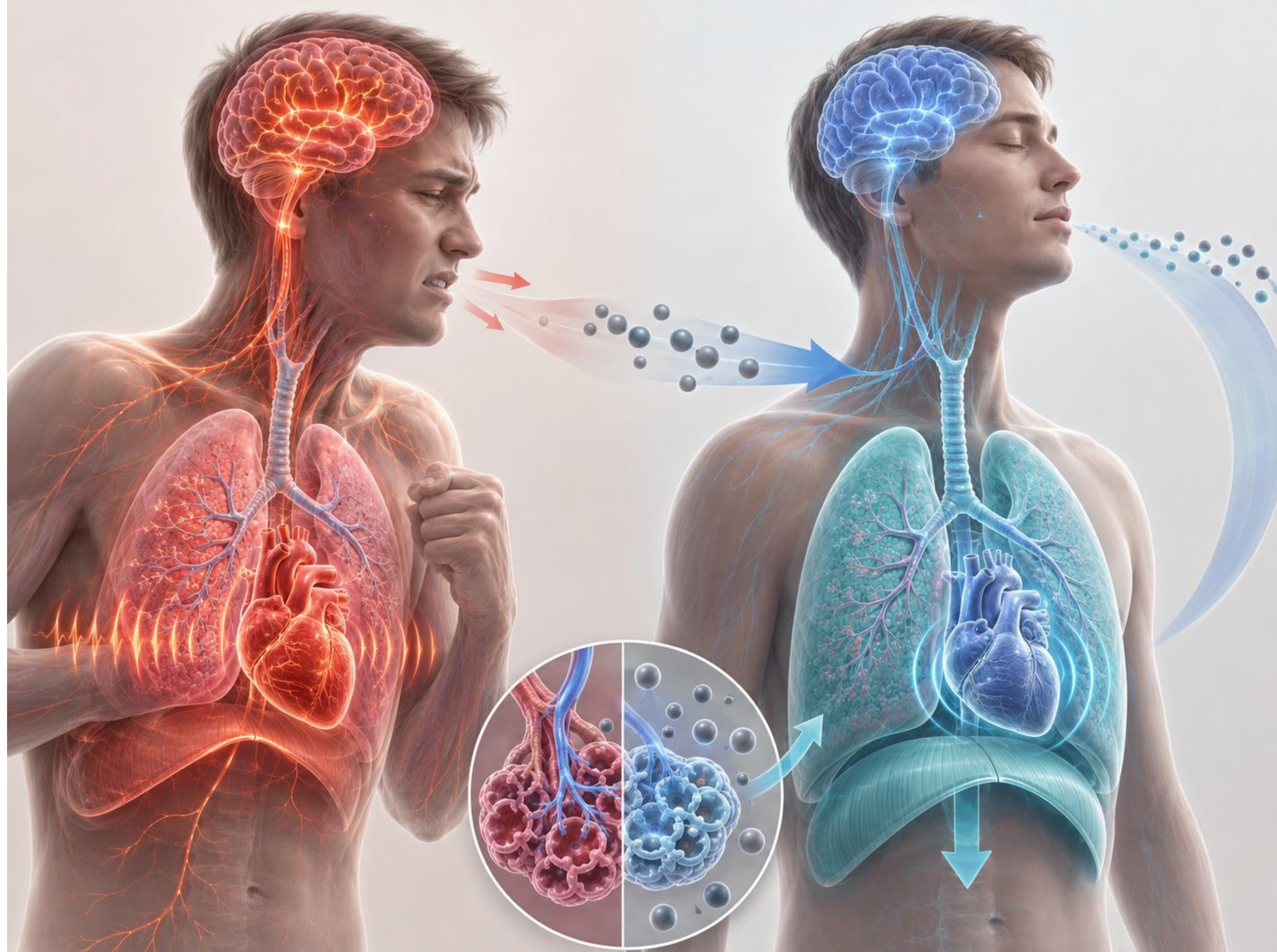
Second inhale
Inhale through nose again



Extended exhale
Exhale through mouth







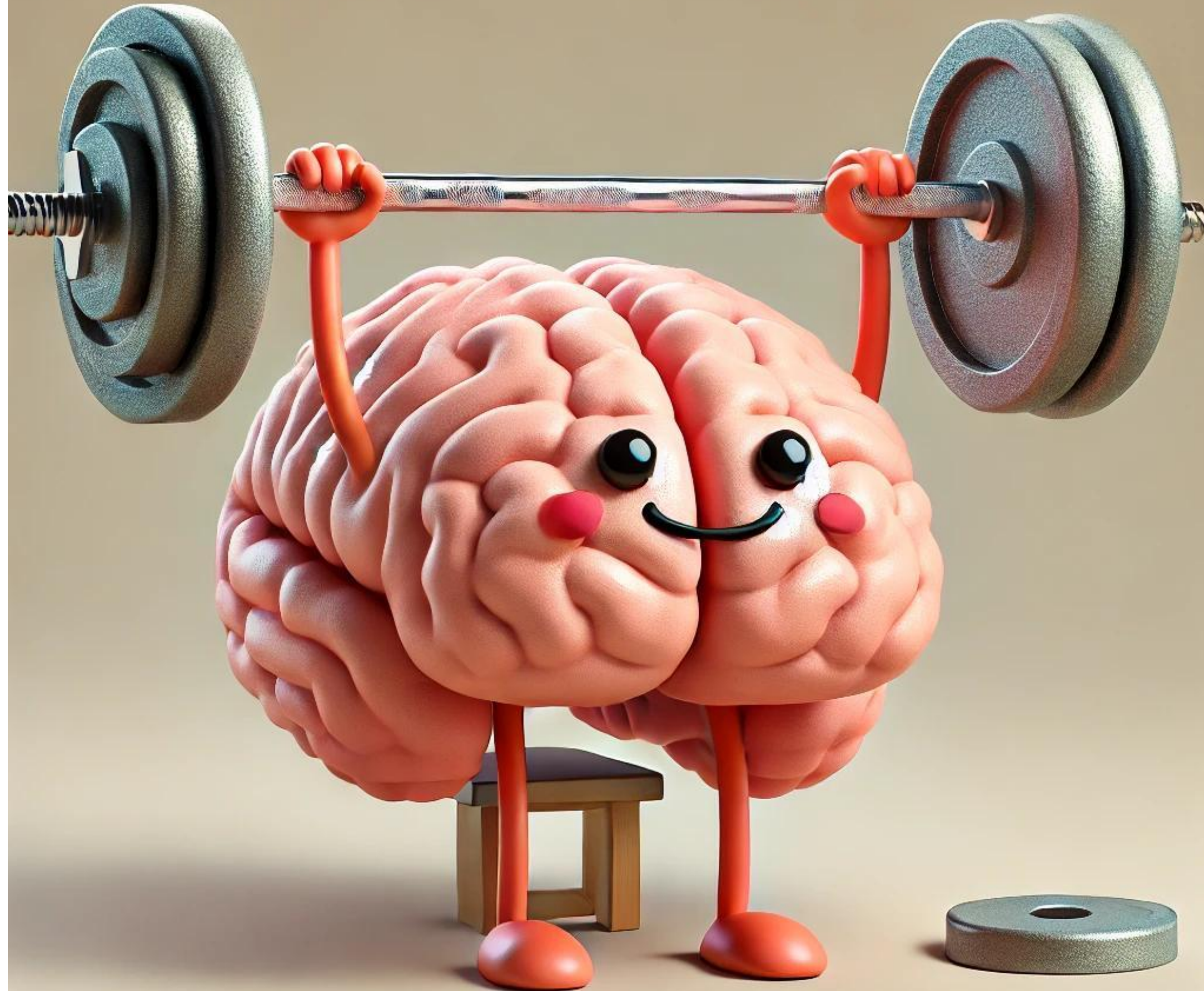
Acting vs Reacting

Pause & think



Mental Strength Is Like a Muscle

Build mental strength
through practice

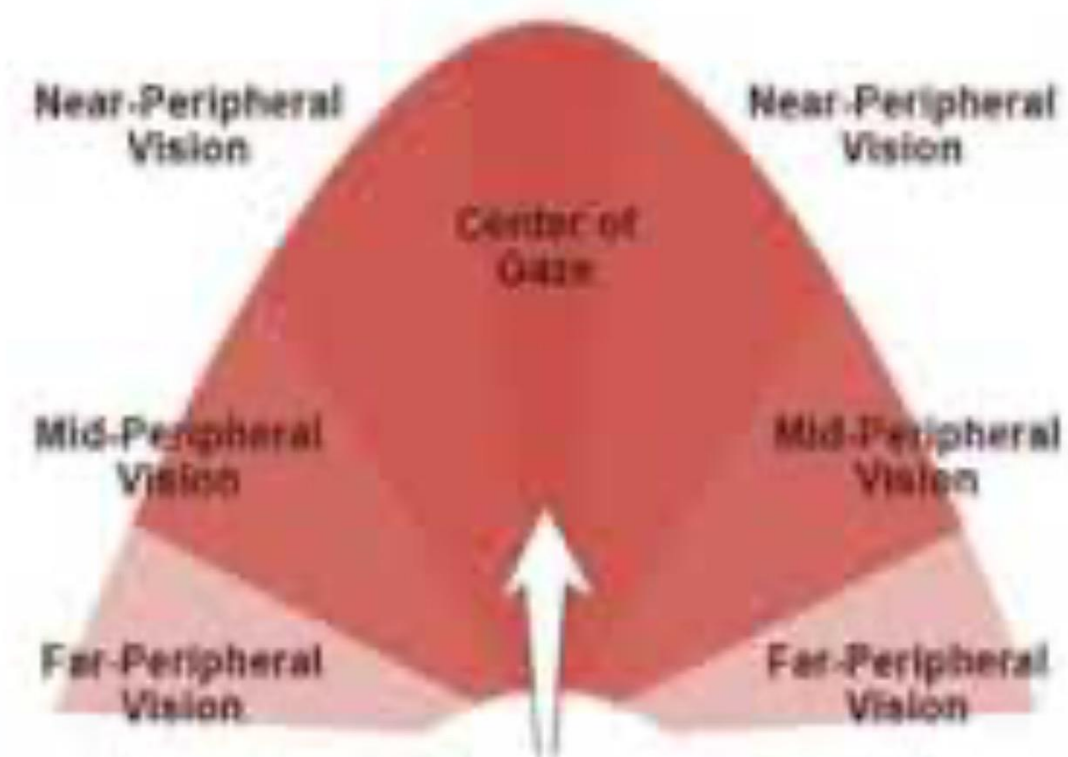




Calming Corners



Peripheral Vision





The Vagus Nerve

Your calming ally

Practice Anywhere



Learning the 5-4-3-2-1 Skill

FIVE:	What do you see?
FOUR:	What do you hear?
THREE:	What is your body touching?
TWO:	What are two odors you can smell?
ONE:	What is one taste you have?

Cell Phone Challenge

Are you in control of your phone, or is it controlling you?



WWW Tool
What For?
Why Now?
What Else?



The 4-Day/15 Minutes Process

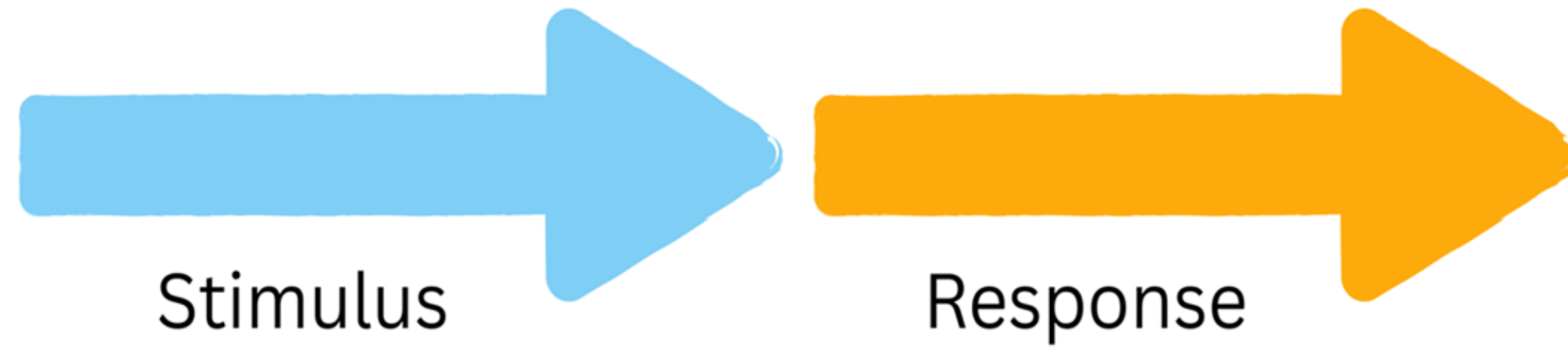
Write your own story





“Between stimulus and response there is a space. In that space is our *power to choose our response. In our response lies our growth and freedom.*”

**Viktor Frankl, a
Holocaust survivor**



The Space Between Stimulus and Response:
Gives us a choice

Strengthening Your Mind with *Mind Matters*

Turn knee-jerk reactions into thoughtful, winning actions!





Sleep Hygiene for Success QQRT

- Quality
- Quantity
- Regularity
- Timing



**What Can You Do to
Improve Your Sleep?**

Bonus Tip



10 minutes of morning sunlight



Mind Matters 2.0

A Map for Thriving

Scan for a FREE 30-Day Review Copy



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Thank you for providing us feedback!

Webinar will be available in 3 days:
<http://www.dibbleinstitute.org/webinar-archives/>

Need a certificate? Kim@Dibbleinstitute.org

Second ~~Wednesday~~ Tuesday Webinar

November 10, 2026

Technology & Boys:
Supporting Safe, Healthy Relationships in Boys' Digital Lives

April Wilson, Ph.D. and Mindy Scott, Ph.D.

Child Trends