

Showing up
with
Courage and
Energy!

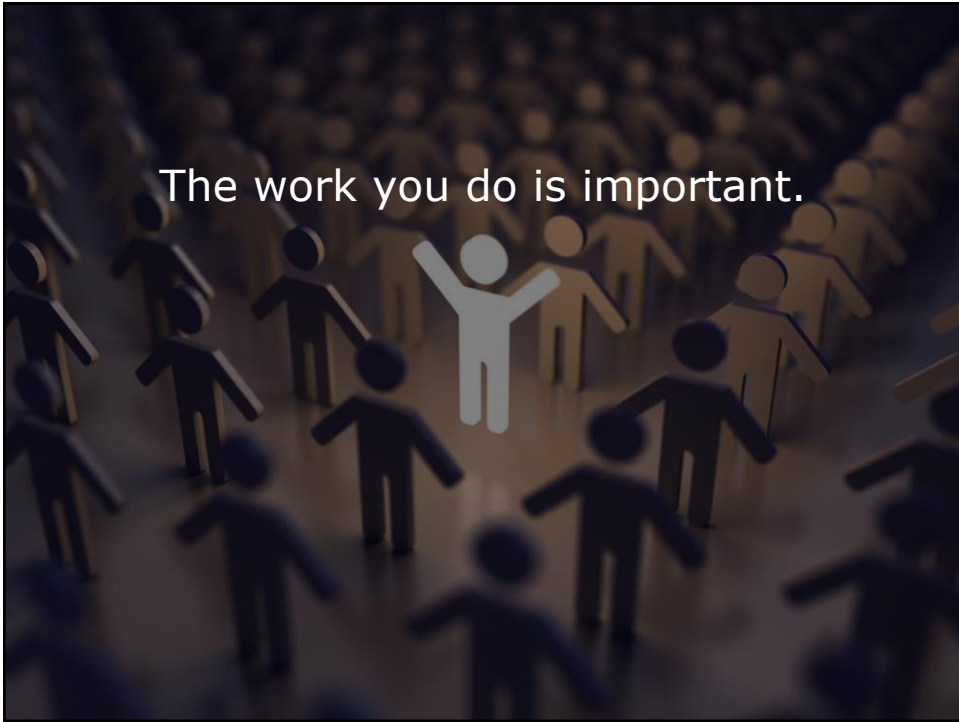


1

Thank you!

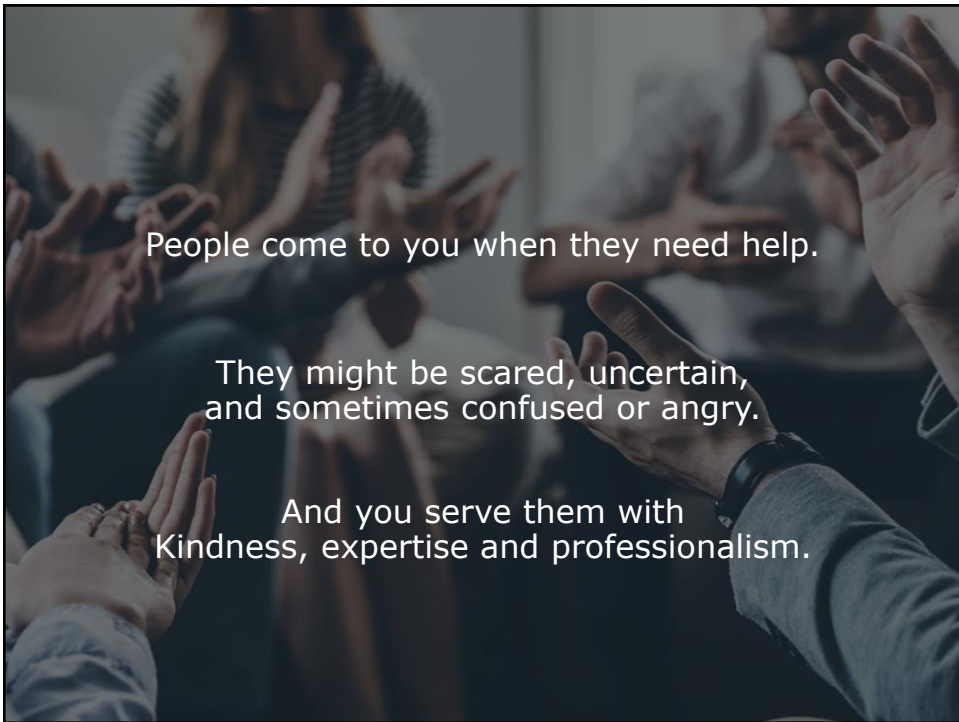


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The work you do is important.

3

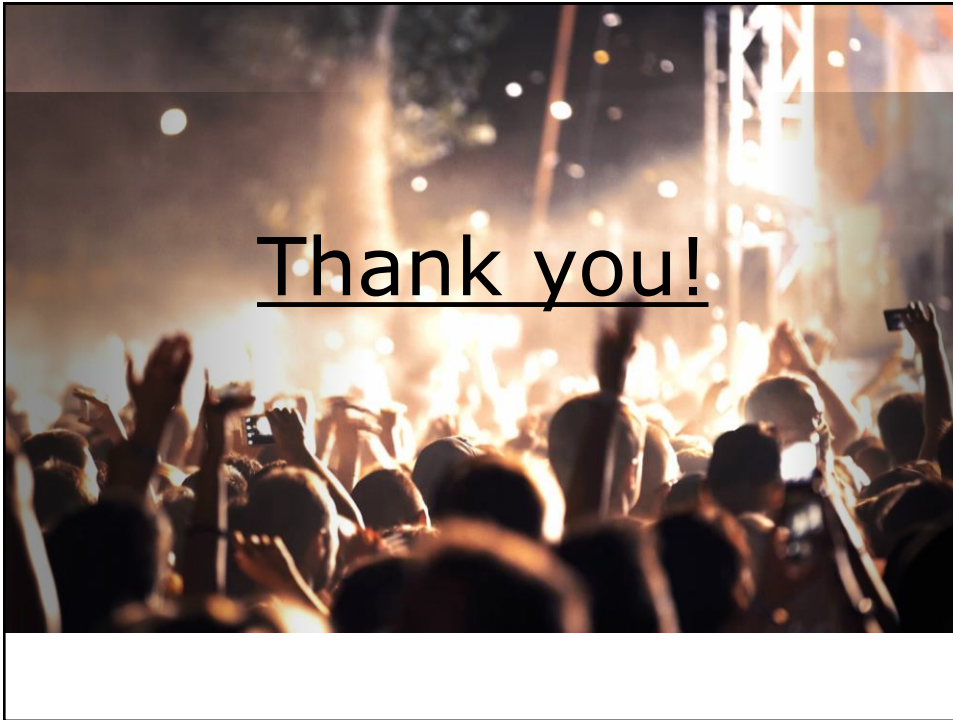


People come to you when they need help.

They might be scared, uncertain,
and sometimes confused or angry.

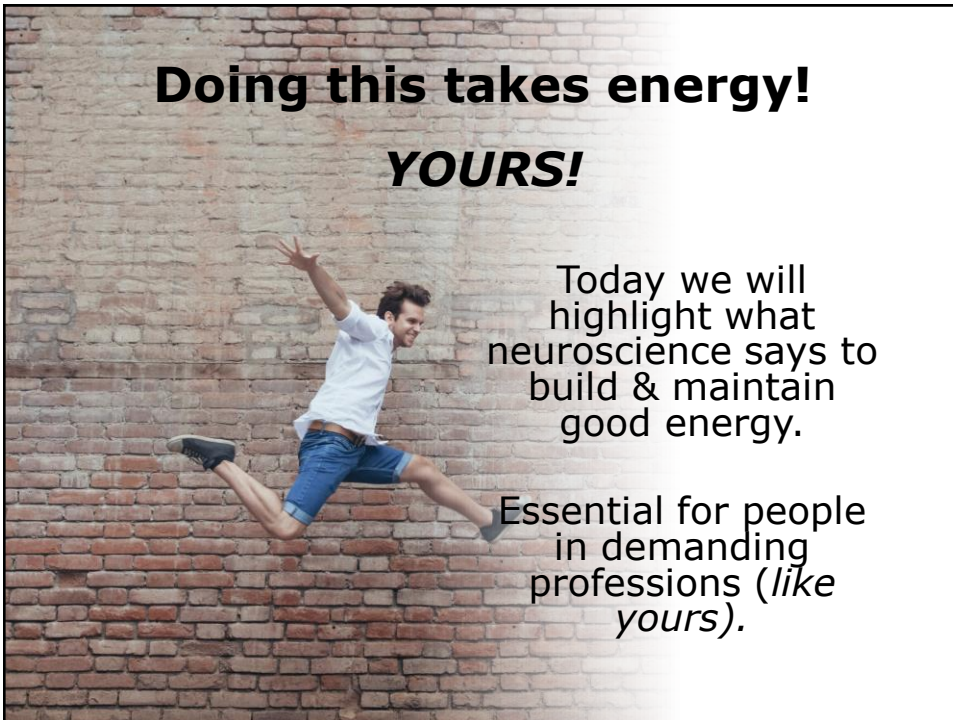
And you serve them with
Kindness, expertise and professionalism.

4



Thank you!

5



Doing this takes energy!

YOURS!

Today we will highlight what neuroscience says to build & maintain good energy.

Essential for people in demanding professions (*like yours*).

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ABOUT ROBIN ROSE

- M.A. Counseling / Psychology
- Presents research-based information for 30 + years nationally and internationally
- Committed to making this time valuable for you



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**OUR FOCUS TODAY:
SKILLS TO STAY CALM,
FEEL CAPABLE AND
ENERGIZED,
ESPECIALLY DURING
STRESSFUL TIMES**



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There will be a lot of information in this session.

Start small,

WHAT EVER
YOU DO
GROWS



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First:

1. What are you like at your best?
2. Is there a quality that you would like to develop?

Please choose three words that describe you at your best at work and one quality you would like to develop.

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Being our best starts in our brain & nervous system

Thinking Brain

Limbic System

Survival (*non-thinking*) Brain



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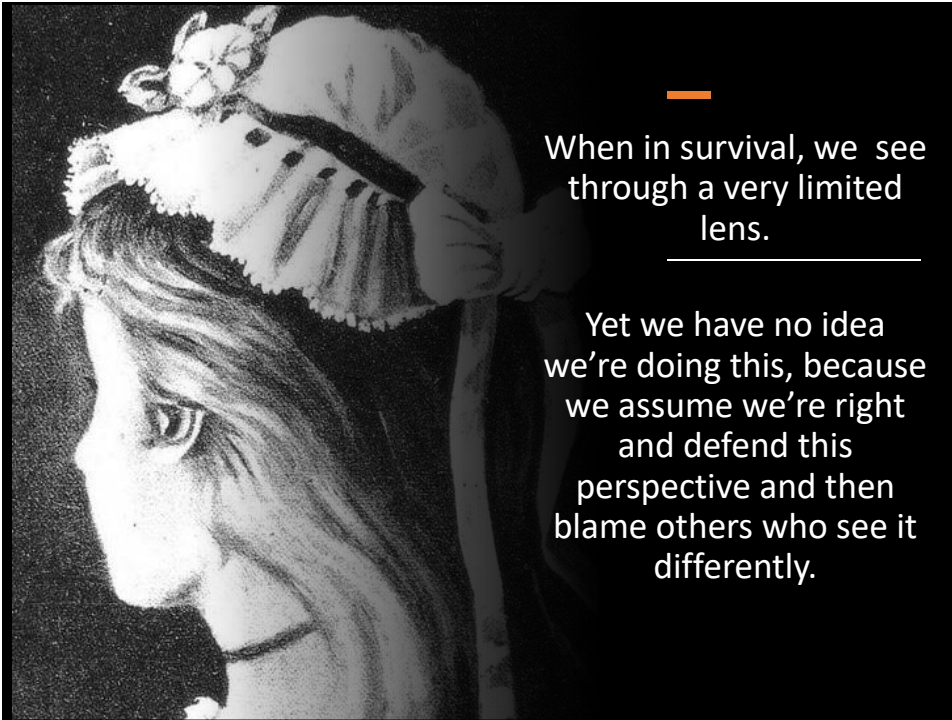
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The Survival Brain (stressed, fight, flight, freeze, fawn)

- Can not take in new ideas
- No self-awareness
- No ability to reason
- We get over-excited, can't calm or slow down
- Sometimes defensive, protective of our own ideas
- Activated by fear or discomfort - can't turn itself off

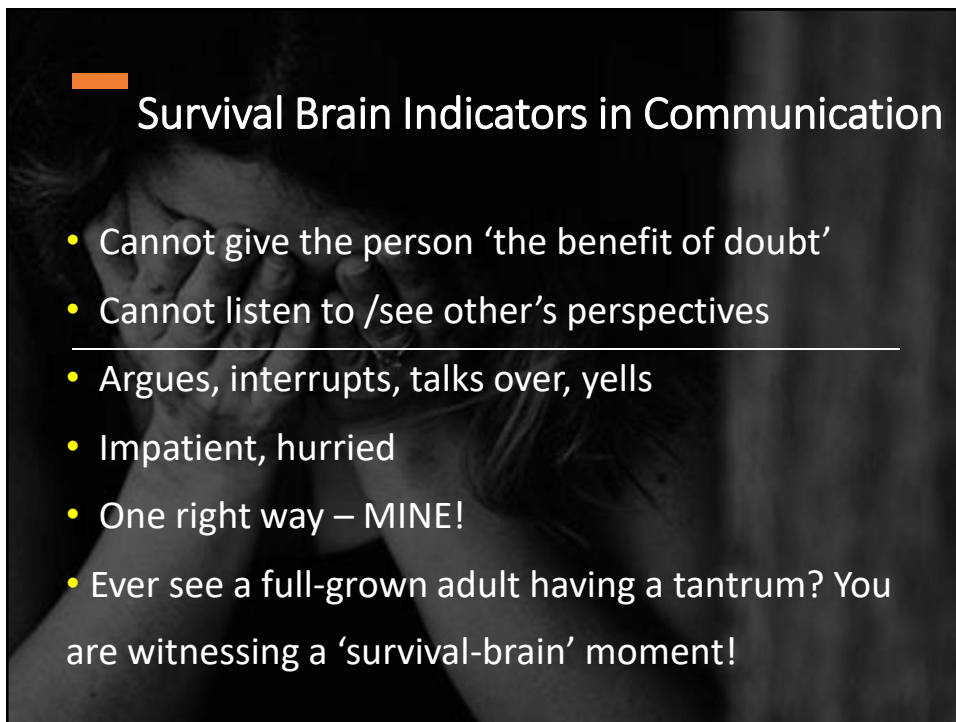
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When in survival, we see through a very limited lens.

Yet we have no idea we're doing this, because we assume we're right and defend this perspective and then blame others who see it differently.


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Survival Brain Indicators in Communication

- Cannot give the person 'the benefit of doubt'
- Cannot listen to /see other's perspectives
- Argues, interrupts, talks over, yells
- Impatient, hurried
- One right way – MINE!
- Ever see a full-grown adult having a tantrum? You are witnessing a 'survival-brain' moment!

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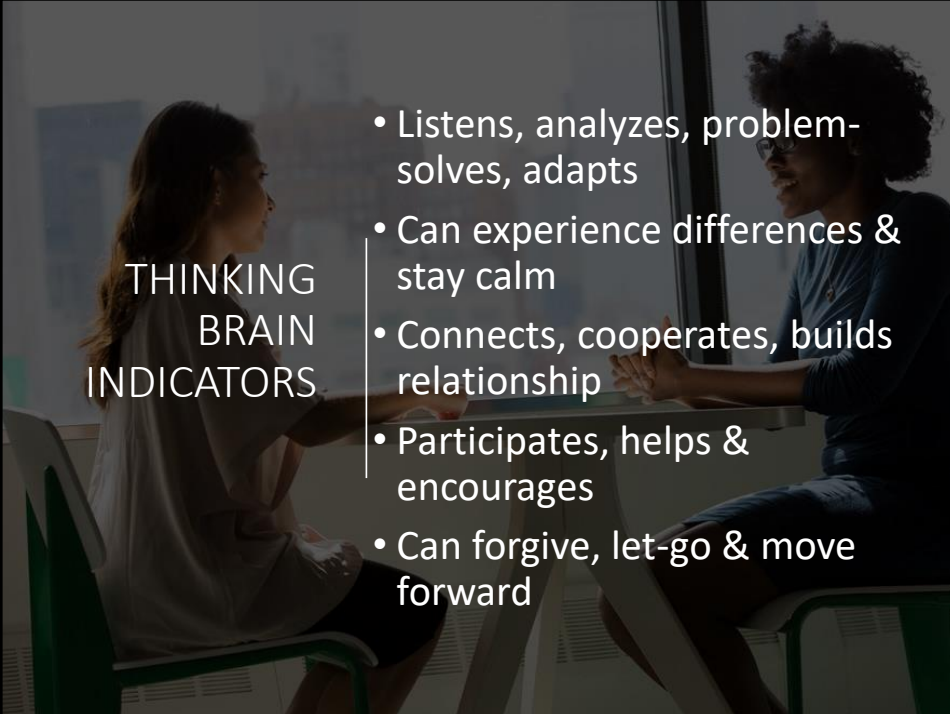
THINKING BRAIN

Rest, Disinterest, Disengagement, Disrespect, Dismissal, Dismissal, Dismissal
 Pain, Discomfort, Discomfort, Discomfort, Discomfort
 (The body's natural healing & cell repair occur)

- Assumes positive intent
- Focus: connect and build relationship
- Aware of body language, tone and impact
- Organized, organized, organized
- Kindness, compassion, playful
- Interested, curious, open
- Seeks to learn and understand
- Presumes success / problem-solves

Notice: No fear, upset or worry

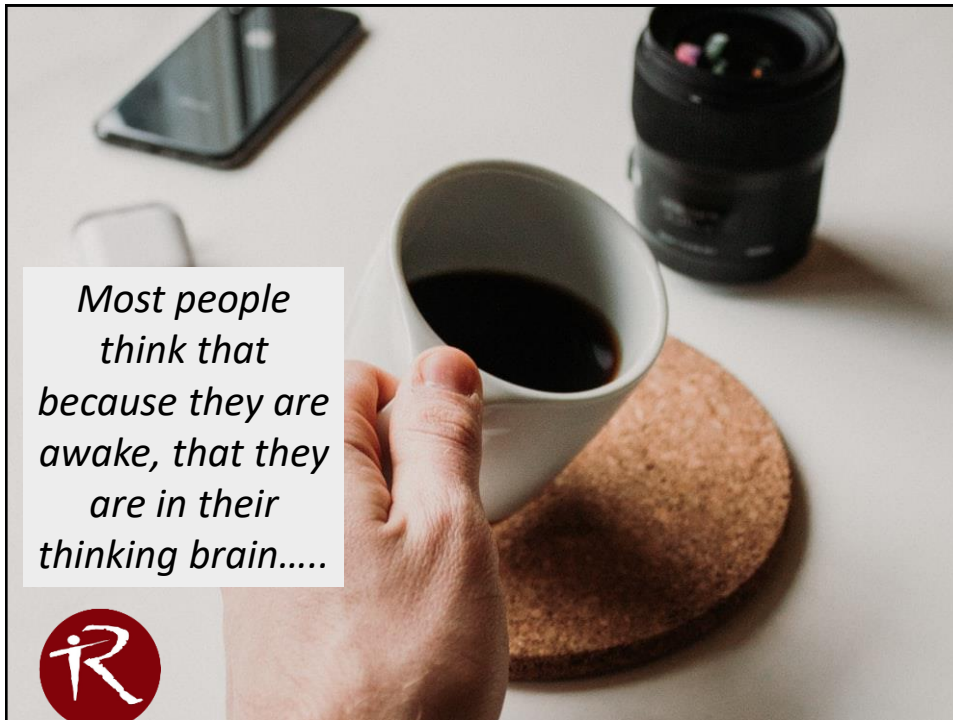
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THINKING BRAIN INDICATORS


- Listens, analyzes, problem-solves, adapts
- Can experience differences & stay calm
- Connects, cooperates, builds relationship
- Participates, helps & encourages
- Can forgive, let-go & move forward

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Please say out loud the color of the following words:



SAY IT LOUD



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RED BLUE
BLACK GREEN
BLACK BLUE
GREEN RED
GREEN RED
BLUE BLACK



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PROPER BREATHING

WHOLE FOOD /
HYDRATION

HUMAN CONNECTION
& PLEASURE

STRESS
MANAGEMENT

QUALITY SLEEP

ESSENTIAL
ELEMENTS FOR
HIGH FUNCTION
BRAIN STATES and
RESILIENT
PHYSIOLOGY



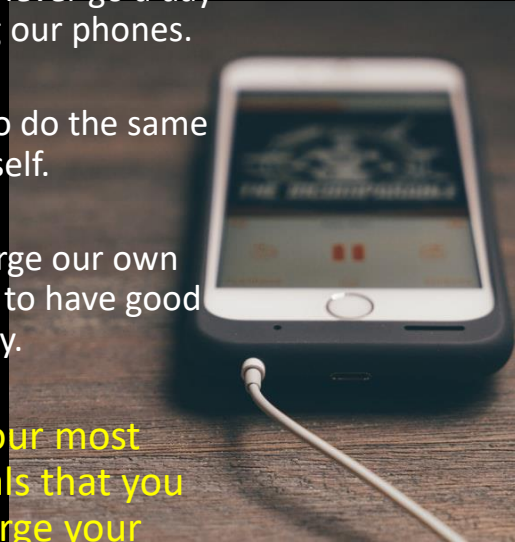
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Most of us would never go a day
without charging our phones.

Yet we often fail to do the same
for ourself.

We need to charge our own
system every day to have good
energy.

★ What are your most
common signals that you
need to charge your
battery?



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Your thinking brain
must have fresh
oxygen to stay 'on'

BREATHE

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THERE ARE 3 TYPES OF BREATHING

Clavicle breathing



Signals overwhelm
Activates a fight, flight, freeze,
fawn response

Chest breathing



Signals stress/fear
Activates the sympathetic
system, we go into stress
physiology, digestion and
health systems off

Belly-breathing
*We are born belly
breathing*



Only belly breathing calms.
Your muscles relax.
Your brain becomes more
focused and accurate.
Your health systems turn on.



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Breathe in sync with this to activate your
thinking/calm/accurate brain and your
healing systems.

Inhale for **4** - Exhale for **6**



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These also increase
beneficial breathing
because they require a
long exhalation:



- Singing
- Yawning
- Laughing
- Humming
- Whistling



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A photograph of a person's legs and feet walking on a wooden boardwalk. The person is wearing dark pants and brown shoes. The background is blurred, suggesting motion.

MOVE

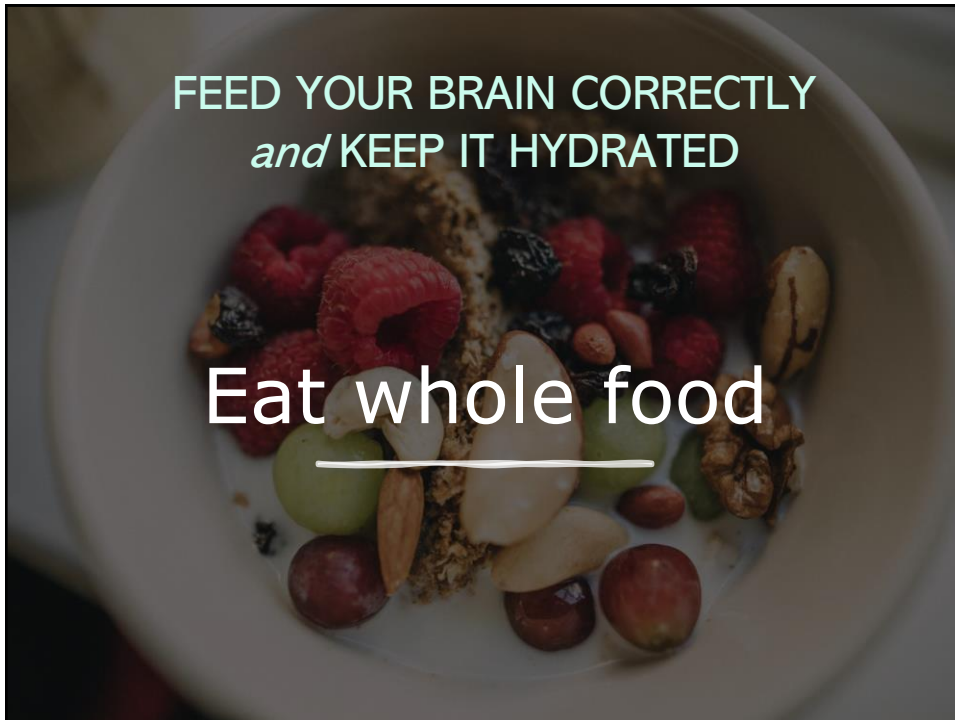
PRIORITIZE WALKING
(another form of breathing)

Start with 10 minutes.

“If walking were a pill, it would be the most important medication we take”

A red circular logo containing a white stylized letter 'R'.

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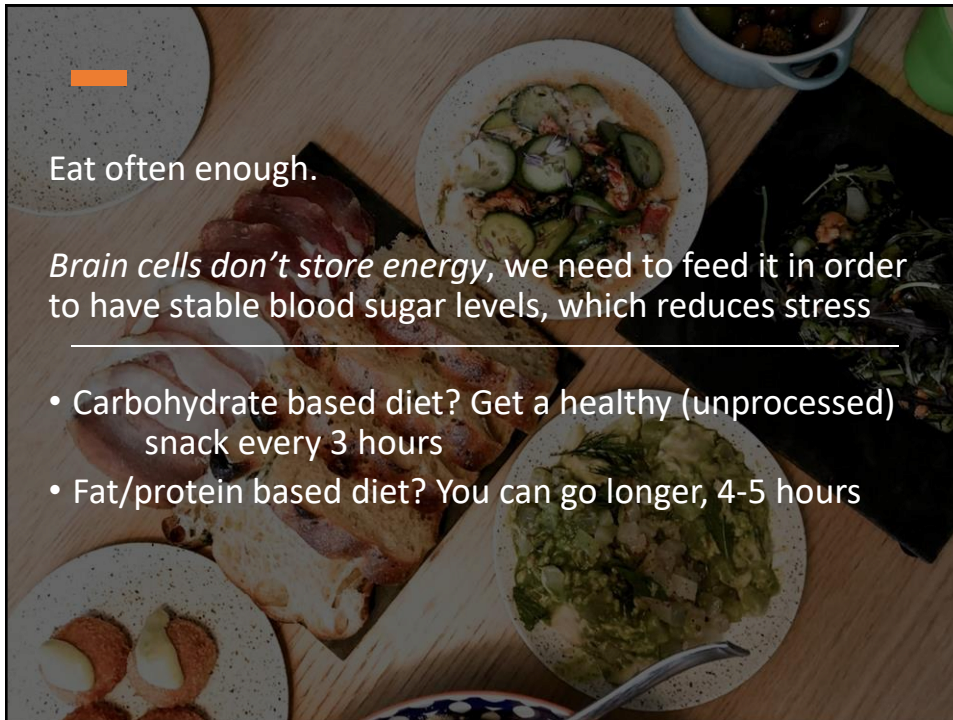
A collage of food images on a dark background. On the left, there are several golden-brown croissants. On the right, there is a sandwich with lettuce and tomato, and a salad with chickpeas, tomatoes, and a hard-boiled egg. The text is centered in the middle of the collage.

Whole food stabilizes your brain function. It lowers your stress hormones.

If you are incorporating processed food at a meal, eat your whole food first, then your processed food.

Veggies
Protein/fats
Lastly- Refined carbs

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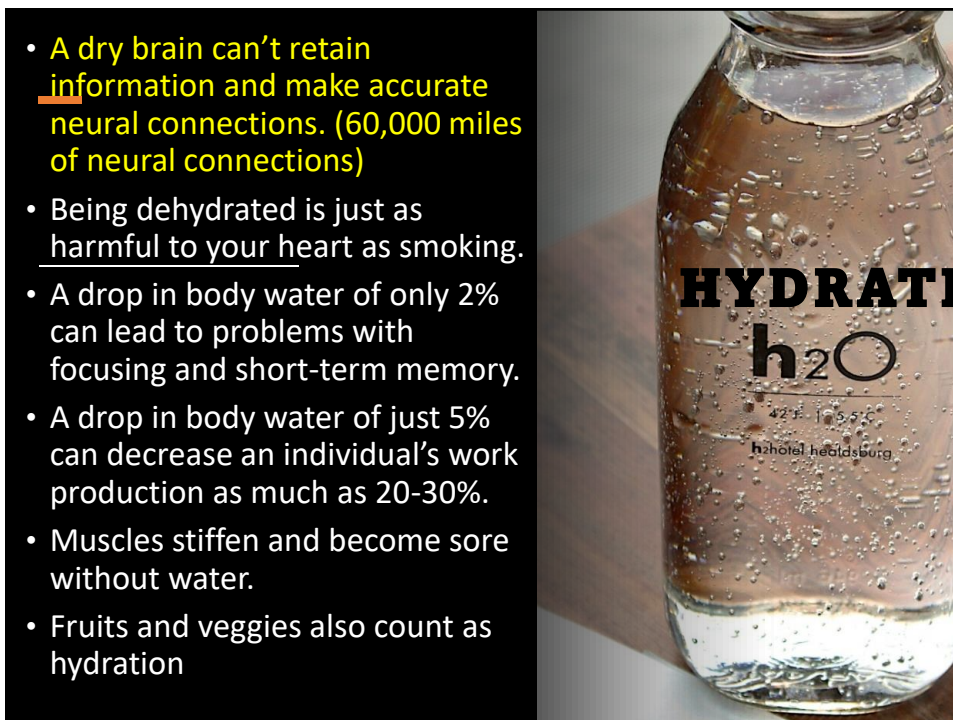


Eat often enough.

Brain cells don't store energy, we need to feed it in order to have stable blood sugar levels, which reduces stress

- Carbohydrate based diet? Get a healthy (unprocessed) snack every 3 hours
- Fat/protein based diet? You can go longer, 4-5 hours

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- A dry brain can't retain information and make accurate neural connections. (60,000 miles of neural connections)
- Being dehydrated is just as harmful to your heart as smoking.
- A drop in body water of only 2% can lead to problems with focusing and short-term memory.
- A drop in body water of just 5% can decrease an individual's work production as much as 20-30%.
- Muscles stiffen and become sore without water.
- Fruits and veggies also count as hydration

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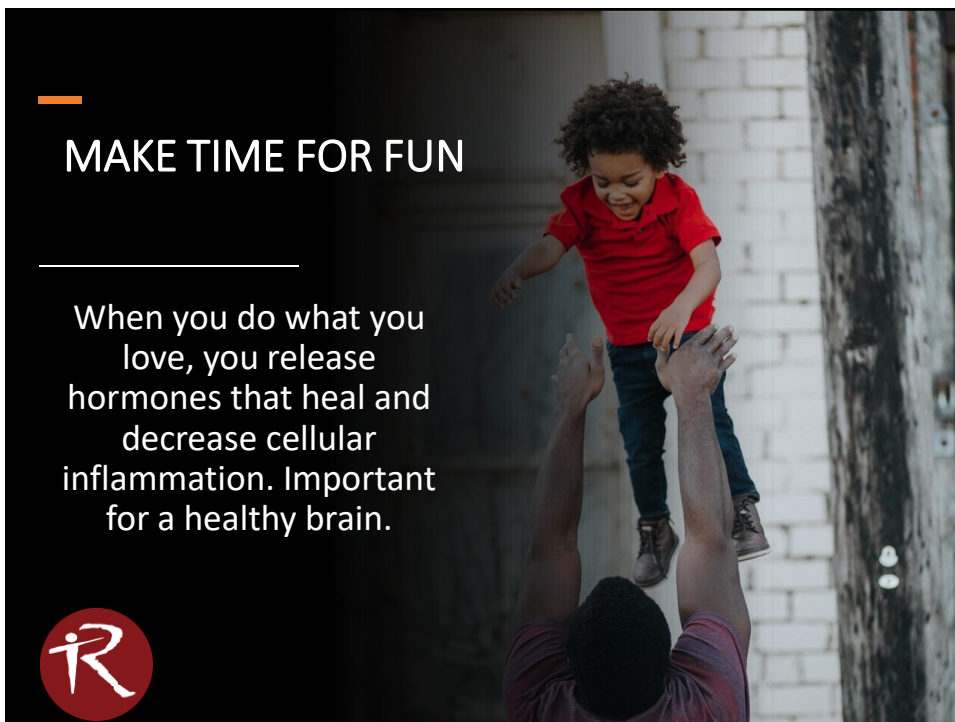


HUMAN CONNECTION
&
PLEASURE

Connect with
people important
to you.

*Make the time,
caring human
connection is a
core need.*

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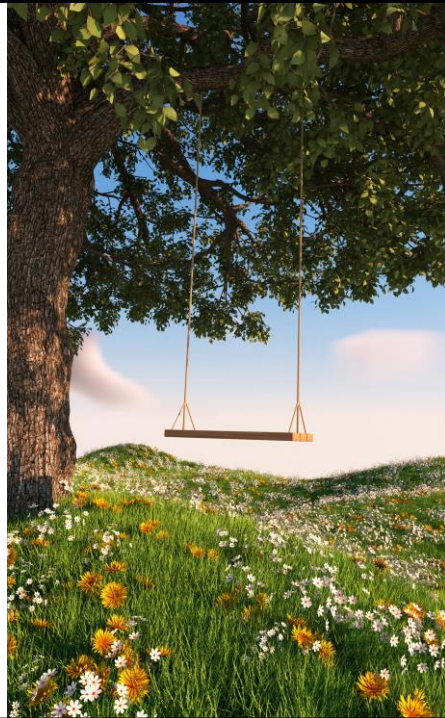
MAKE TIME FOR FUN

When you do what you
love, you release
hormones that heal and
decrease cellular
inflammation. Important
for a healthy brain.



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What do you do that you love so much that you experience 'timelessness'?

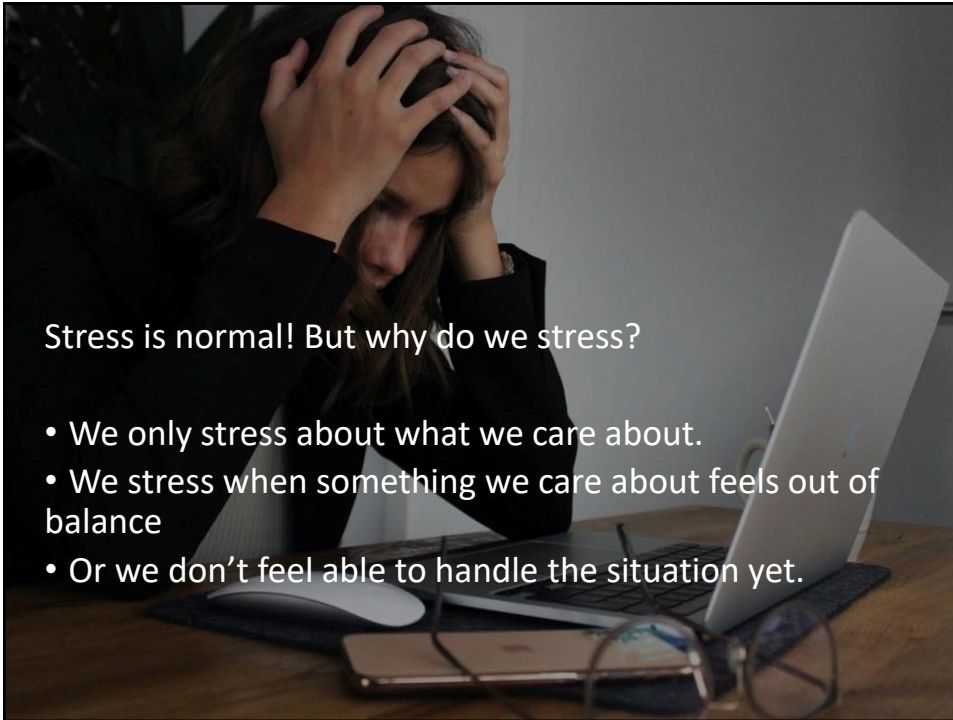


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Learn to manage your stress

Here are lots of ways:

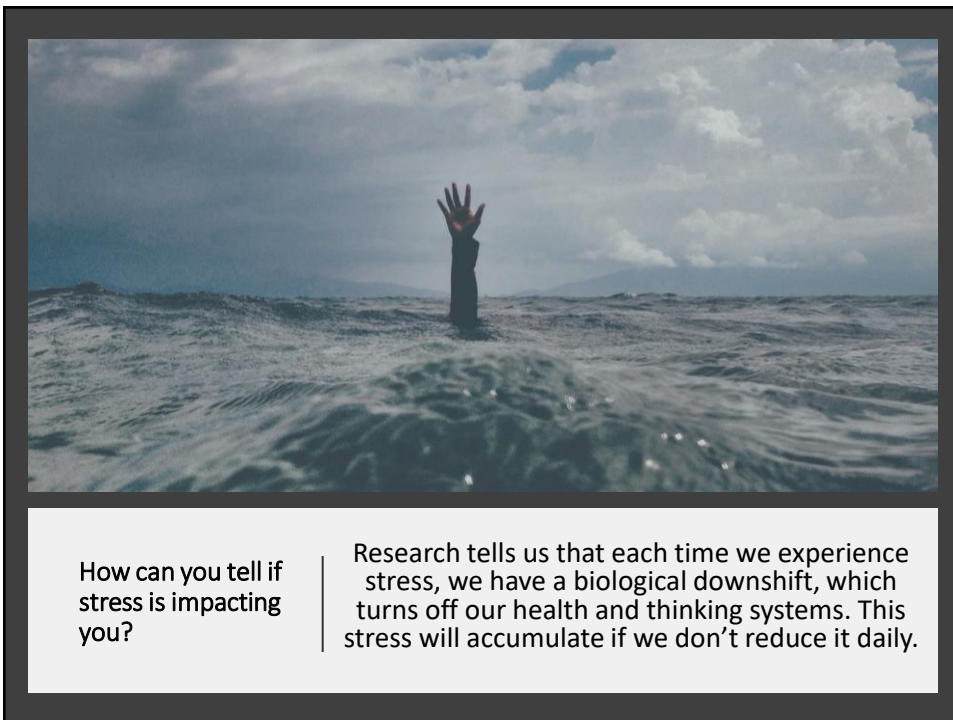
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Stress is normal! But why do we stress?

- We only stress about what we care about.
- We stress when something we care about feels out of balance
- Or we don't feel able to handle the situation yet.

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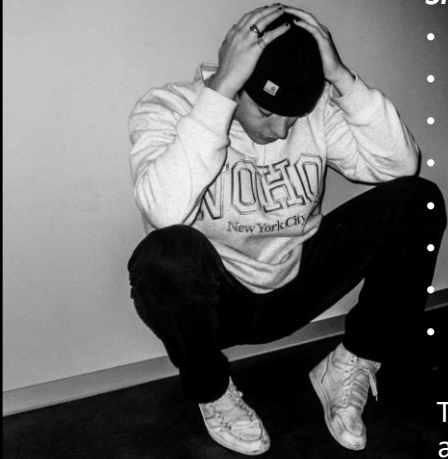


How can you tell if stress is impacting you?

Research tells us that each time we experience stress, we have a biological downshift, which turns off our health and thinking systems. This stress will accumulate if we don't reduce it daily.

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Do you have any of these
2-5 times a month?



Signs of un-addressed stress:

- Tension or migraine headaches
- TMJ / neck / shoulder / back pain
- Digestive upsets
- Fatigue / Loss of zest
- Joint pain / Fibromyalgia
- Sleep problems
- Anxiety / Depression
- Chronic Anger / Bitterness

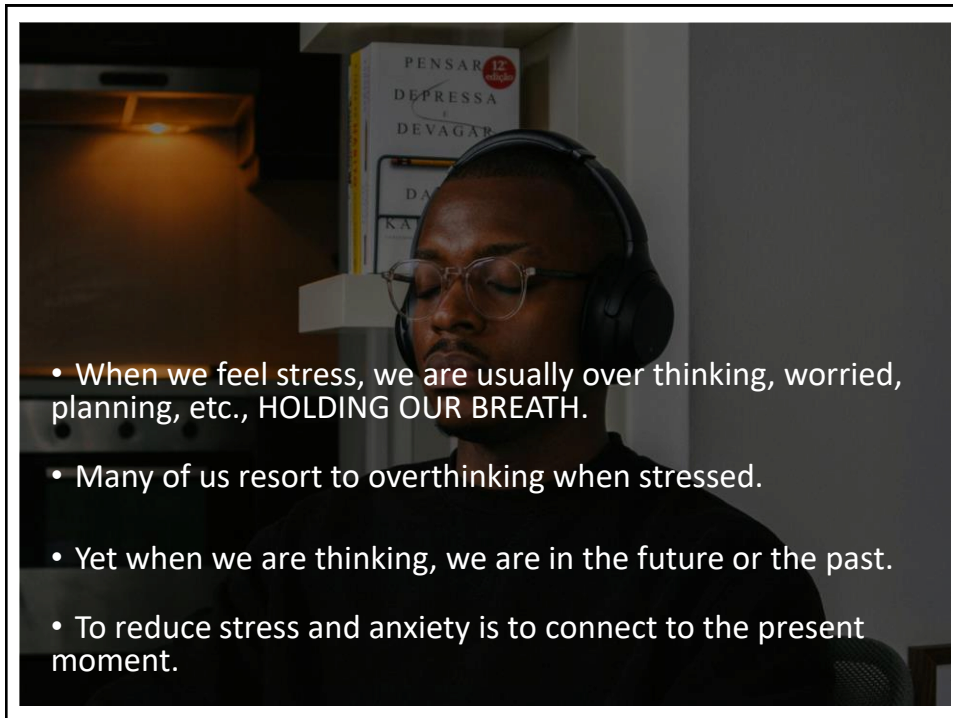
There has been a 30% rise in anxiety and depression during and since the pandemic.

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What are your
stress signals?
Body tension?
Troubled
thoughts?
Uncomfortable
emotion?

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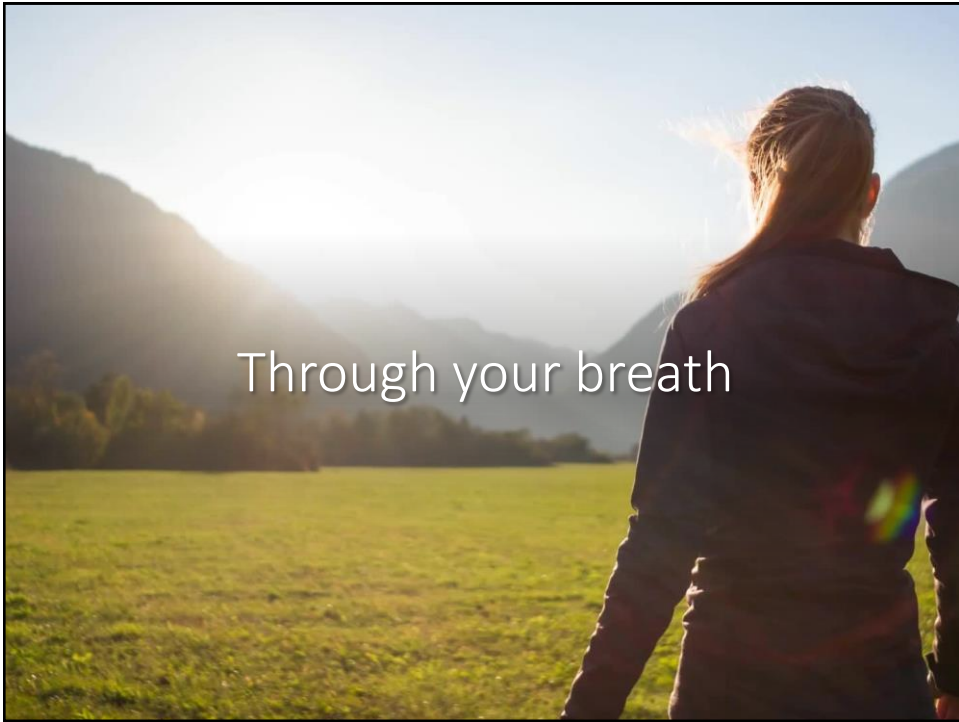
- When we feel stress, we are usually over thinking, worried, planning, etc., HOLDING OUR BREATH.
- Many of us resort to overthinking when stressed.
- Yet when we are thinking, we are in the future or the past.
- To reduce stress and anxiety is to connect to the present moment.

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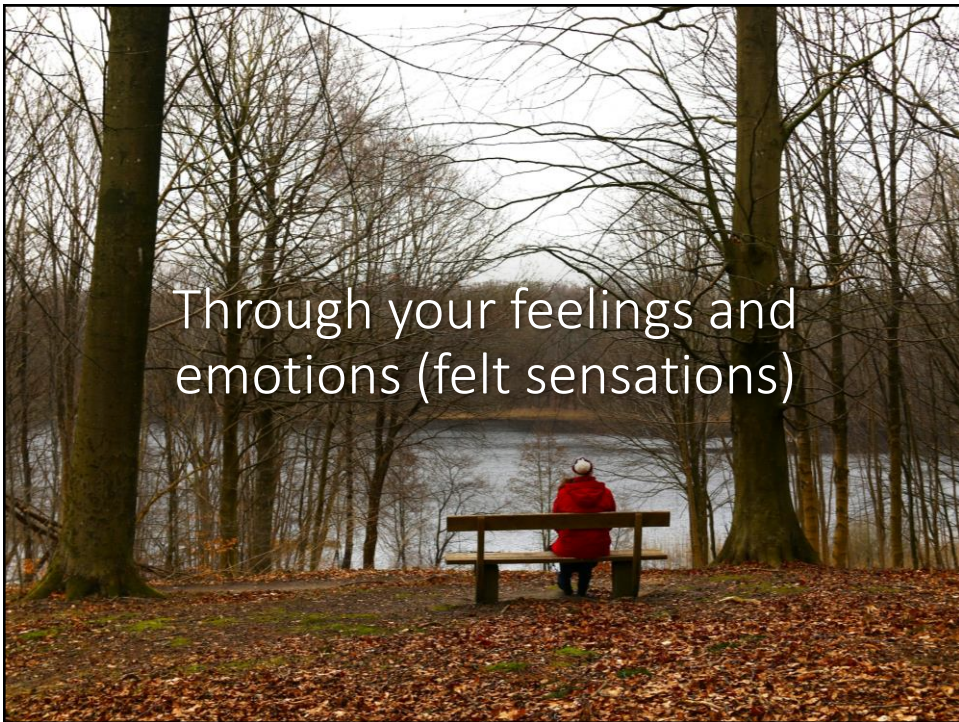
How to
connect
to the
present
moment?

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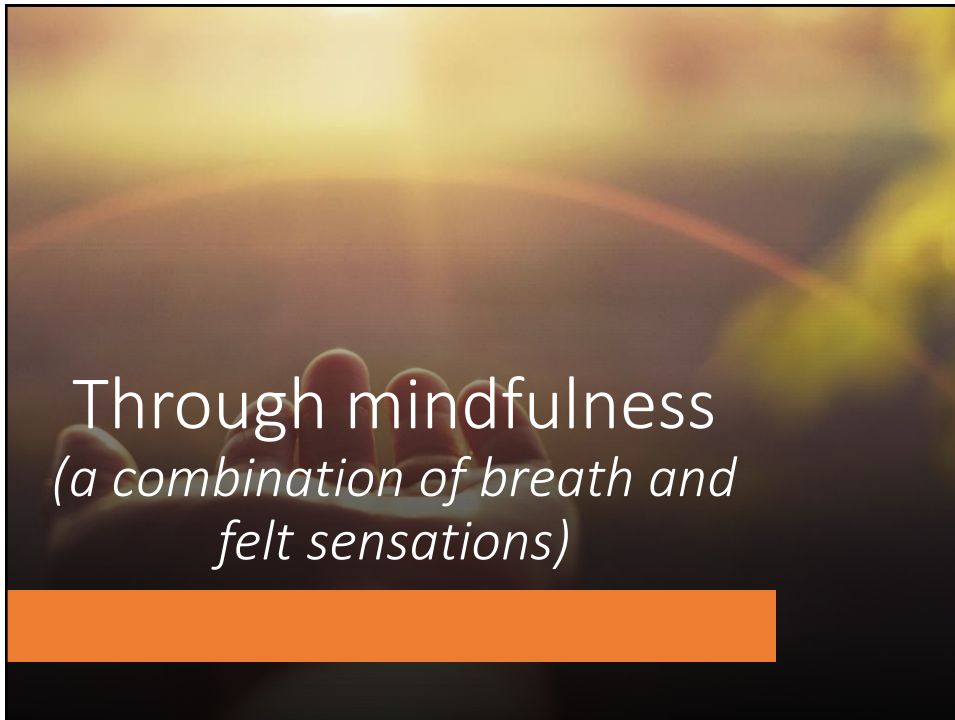
Through your breath

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Through your feelings and
emotions (felt sensations)

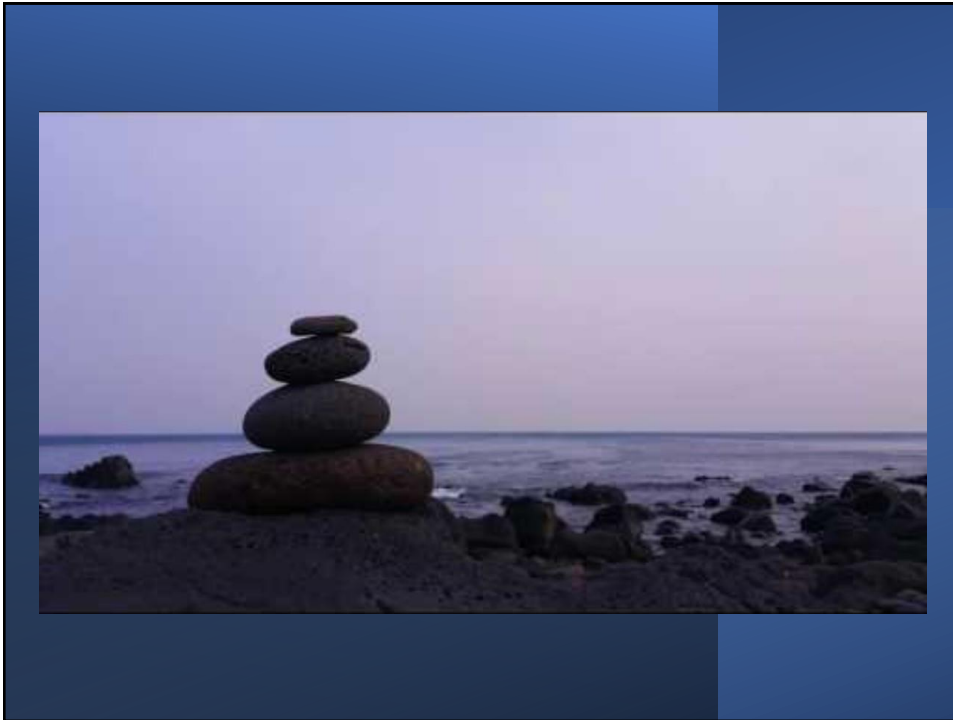
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THROUGH GRATITUDE

Gratitude points your brain in a positive direction

1. Your brain follows your thoughts
2. Gratitude brings you into the present moment
3. Gratitude turns off your stress systems
4. Gratitude turns on your health systems
You'll feel better.
You'll think more accurately.
5. You can not suffer and be grateful at the same time.
6. Include being grateful for something that really matters to you.

Gratitude, deep sleep, and 'timelessness' activities are SUPER STAR healing activities for mind and body.

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BECOME VERY PICKY ABOUT YOUR THOUGHTS
AND CONVERSATIONS. HERE'S WHY:

Example: Notice everything in your space that is [blue](#).

Your focus or thought determines what you see and what you miss. This perception determines your reality and becomes your cognitive bias and mindset. Problems or solutions? Stressed or resilient?

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Notice that **YOU** choose where
you put your attention, your
awareness and your thoughts.

When you begin to become
stressed, choose thoughts and
conversations and lead you in
the direction you desire:

Solutions

Resources

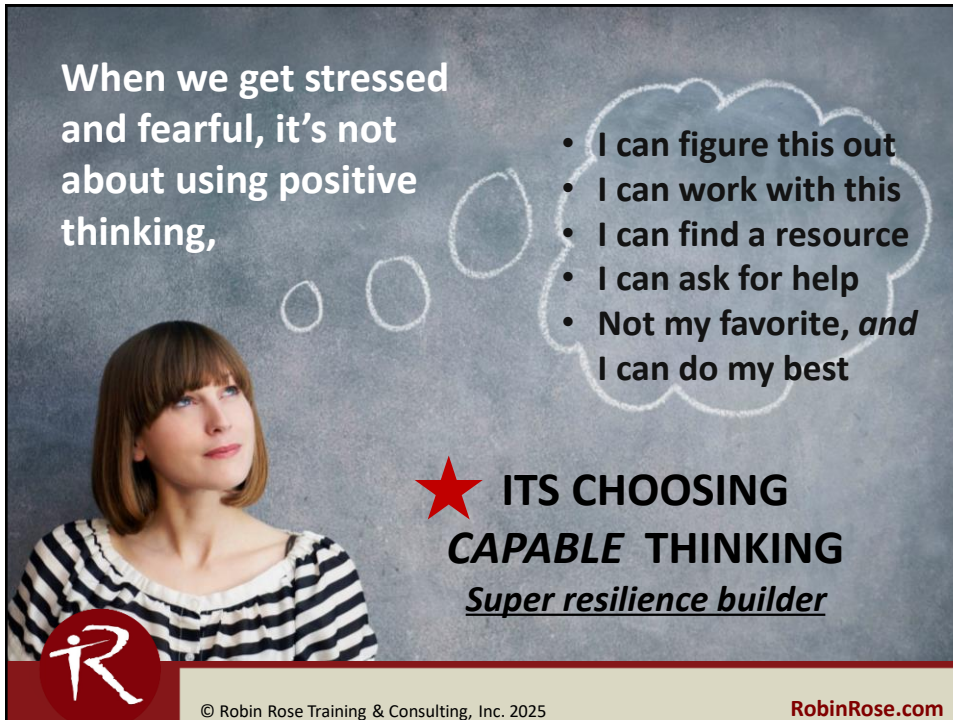
Compassion

Appreciation

Gratitude

A moment of calm first.....


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When we get stressed and fearful, it's not about using positive thinking,

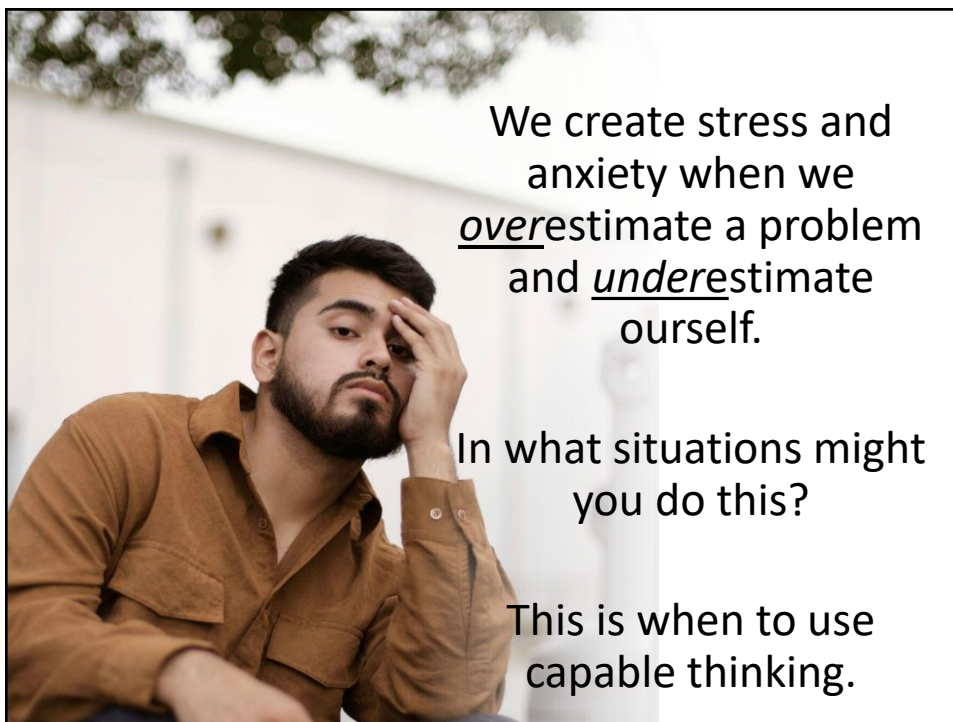
- I can figure this out
- I can work with this
- I can find a resource
- I can ask for help
- Not my favorite, *and* I can do my best

★ **ITS CHOOSING CAPABLE THINKING**
Super resilience builder



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We create stress and anxiety when we overestimate a problem and underestimate ourself.

In what situations might you do this?

This is when to use capable thinking.

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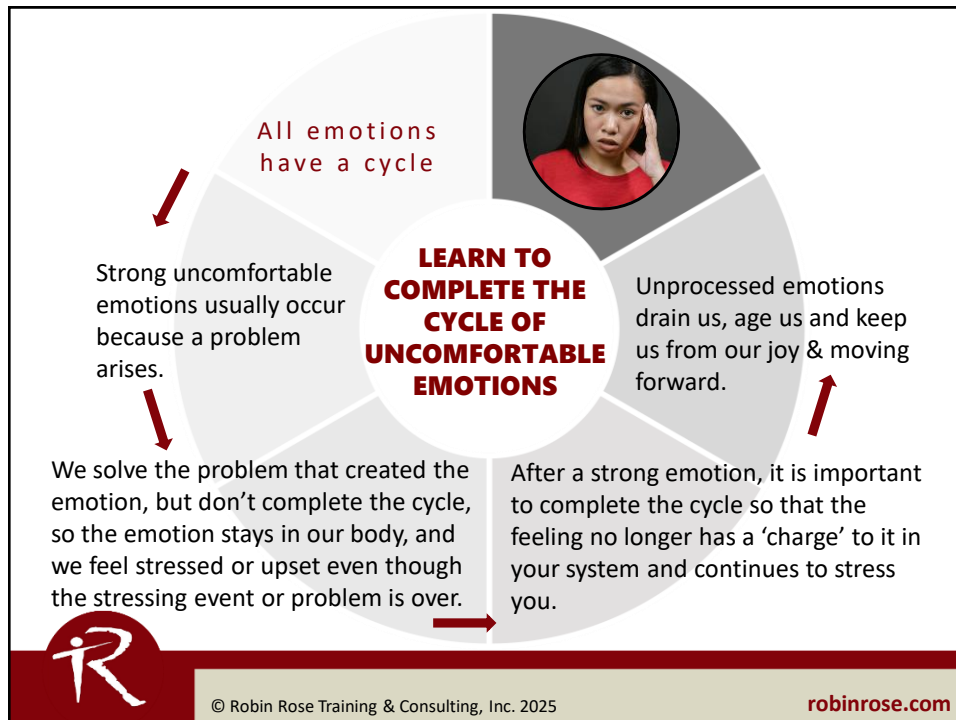
Look at the impact of what you are talking about with others.

Are your conversations increasing people feeling capable or feeling stressed? Are they predicting a successful future or a scary future?



GIVE UP NEGATIVE, COMPLAINING CONVERSATIONS. THIS WILL CHANGE YOUR LIFE!

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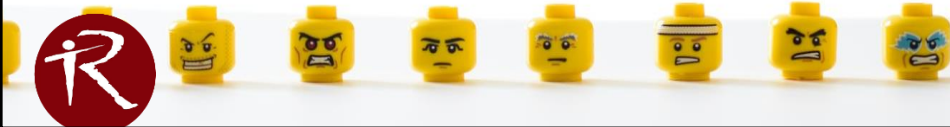


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KEY: Learn to feel and accept ALL of your feelings

- There's no such thing as a good or bad feeling, but some feelings are more comfortable than others
- All feelings want is to be felt and acknowledged
- Feelings buried alive never die, they disrupt our sleep, cause anxiety, negativity, stress, depression and overwhelm
- Key: allow yourself to feel the feeling for a few seconds, and BREATHE
- You have to feel to heal and get unstuck, and to move on

FEELINGS ARE PHYSICAL – they don't want to be talked about- they need to be felt and experienced in the body.



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WHEN WE DON'T KNOW HOW TO FEEL THE DISCOMFORT, WE WILL TRY TO MASK OR SUPPRESS IT. *We just want the discomfort to go away...*

**Common
Personal
Masking
Behaviors**

- The Excessives – overeating, drinking, shopping, gambling, drugs, illegal and otc
- Gossiping, drama, 'stirring the pot'
- Raging or projecting onto others
- Blaming, complaining, whining
- Shutting down, isolating
- Paranoid or catastrophic thinking
- Taking our anger or stress home
- Increased body pain, illness, absenteeism

When you find yourself engaging in one of these, ask yourself:
What uncomfortable feeling am I trying to not feel?

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HEALTHY WAYS TO COMPLETE THE EMOTION CYCLE:


Breathe and feel the physical sensation for 90 seconds, notice how you experience the emotion in your body (headache, tense jaw)

- Some emotions need motion - move your body, go for a walk
- Some need stillness – sit or lie down, do a relaxation exercise
- Take 30 seconds each day to acknowledge the strong emotions you have experienced that day
- Share how you feel with a friend and receive support
- Use tapping, yoga, Qigong
- Allow yourself a good cry



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And finally, but perhaps the most important-

Prioritize Your Sleep and Your Rest

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We go through five brain-wave patterns during our 24 hours. Only THREE happen during good sleep and they are critically important to our physical and mental health:

**WE ARE STRESSED
HURRIED WORRIED
COMPLAINING**
We are in the oxygen deprived **survival brain**

**PHYSICALLY RELAXED
MENTALLY CAPABLE**
Excellent thinking/learning state. **Thinking brain.** This is where we want to be work, school and the dinner table.

PSYCHOLOGICAL INTEGRATION
Your brain problem solves your life predicaments, releases trauma. Low REM = failure to dump negative emotions – we are grumpier

1. BETA

2. ALPHA
Early sleep or deep meditation. Essential for **learning and short-term memory**. Your brain stores what's important and dumps the rest

3. THETA

4. DELTA
IMMUNE SYSTEM REPAIR / BRAIN DETOX

5. REM
When you sleep 8.6 hours, for the first 6.6 hrs. of sleep you go through this cycle every 90 minutes.
In the last 2 hours of sleep, you go through this cycle every 3-5 minutes.
Benefit of 7+ hrs. sleep - smarter, happier, more balanced and healthier.

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In the middle of the day, rest in silence for 10 minutes.
Pause deeply.
Breathe.
Can you elevate your feet above your heart? Even more benefits...

(no phone)

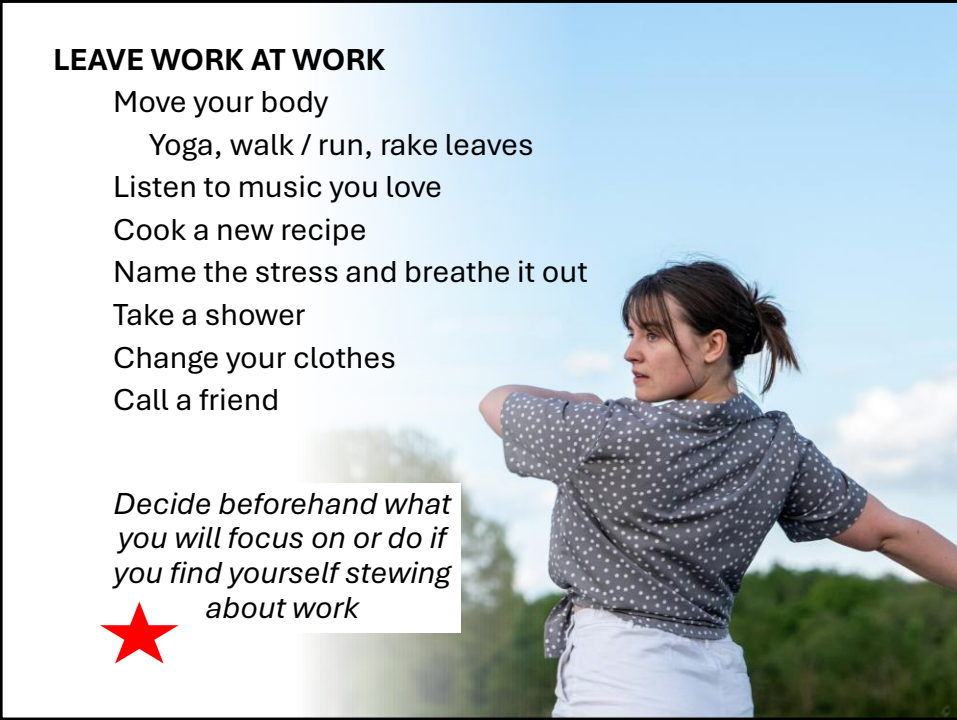
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LEAVE WORK AT WORK

- Move your body
 - Yoga, walk / run, rake leaves
- Listen to music you love
- Cook a new recipe
- Name the stress and breathe it out
- Take a shower
- Change your clothes
- Call a friend

Decide beforehand what you will focus on or do if you find yourself stewing about work



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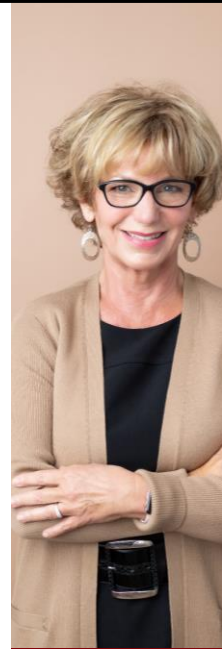
WHAT DO YOU WANT TO USE FIRST?



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Robin's Reminders

1. Develop a daily breathing practice with a 1:1.5 ratio
2. Notice when you are holding tension in your body and purposefully relax that area
3. Notice when you repeat an upsetting story to yourself
 1. Identify the underlying uncomfortable emotion
 2. Breathe, identify how you experience the physical feeling of this emotion in your body
4. Maintain stable glucose with healthy food
5. Respect and feel your feelings, practice letting go daily
6. Focus on what is in your control
7. Practice gratitude
8. Build your life around what you love and what brings you joy



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