



THE VALENS INSTITUTE: EXECUTIVE ASSETS

The Executive Pause

A Protocol for Cognitive Endurance

Emotions in the healthcare system are highly contagious. When a colleague panics, an administrator demands, or a patient complains, your nervous system naturally wants to match their intensity. "Controlling your emotions" is not about suppressing your feelings; it is about establishing **Executive Distance**.

Reacting

When you are Reacting, you are an employee caught in the system's chaos. Fight-or-flight takes over, leading to defensive posturing, burnout, and cognitive exhaustion.

Advising

When you are Advising, you step into the role of a highly paid consultant. You observe the friction from an elevated perspective, completely detached from the emotional outcome.

1 The Tactical Pause (Creating the Gap)

When confronted with a high-friction situation (a demanding email, a toxic comment in the hallway):

- 1. Silence:** Do not respond immediately. Silence is an executive power move.
- 2. The Physical Reset:** Take a 3-second inhale. Drop your shoulders. Create a personal somatic anchor—a word (like a slow "Okaaay") or a physical gesture to signal your brain that you are shifting gears.
- 3. The CEO Mantra:** Silently remind yourself: *"I am the CEO of Me, Inc. Their urgency is not my emergency."*

2 The Boardroom Lens (Auditing the Threat)

Before you speak or type, run the situation through the Me, Inc. Boardroom:

- Is this an actual clinical emergency? (If yes, act immediately).
- Is this just someone else's administrative failure becoming my problem?
- If I engage emotionally in this argument, does it increase my equity, or is it a Liability that drains my cognitive energy?

3

The Advisory Response

Shift your language from emotional defense to clinical, objective consulting.

INSTEAD OF (REACTING):

~~"I can't believe you are giving me this schedule, I am exhausted and it's unfair!"~~

THE ADVISORY RESPONSE (OBJECTIVE):

"Looking at this schedule, there is a structural coverage issue. I am at capacity and cannot safely absorb this extra load. Let's look at alternative staffing solutions."

INSTEAD OF (REACTING):

~~"Why didn't anyone tell me this patient wasn't prepped yet?!"~~

THE ADVISORY RESPONSE (OBJECTIVE):

"The protocol here broke down. Let's address the patient now, and I expect an operational review of this failure at tomorrow's briefing."

The Daily Practice

Keep a physical tally on your desk or phone this week. Every time you successfully insert a "Tactical Pause" between a trigger and your response, mark it down. You are not just biting your tongue; you are actively building your cognitive endurance.