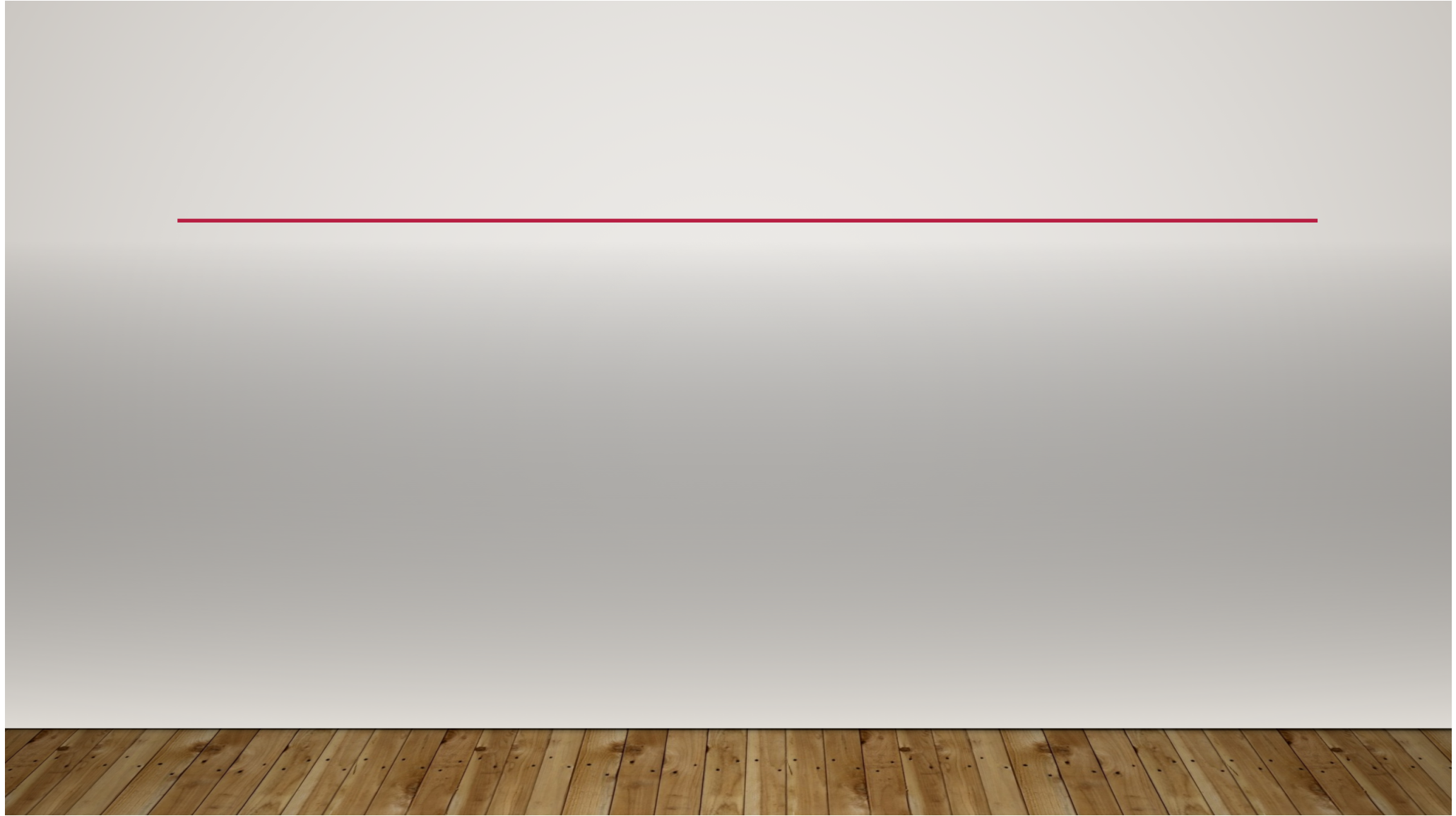


YOUR BRAIN CAN CHANGE

RANDY BLOCK

RANDY@RANDYBLOCK.COM

WWW.RANDYBLOCK

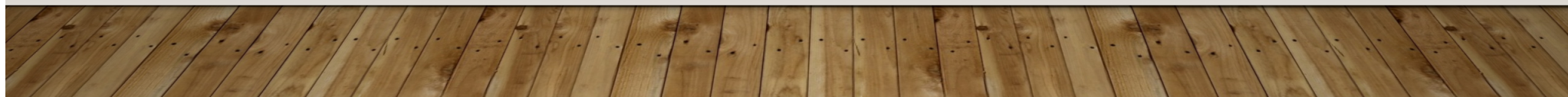


FOOD FOR THOUGHT

So you think, so shall you be.

Joy and depression cannot occupy the same place.

CRITICAL THINKING	CREATIVE THINKING
LEFT BRAIN	RIGHT BRAIN
ANALYTICAL	GENERATIVE
VERBAL	VISUAL
LINEAR	ASSOCIATIVE
RATIONAL	INTUITIVE
LOGICAL	METAPHORICAL
OBSERVING	IMAGINING
CONVERGENT	DIVERGENT
VERTICAL	LATERAL
PROBABILITY	POSSIBILITY
REDUCING	EXPANDING
FACTS	STORY
DISTINCTION	RELATIONS
PLAN	IMPROVISE
SEGMENTED	CONTEXTUAL
REASONING	PERCEPTION
FOCUSED	DIFFUSE
JUDGMENTAL	NON-JUDGMENTAL



NEUROTRANSMITTERS

- Cortisol - “fight or flight” from a stressor, leads to chronic stress
- Dopamine – blood pumping strength to the heart
- Adrenaline – effects the nervous system (sweat, saliva and pupils)
- Serotonin - low levels linked to depression
- Glutens - gluten free can lead to deficiency in essential nutrients
- Oxytocin – increases pain thresholds, reduces anxiety reduces blood pressure

DOES ANY OF THIS SOUND FAMILIAR?

- My brain is not as sharp as it used to be
- I don't know what I want
- There is so much to do. I will skip my workout – again
- I am confused a lot of the time
- It seems like I am in overwhelm a lot.
- I fear that I may be on the layoff list
- My boss will never change – why bother?
- It seems that no one listens to me

WHICH STATE ARE YOU IN MOST OF THE TIME?

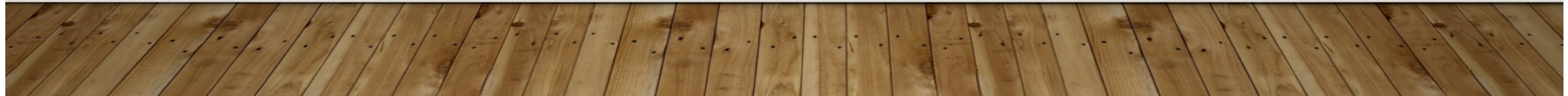
THE RED ZONE **

- **Flight or fight**
- **Freeze**
- **Frantic**
- **Frustrated**
- **Fearful**
- **Hyper focused on one problem**
- **Pessimistic**

THE BLUE ZONE **

- **In the flow**
- **Flourishing**
- **At peace**
- **Calm**
- **Connecting**
- **Creative**
- **Confident**

(** taken from “The Success Zone” by Andrew Mowat 2009)



LIVING IN THE **RED ZONE**

PROGRAMMING OUR NEURAL PATHWAYS TO THINK AND REACT A CERTAIN WAY.

- Anticipate failure
- There are no good options
- Anxiety and worry are usually present
- There is doubt and confusion
- Self criticism (not good enough)
- Withdraw socially
- Actions and decision making are based on *possibility* (not probability)

THE BRAIN IN THE **BLUE ZONE**

- Creative
- Innovative
- Positive
- Curious
- Calm
- Clear
- More willing to take risks
- Confident

OUR BRAIN IS REWIREABLE TO LIVE IN THE **BLUE ZONE**

- Every situation offers a chance to learn
- We choose the right option matching our strengths
- We have hope and express gratitude for what we have
- Clarity, big picture and optimism give us confidence
- Address conflicts calmly
- Engage with others authentically
- We give others the benefit of the doubt

CREATING THE POSITIVE NEURAL PATHWAY

- The value of positive emotions cannot be over stated
- **Gratitude** is the **gateway emotion** for all positive emotions such as peace, love, hope, and joy
- The brain loves to learn something new
- Your brain has plasticity (it reorganizes itself throughout life)
- “Neurons: wire together–fire together” **for good or bad**

THE ROLE OF OXYTOCIN AT WORK

Effect on team productivity and turnover

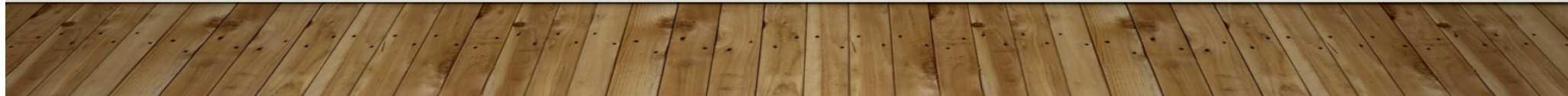
- Reduces wariness of engaging
- Increases trust and reduces anxiety
- More innovative
- Work is more meaningful
- Willingness to be more authentic

Increasing levels of oxytocin

- Socialize
- Music
- Pets
- Meditation
- Giving (cook a meal for someone)

TECHNIQUES FOR BUILDING POSITIVITY IN THE BRAIN

- Do something brand new
- Socialize more
- Monitor quick judgments vs critical analysis
- Acknowledge the possibility but act on the probability.
- Breathe deeply on a periodic basis
- Every day list three things you are grateful for
- Always lead with your strengths
- Deliberately turn a negative into a positive
- Surround yourself with positive people



BENEFITS OF THE POSITIVE BRAIN

- Increase your performance
- Become more successful in business dealings
- Feel more fulfilled professionally
- Become proactive pursuing your goals
- Minimize stress and fear
- Experience good health

ONE LAST THOUGHT

Everyone you meet is afraid of something, loves something and has lost something.

---H. Jackson Brown Junior