

Utilising daily experiences to build a happier brain

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Our journey...

- Introduce red zone and green zone
- Introduce Positive Neuroplasticity
- How to utilise Positive Neuroplasticity
to build a happier brain





Life is not about
how fast you run,
or how high you
jump.
It's about how well
you bounce.

3 Core needs of the brain



We need to feel safe. Physical and emotional safety is an inbuilt survival mechanism inside of us.

We need to feel satisfied. Feeling like we can achieve some goals, having food to eat, experiencing some pleasure.

We need to feel connected. To belong in a herd. Some caring flowing in, some caring flowing out.

Red Zone



Stress hormones have been activated

- Heart beating faster
- Thoughts speed up
- Feel stressed and rattled
- Vulnerable
- Alarm bells ring more easily and loudly

Very hard to sleep

Green Zone – Home base

Mind defaults to

Basically safe

Basically satisfied

Basically connected



Body defaults to

Refuel

Repair

Recover

Green Zone – Home base



- Mammals become curious, playful, friendly
- Meet challenges, be strong and determined
- Less like to provoke others, less likely to be provoked

Easier to sleep

Mother Natures Survival Plan



Minimise
episodes of
Red Zone

Build inner
strengths

Recover from
them quickly

Building a happier brain

Rick Hanson, *Hardwiring Happiness*

H

Have a beneficial experience

E

Enrich the experience

A

Absorb the experience

L

Link the experience to help heal from past hurts.
(Optional step)



Benefits of building inner strengths

You live life more frequently in the green zone brain.



3 Core needs of the brain prescription



We need to feel safe. Ok in this moment, protected.

We need to feel satisfied. Good facts, pleasure, beauty.

We need to feel connected. Feeling seen, heard, included, appreciated, valued and loved.

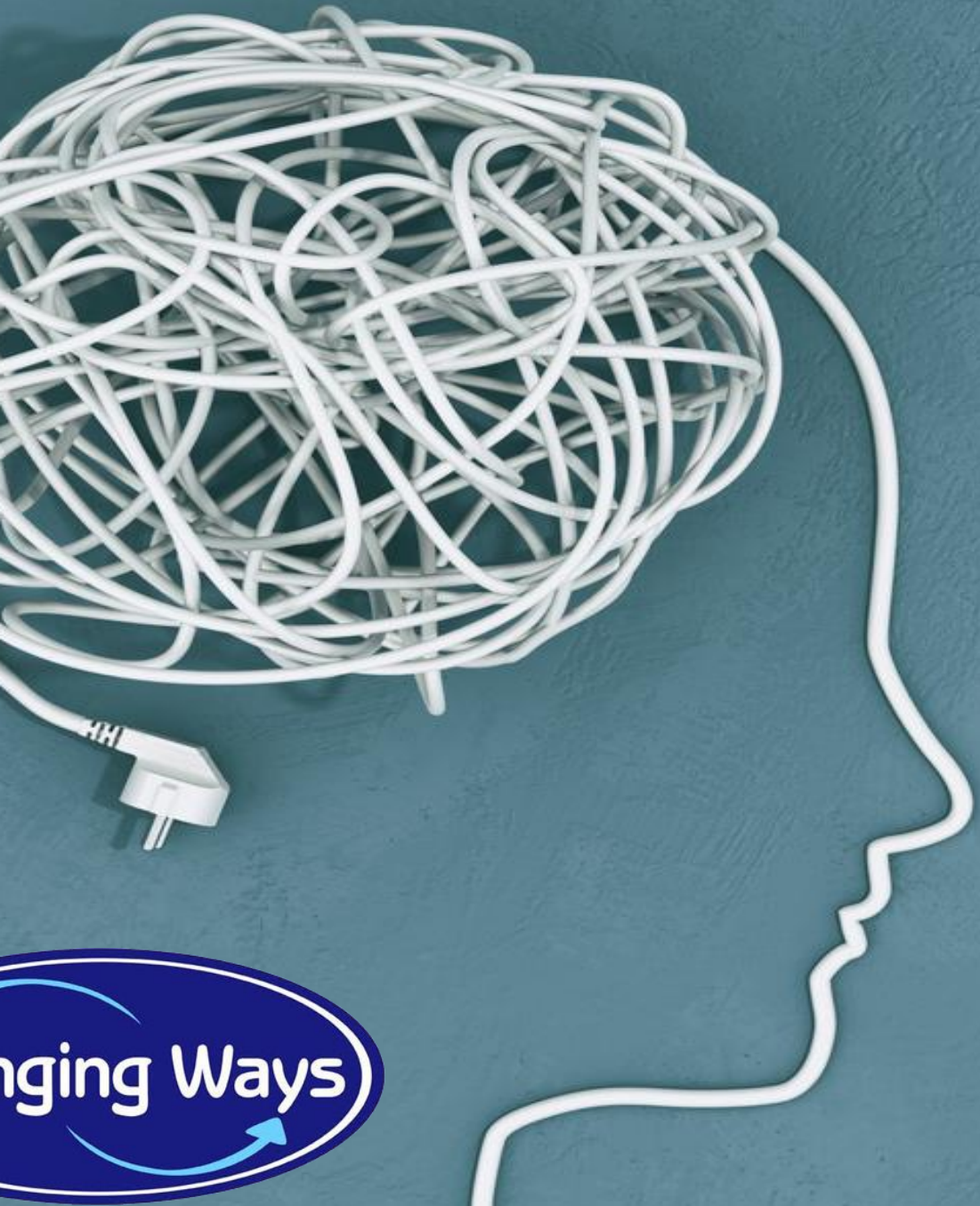


Just before bed,
your mind is very receptive.

So...No matter what went wrong
today

Find something that went right

Open to it and let those good
feelings flow in.



To find out more

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