S·LA

A SOFT LANDING SPACE

NEURODIVERGENT EDUCATION & COMMUNITY

DMN VS. TPN

Understand your brain. Choose your focus.

Your brain has two main networks that are always at work. Awareness helps you shift from autopilot to intentional living.

DMN TPN



DMN

DEFAULT MODE NETWORK · AUTOPILOT

Active when your mind wanders, replays the past, or worries about the future. Linked to self-referential thinking and internal story loops.

- **Mind Wandering**
  Drifts to random thoughts, memories, or “what ifs.”
- **Self-Focus**
  Overthinks, analyzes, and ruminates on self and others.
- **Stress & Anxiety**
  Stays stuck in worry, fear, or negative loops.
- **Past & Future**
  Relives the past or catastrophizes the future.
- **Mental Fatigue**
  Drains your energy and makes focus harder.

TPN

TASK POSITIVE NETWORK · FOCUSED MODE

Active when you’re engaged in the present moment and focused on a task. Supports logic, problem-solving, and goal-directed behavior.

- **Present Focus**
  Anchored in the here and now, attending to the task.
- **Problem Solving**
  Uses logic, planning, and executive function.
- **Productivity & Flow**
  Supports action, creativity, and getting things done.
- **Sense of Control**
  You feel capable, clear, and in charge.
- **Sustained Energy**
  Energizing and motivating when regulated.

WHY IT MATTERS

Too much DMN can lead to overwhelm, anxiety, and burnout.

Strengthening TPN helps you focus, take action, and feel better.

HOW THEY WORK TOGETHER

DMN helps you dream, reflect, and imagine possibilities. → TPN helps you plan, focus, and bring those ideas to life. → Balance is key. Awareness helps you shift between the two with intention.

TAKE A BREATH

Slow, deep breaths bring you back to the present.

USE YOUR SENSES

Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.

FOCUS ON ONE THING

Choose one small task and give it your full attention.

MOVE YOUR BODY

Movement helps regulate your brain and reset focus.

BE KIND TO YOURSELF

Shifting takes practice. Awareness is the first step.

You can’t stop the DMN — but you can choose when to shift.

Awareness creates choice. Choice creates change.

FACTS BEFORE STORIES.
See clearly.

AWARENESS CREATES CHOICE.
Choice creates change.

YOU ARE NOT ALONE.
We do this together.

AWARENESS CHANGES EVERYTHING.

WE DO THIS TOGETHER.
Every step matters.

LIFE CHANGES. WE CHANGE. THE CYCLE BEGINS AGAIN.