

**Love what
you do not
know
– YET!**

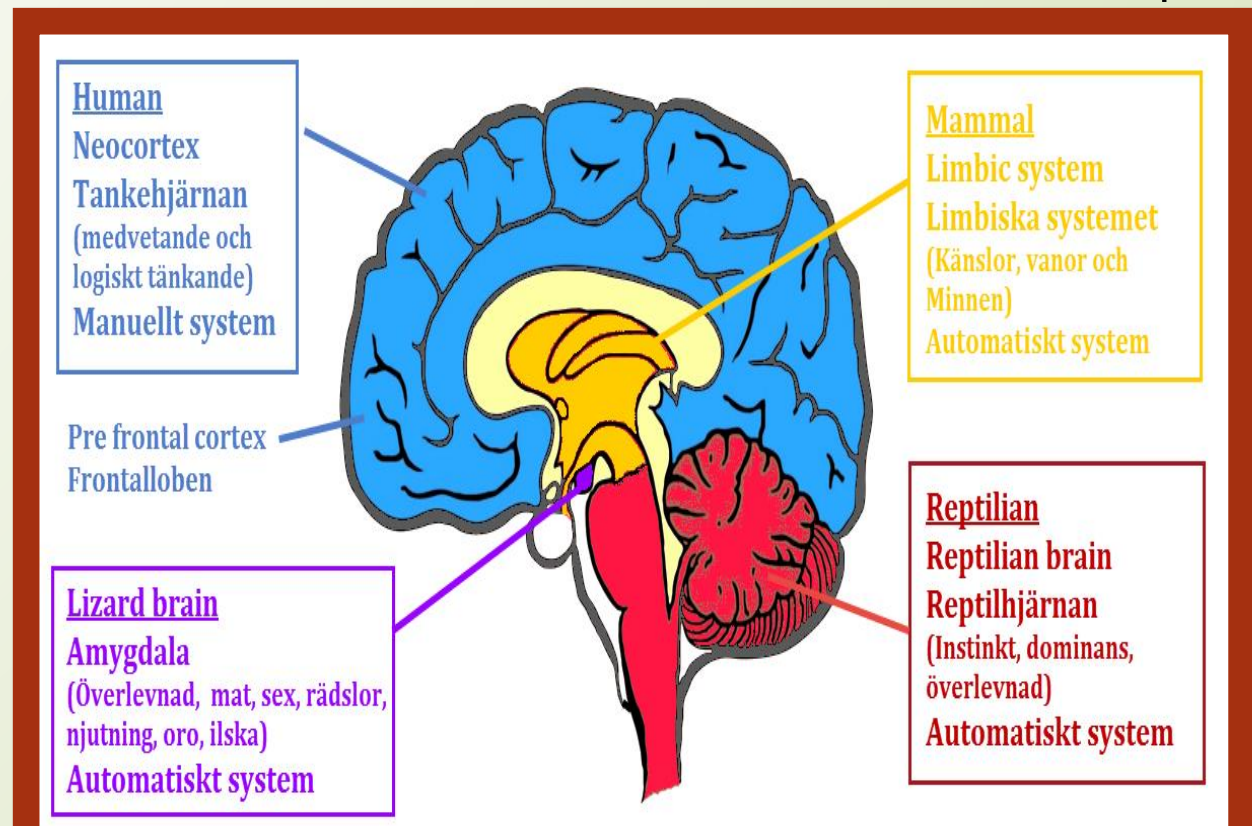


What does the latest brain research tell us?

- Scientific brain-research progress rapidly, what we know today can change quickly
- Life is a qualified “makeover” program
- Ignite your curiosity to start with a few changes, figure out what YOU need most
- “*Impossible*”? Can not be used for something that has not happened yet
- Check-in, breathe and stay in the present

Our brain:

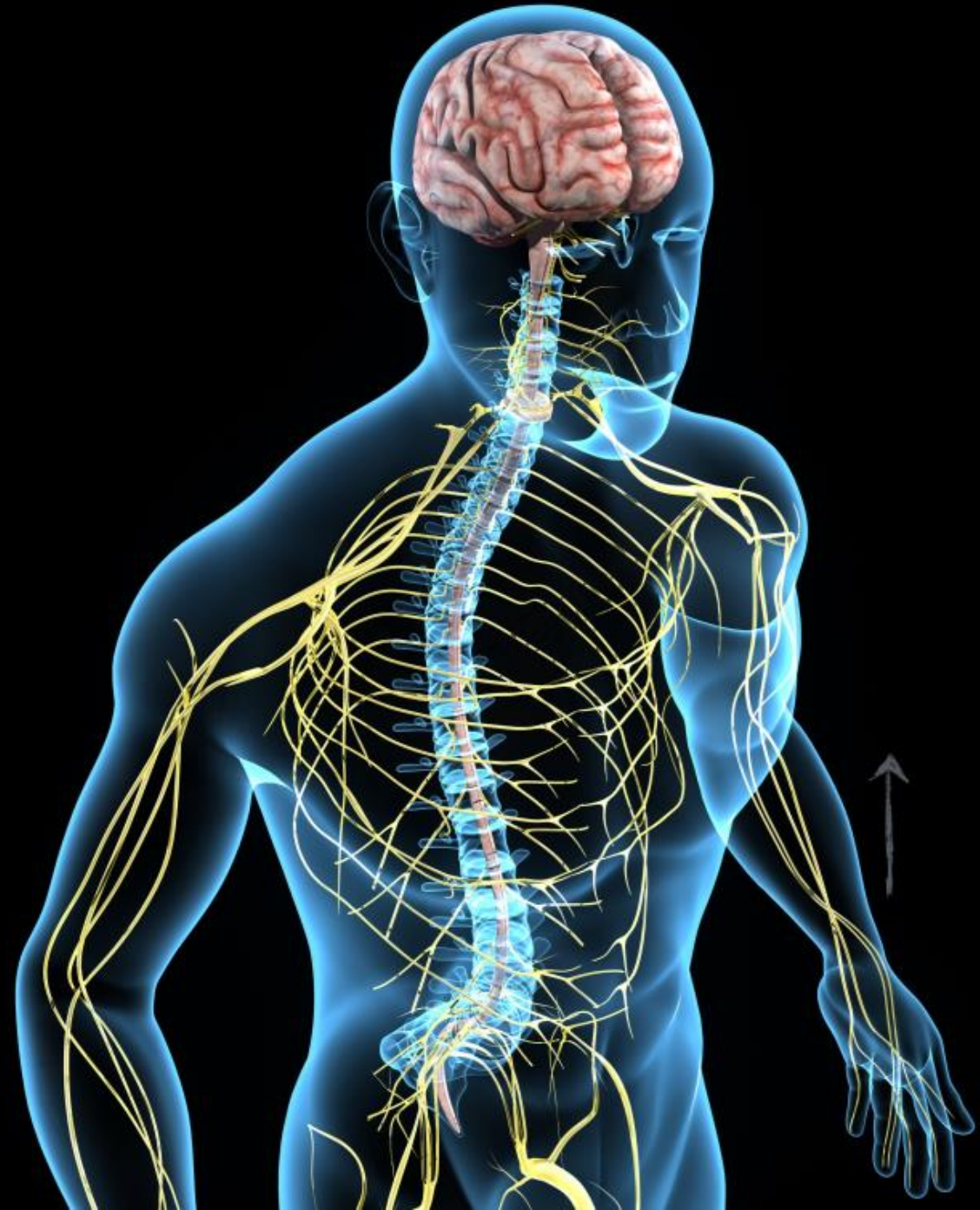
- Developed about 40.000 years ago!
- We still are on the SAVANNAH when it comes to our basic functions like *fight or flight system*
- Late developments of the cognitive parts of the brain
Neocortex / Prefrontal cortex, makes the human brain unique



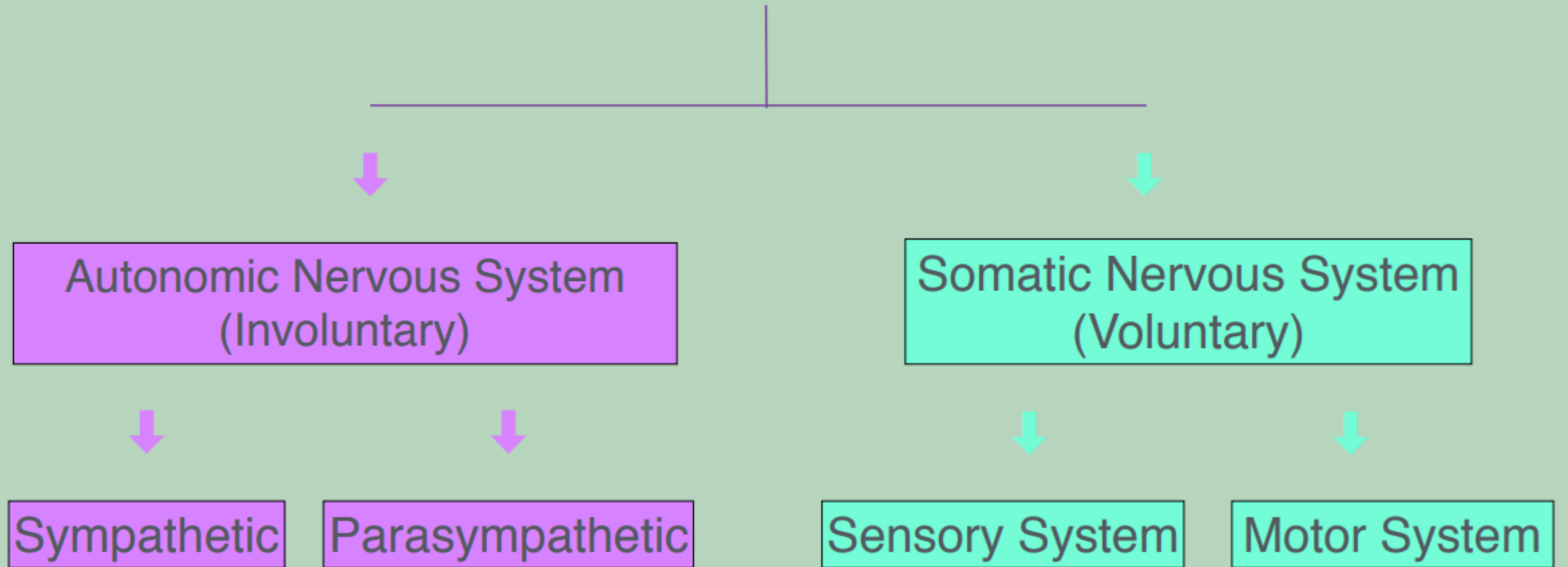
Central Nervous
System



Peripheral Nervous
System



Peripheral Nervous System



Parasympathetic Functions

Heart rate decreases

Muscles relax

Pupils constrict

Bronchial tubes constrict

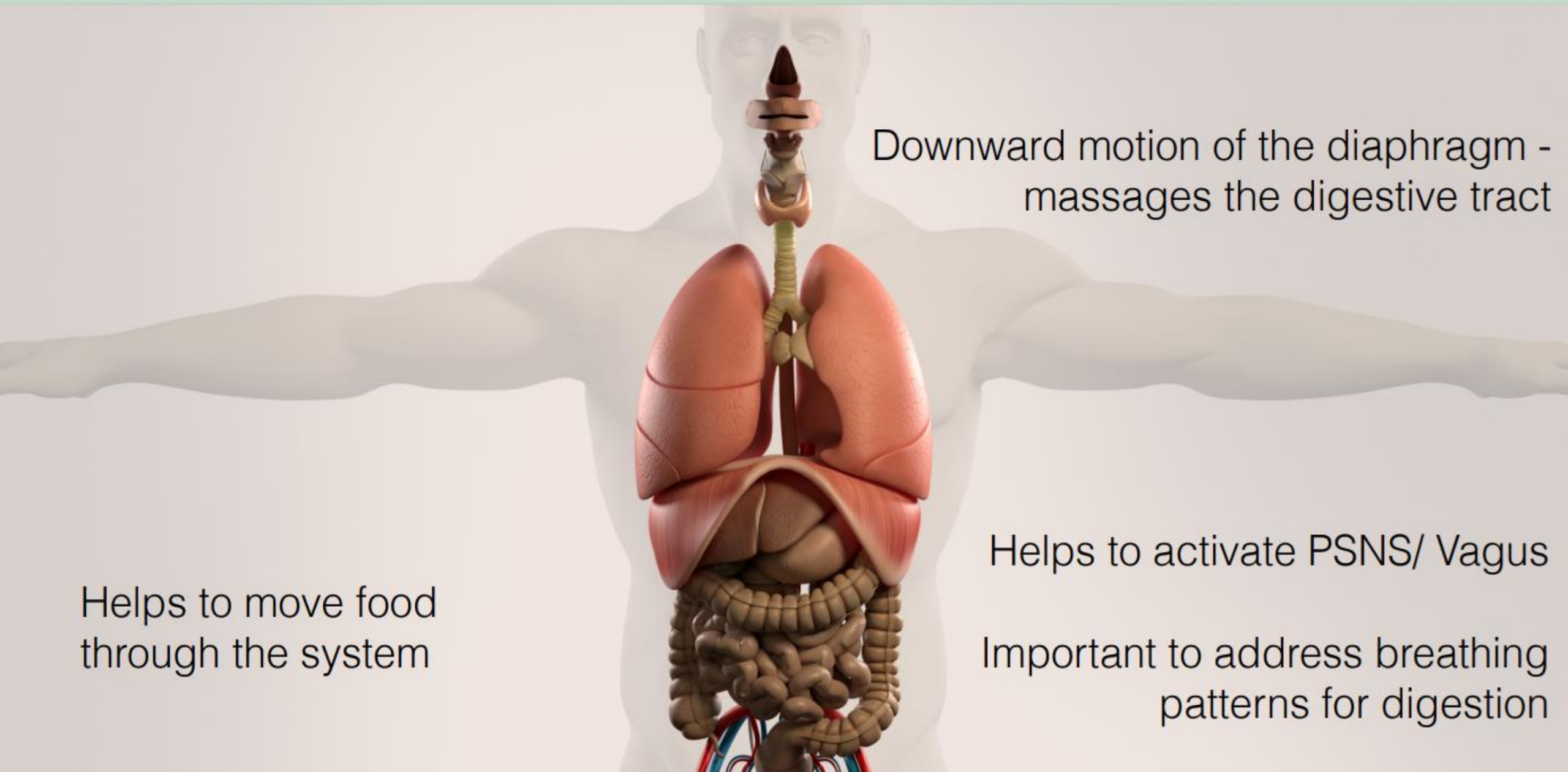
Regular breathing pattern

Saliva & Mucus secretion increased

Gastric juices secreted

Gastric motility increased

Breath & Digestion



Downward motion of the diaphragm -
massages the digestive tract

Helps to move food
through the system

Helps to activate PSNS/ Vagus

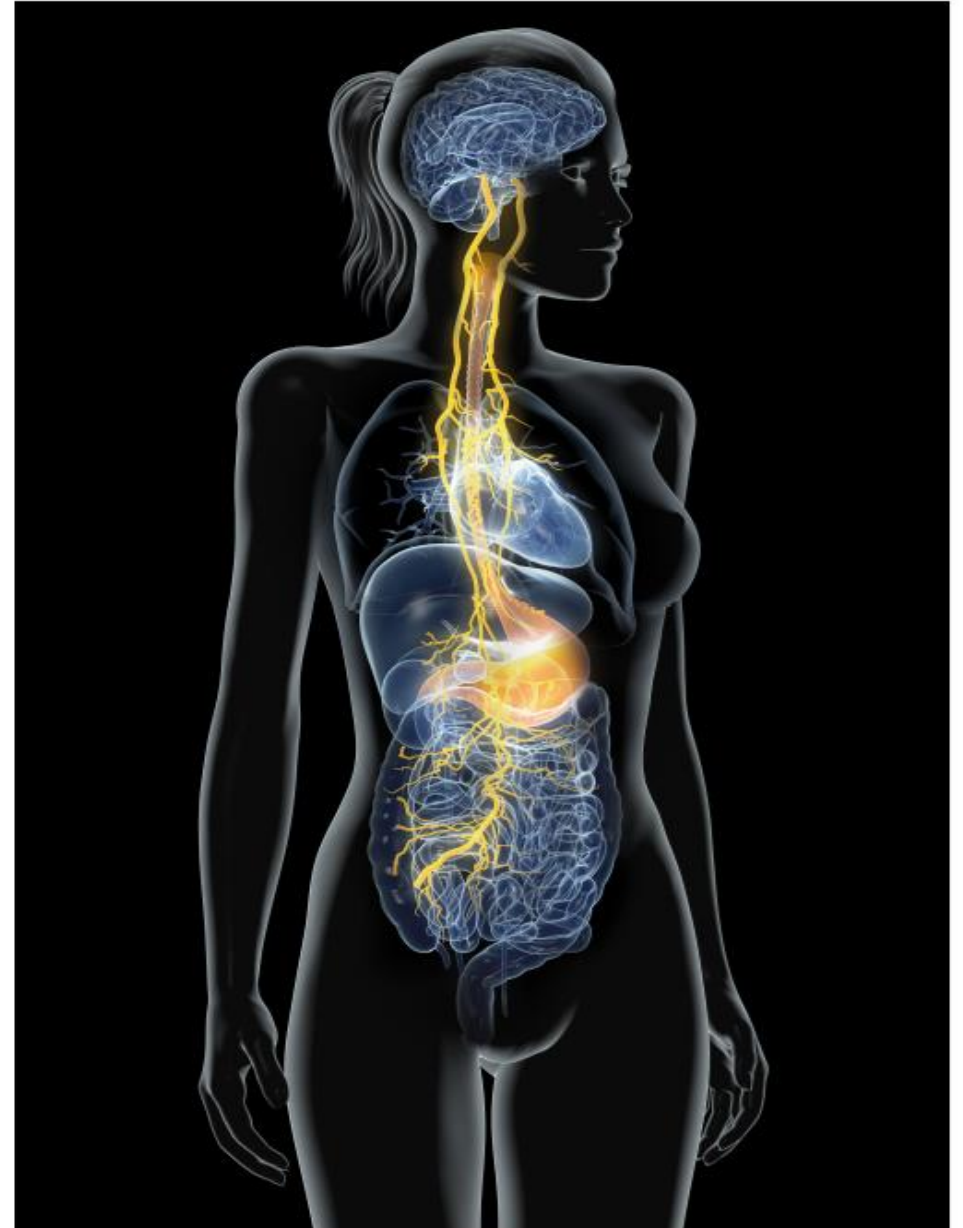
Important to address breathing
patterns for digestion

Vagus Nerve

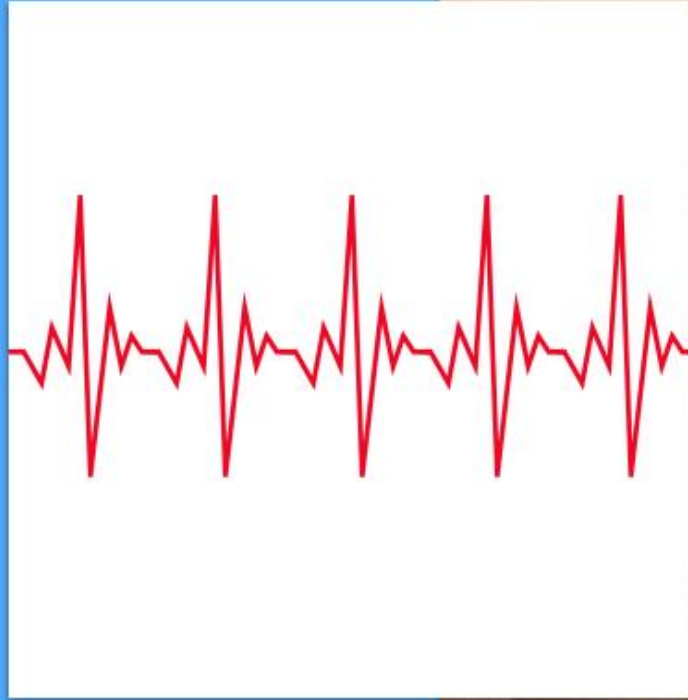
Starts at the brain stem (right & left)

Runs to all the internal organs

Provides the parasympathetic supply



Vagal Brake \Rightarrow Attenuates resting heart rate





Hold your breath technique

Inhale through your
nose – 3 counts

Hold your breath
– 12 counts

Exhale – 6 counts

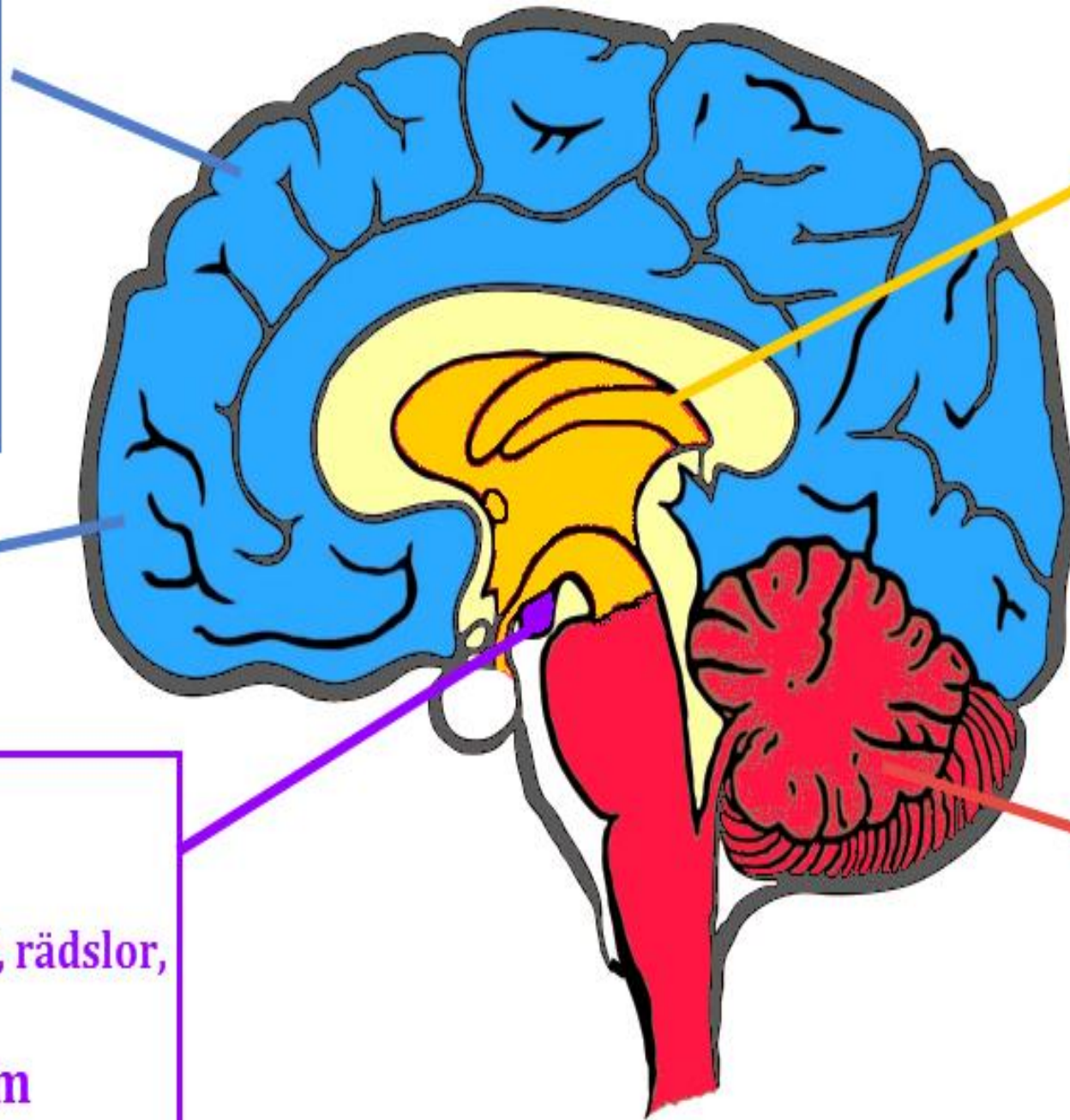
Homeostasis



Human
Neocortex
Tankehjärnan
(medvetande och
logiskt tänkande)
Manuellt system

Pre frontal cortex
Frontalloben

Lizard brain
Amygdala
(Överlevnad, mat, sex, rädslor,
njutning, oro, ilska)
Automatiskt system

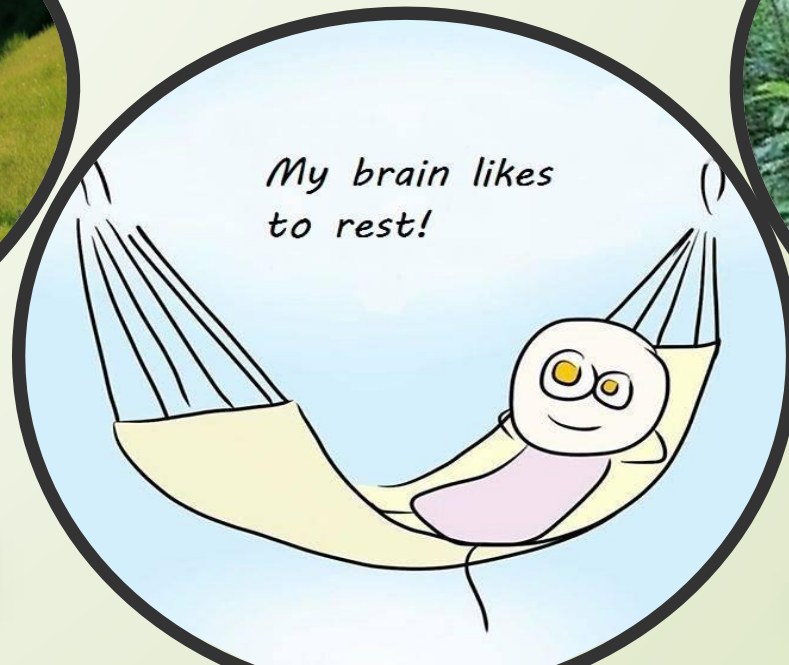



Mammal
Limbic system
Limbiska systemet
(Känslor, vanor och
Minnen)
Automatiskt system

Reptilian
Reptilian brain
Reptilhjärnan
(Instinkt, dominans,
överlevnad)
Automatiskt system

BUT:

- The plasticity of the brain works FINE – but it isn't easy
- WHY?! The brain is LAZY, consumes 20-25 % of your energy **intake** and we need to save!
- The brain saves energy as it is processing automatic patterns





You are the only thinker in your
own mind!

BE CURIOUS!

HOW can you change, what steps to take?

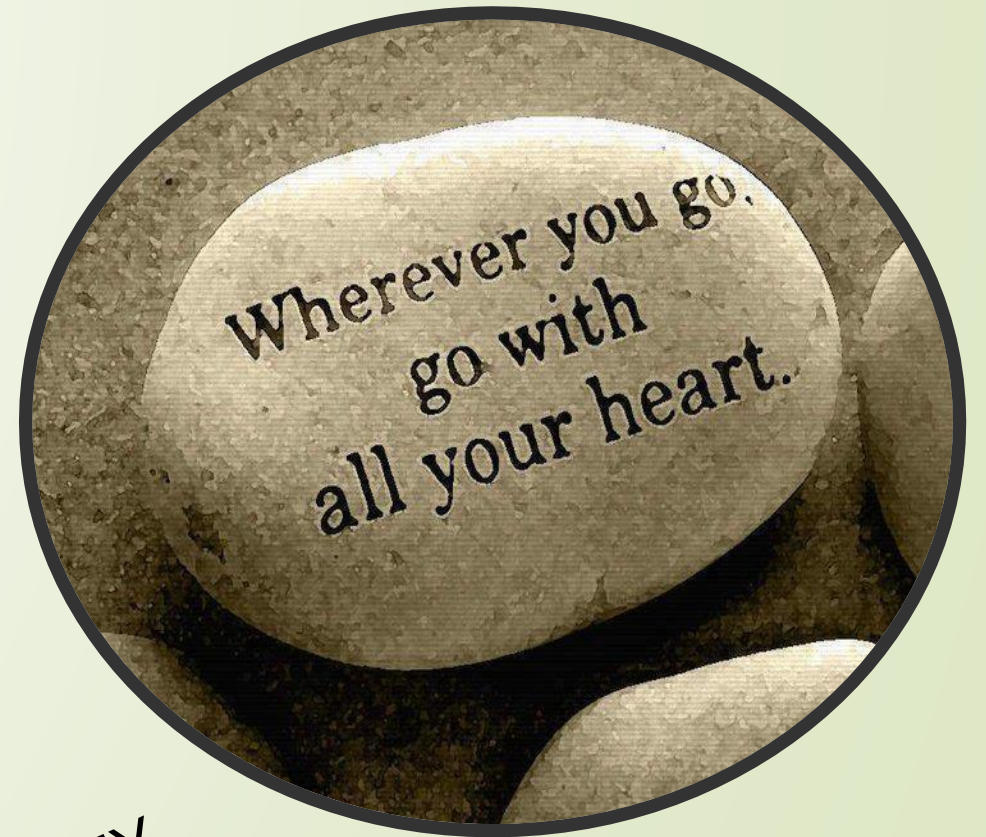
- Mental training can give an insight and help you find your *inner adviser*
- Lower the basic tension in your body with relaxation
- Mental strength / health is just like physical strength – both need continuity
- Do you need a burnout syndrome to help you start ??????
- Establish an insight regarding your brain capacity and your possibilities to use new patterns, new habits, revised THINKING
- Find a BALANCE between boredom / burnout



HOW?

- BELIEVE!
- MENTAL TRAINING!
- PRACTISE!

It's all about the JOURNEY,
not the destination!





HOW?

- ALWAYS remember to practice *rule no. 6* (*Don't take yourself too seriously!*)

Our brains are very sensitive to certain social situations. Some situations trigger our systems more than others.



Triggers for the limbic system

SCARF! David Rock, PhD
Founder of Neuro-leadership Institute New York




S – Status, belonging to the group, need of a safe place

C – Certainty, it is all about safety. What does the threat look like nowadays?

A – Autonomy, need of control, we hate to feel powerless

R – Relatedness, a need of belonging, need of trust within the group

F – Fairness, need for justice



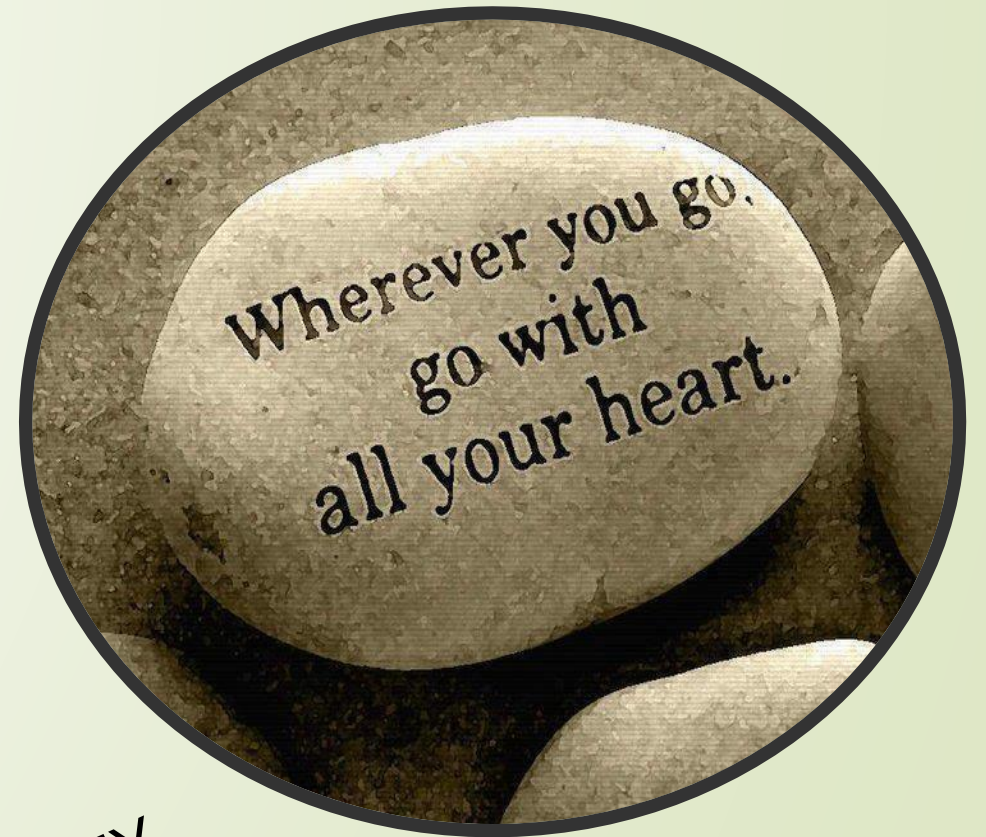
Which **triggers** are you most sensitive to? How can we tame the *caveman brain*?

- Insight! Increase your knowledge about your ancient brain's reactions
- Figure out your *soft spots* within this area
- Learn to step back and to talk to yourself with a loving, caring attitude
- Take a DEEEEP breath to touch the vagus nerve and reach the parasympathetic system. Use your cognitive brake (neocortex) to help you cool down and think more clearly
- Practice self compassion – be kind to yourself. No one is perfect

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Are you curious about what science says about.....

HAPPINESS??



“Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.”

~ Unknown

happiness

Happiness Quotes

The search for happiness is one of the chief sources of unhappiness

Eric Hoffer



DO
WHAT
YOU
LOVE

LOVE
WHAT
YOU
DO

Science says:

- Choose the right parents
- Believe
- Win before competing
- Relive memories
- Visualize: before and after
- FIRA
- Move your body!
- Be kind to others and to yourself
- Be together
- Be grateful



SUCCESS?

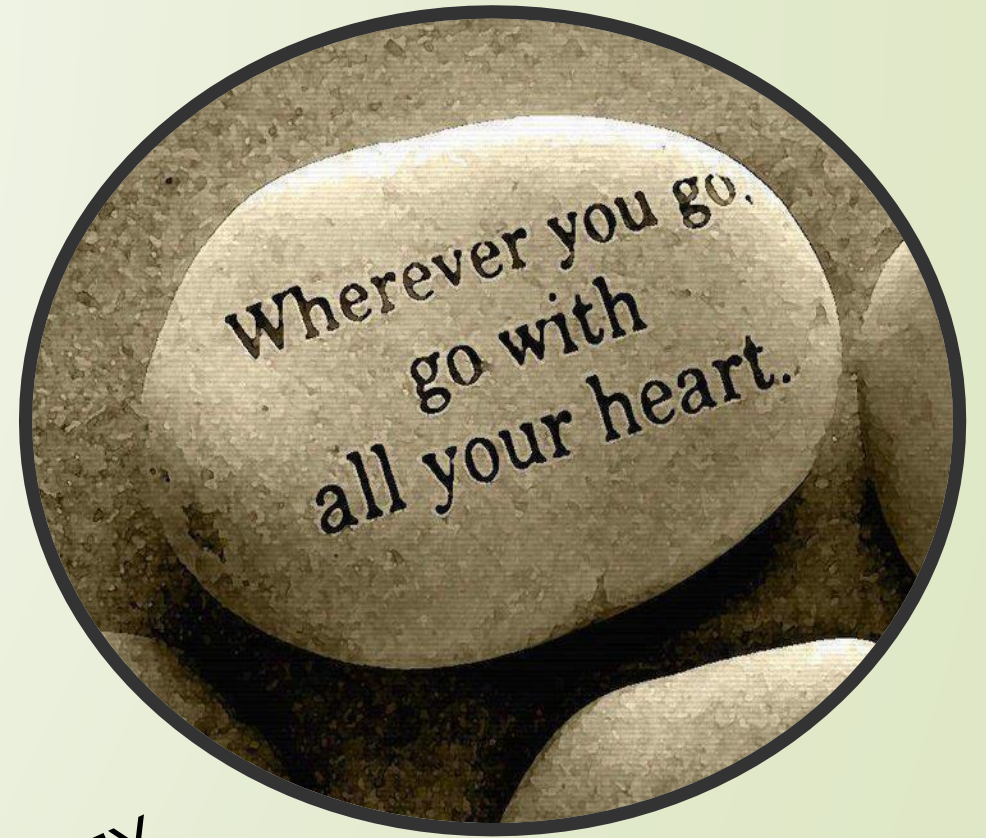


- People who succeed are the ones looking for possibilities – If they can't find them, they create them.
- Excellence is the result of caring more than others think wise, risking more than others find safe, dreaming more than others see as practical, and expecting more than others believe possible.
- Champions are made from something they have deep inside them, a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill.
- Nelson Mandela: "After climbing a great hill, one only finds that there are many more hills to climb."

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HOW?

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