

BRAIN ON!

MENTAL FITNESS STRATEGIES TO COMBAT STRESS AND BURNOUT TO ACHIEVE PEAK PERFORMANCE AT WORK

April 9, 2024



Let's Begin!

1

Questions?

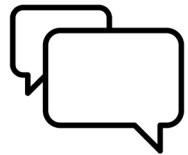
Put them in the Q&A.



2

Comments?

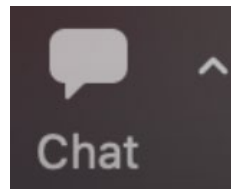
Put them in the Chat.



3

Chat notifications annoy you?

Disable them! Click the chat arrow and uncheck "Show chat previews".



4

Will the recording be sent out?

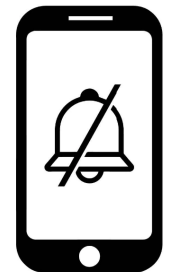
YES! And the slides.



5

Should I put my phone on silent?

YES!

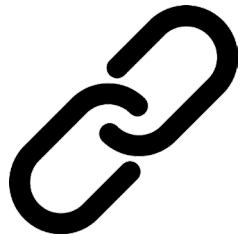


Deb Smolensky

Senior Vice President, Well-Being & Engagement, NFP

#1 Best Selling Author

Award-Winning Thought Leader and Presenter



Connect with Deb!

www.debsmolensky.com

April 9, 2024

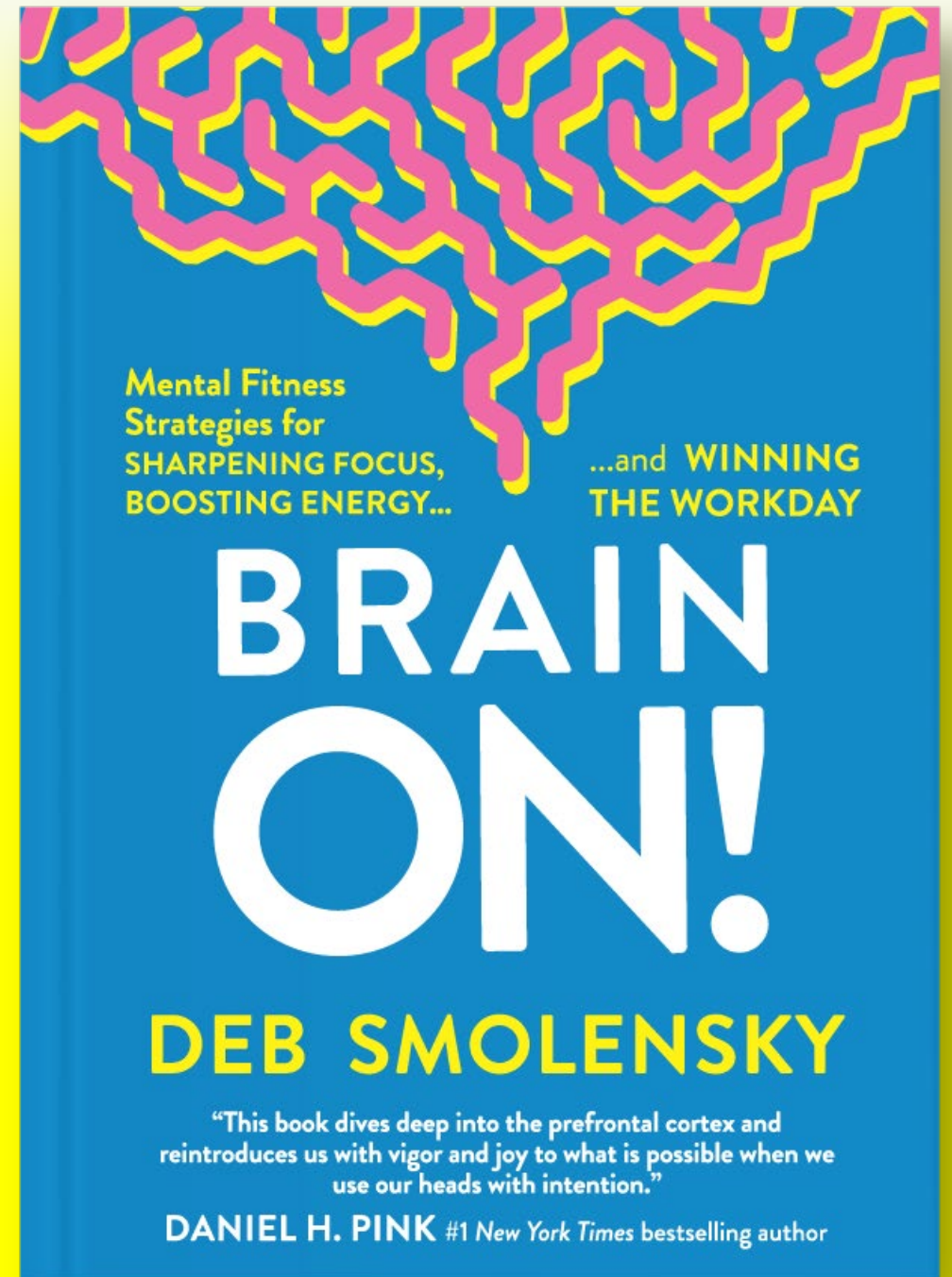
Brain ON! Mental Fitness Strategies to Combat Stress and Burnout to Achieve Peak Performance at Work

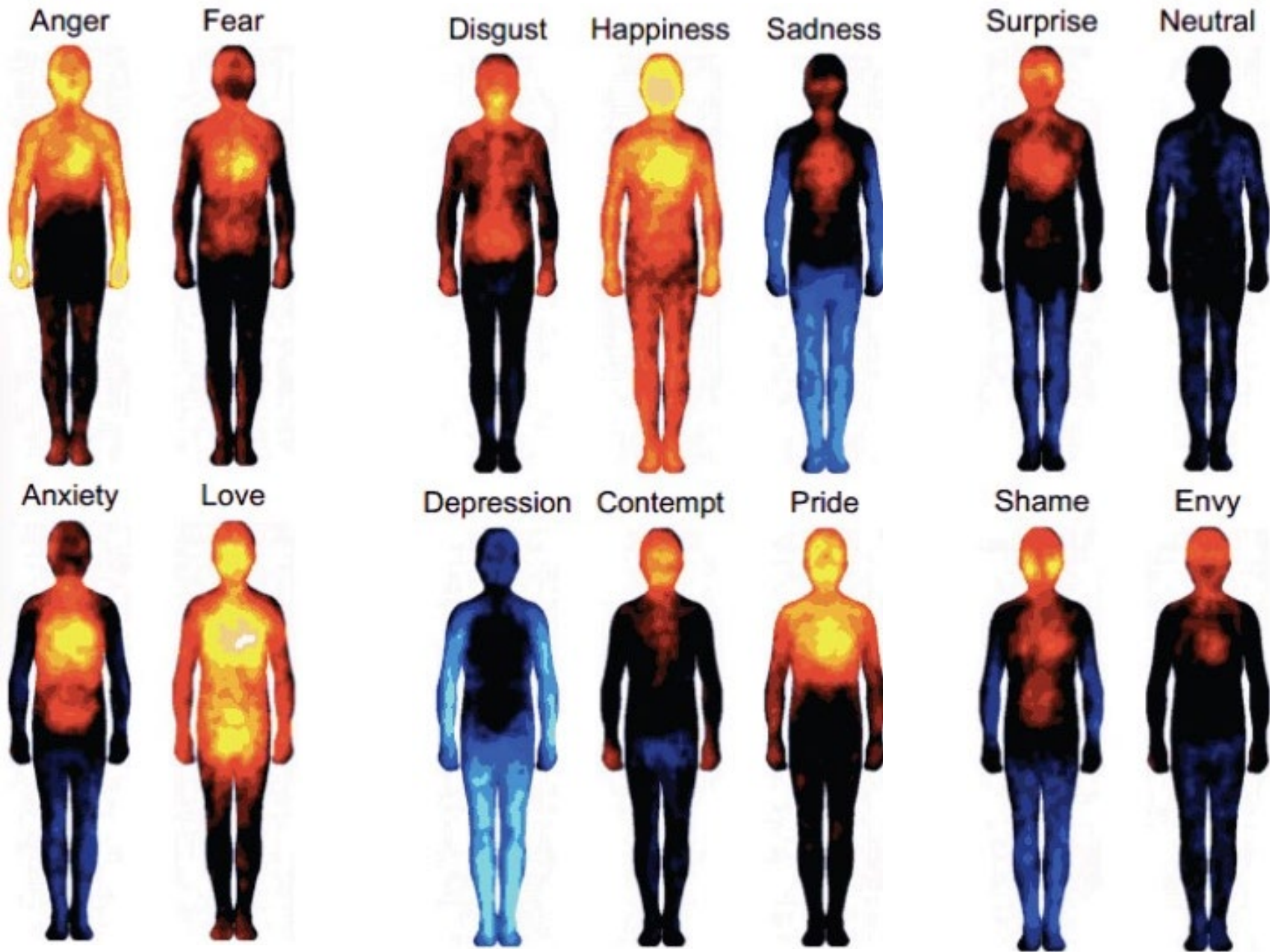
Presented by

Deb Smolensky

Senior Vice President

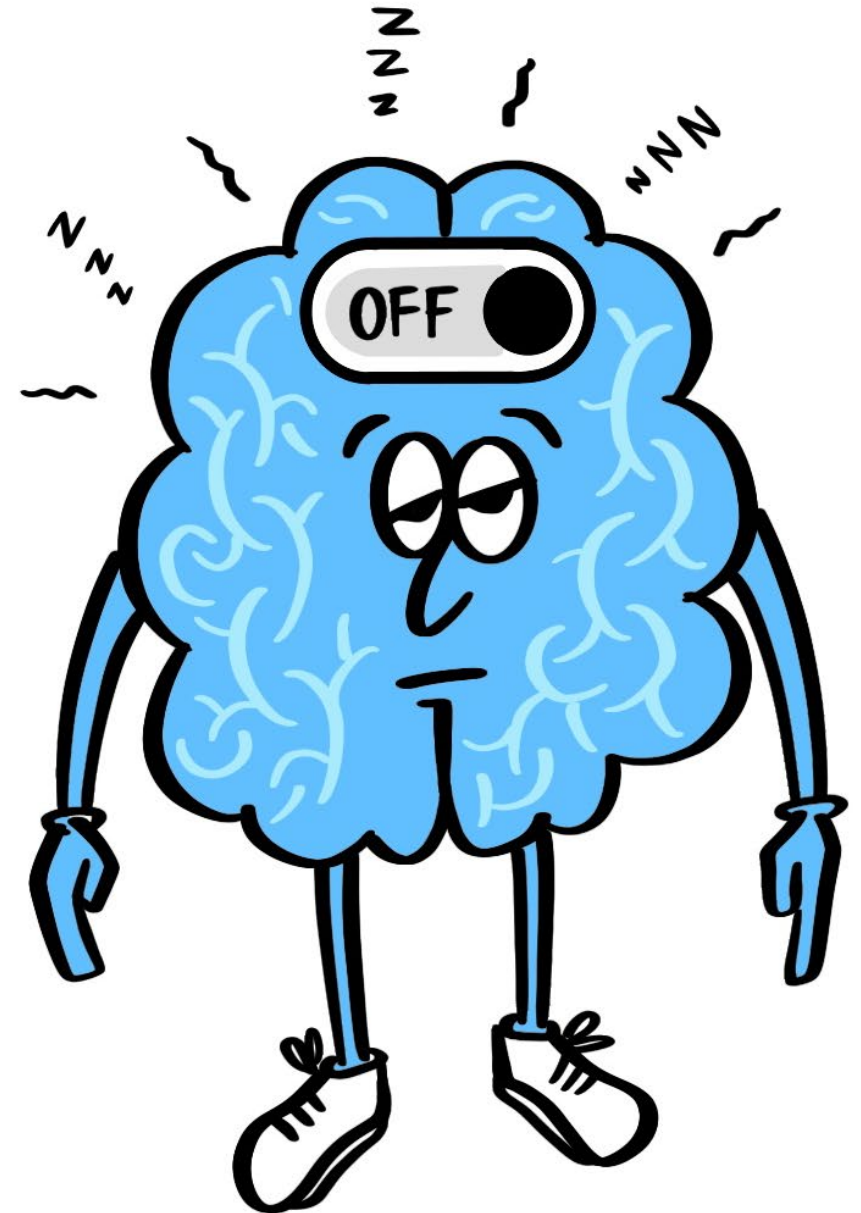
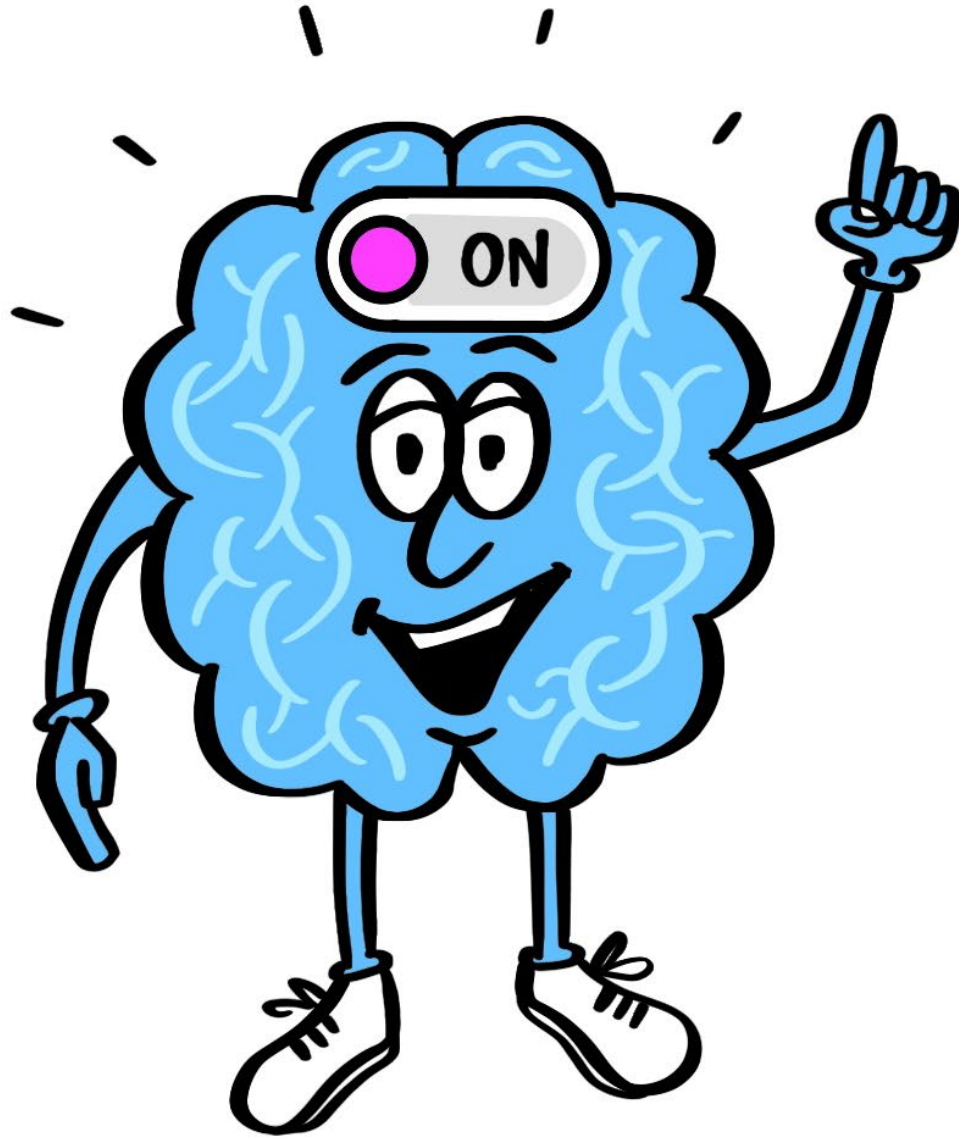
Well-Being and Engagement Practice Leader



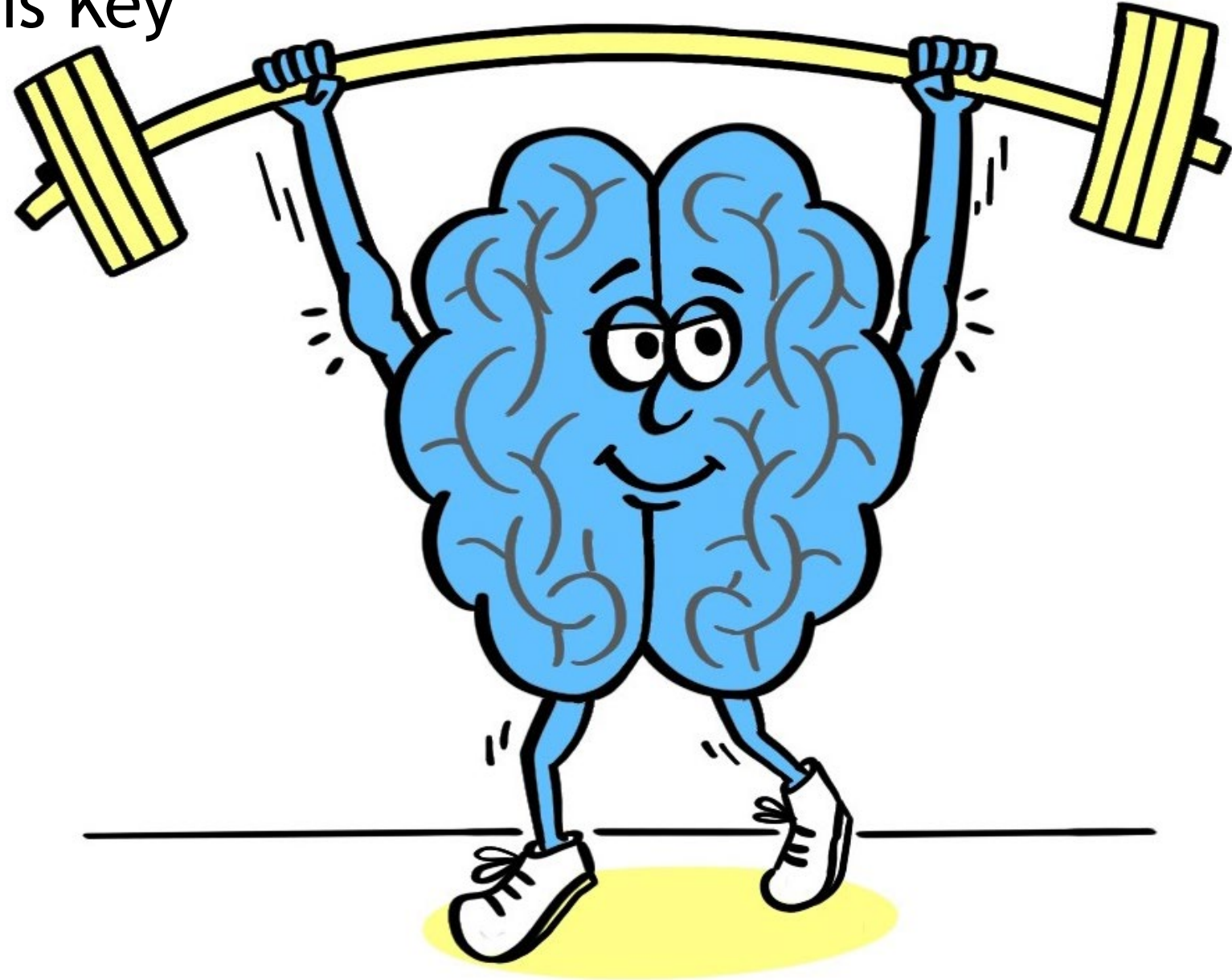


(Nummenmaa et al.2013)

Meet ONYX

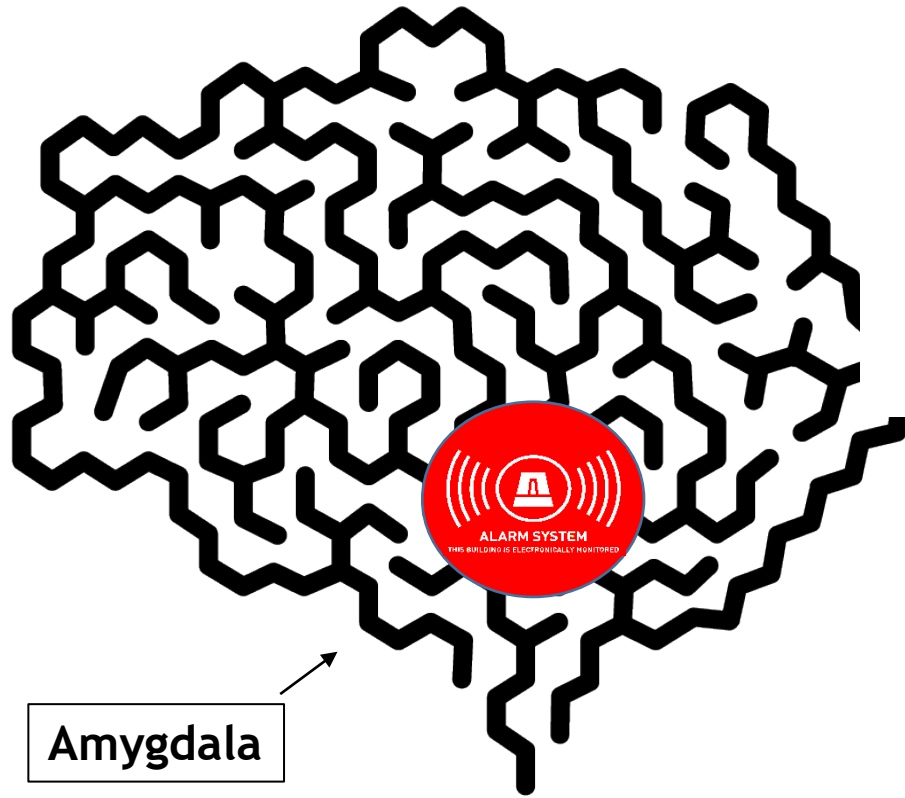


Mental Fitness is Key

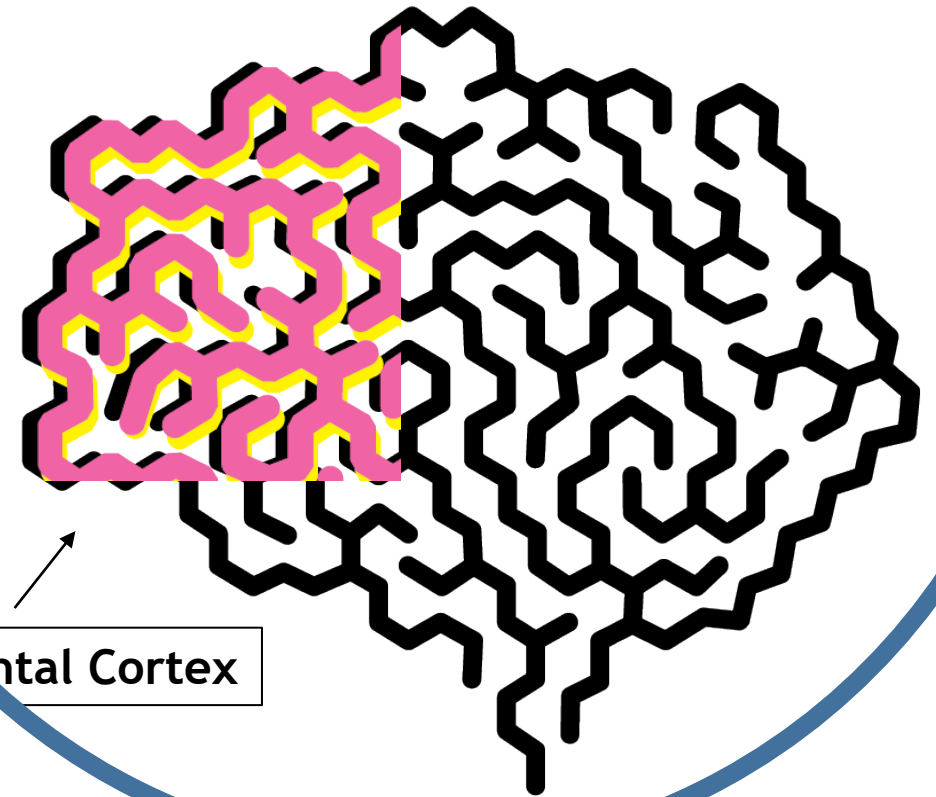
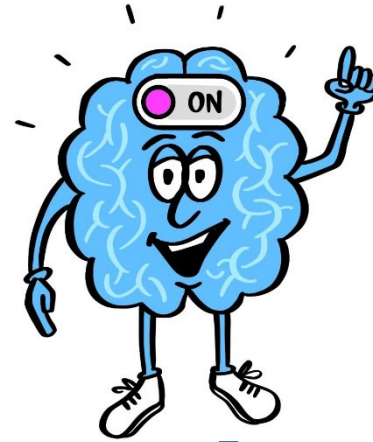


How Our Brains Work

Emotional (Reactive, Fear) Brain
Fight, Flight, Freeze, Disassociate

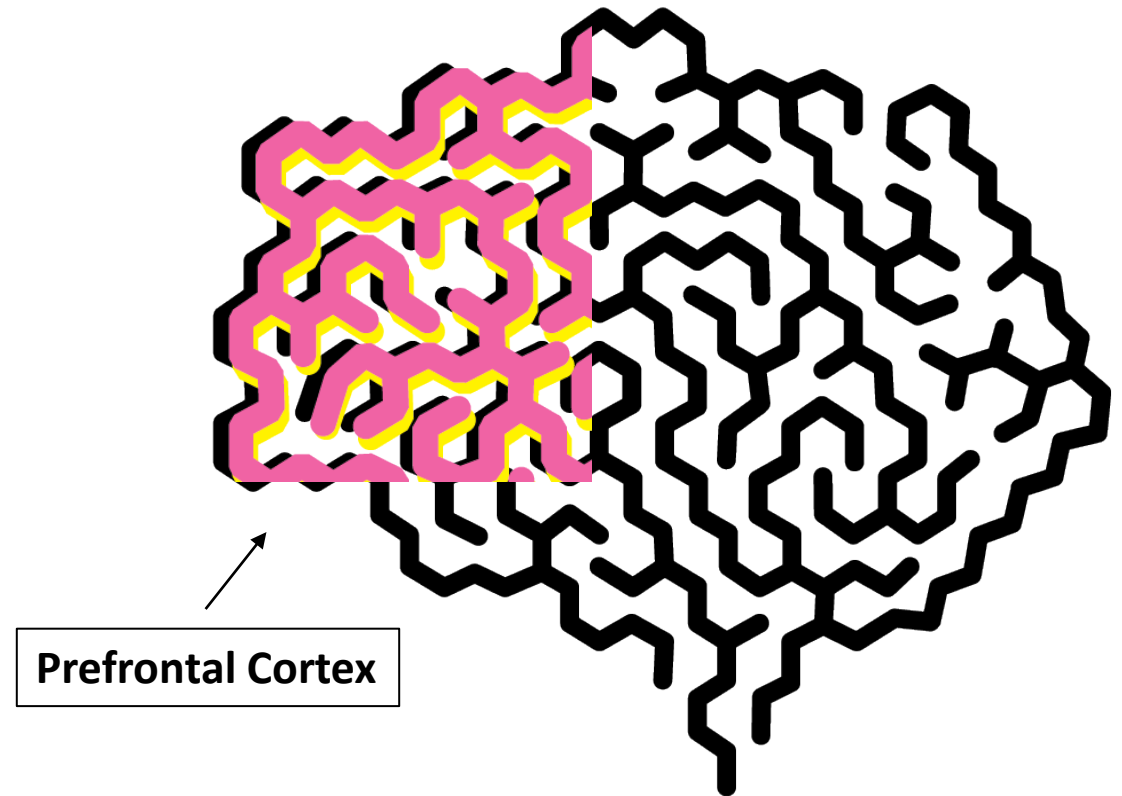


Thinking Brain
Executive Function, Higher Thinking

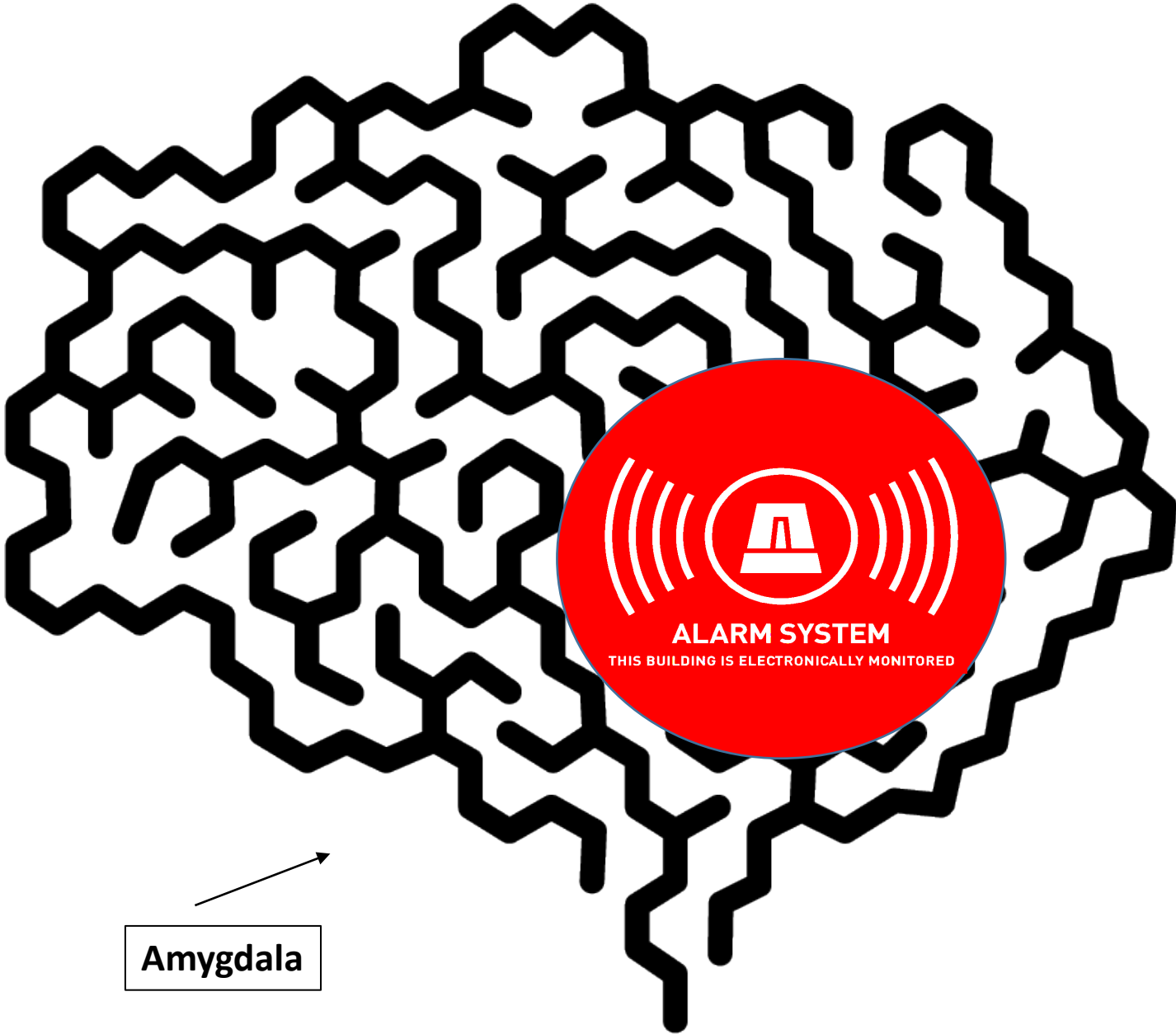
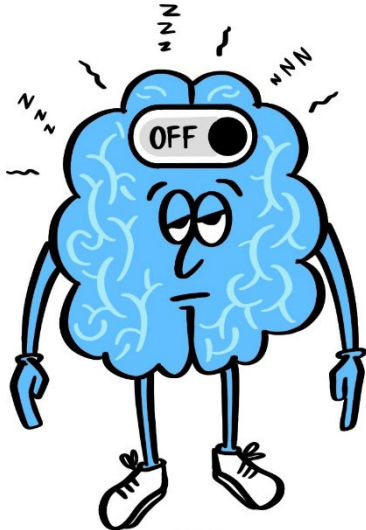


Issue #1: Only One Can Be On At a Time

Thinking Brain
Executive Function, Higher Thinking



Issue #2: Emotional (Reactive/Fear) Brain is the Default



Amygdala



Key Learning:
Our most powerful technology (our brain)
is ancient.



Your Brain's Program:

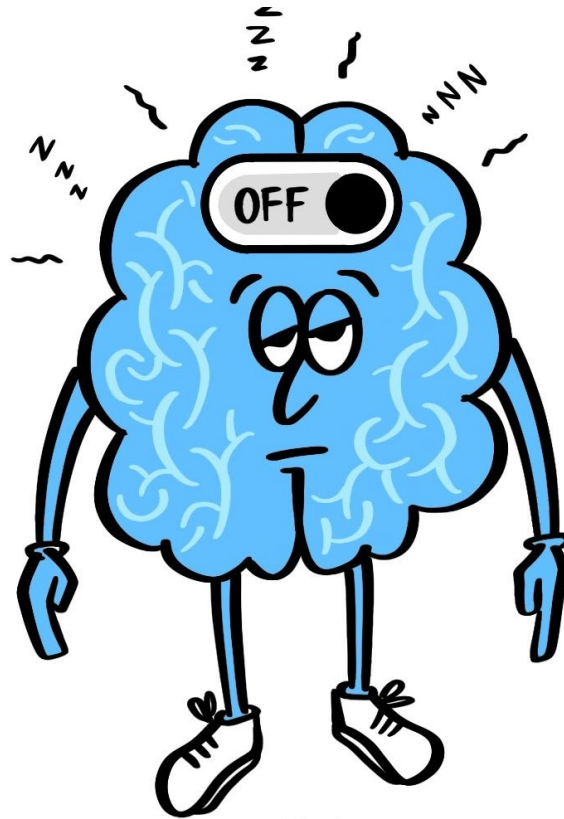
60,000
Thoughts a Day

95%
The same as the day before!

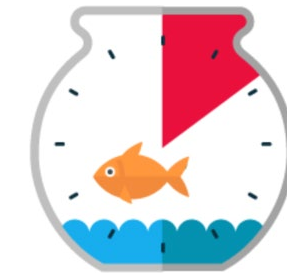
80%
are NEGATIVE!

47%

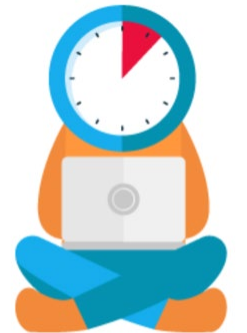
Mind Wandering



Average Attention Span



Goldfish = 9 Seconds

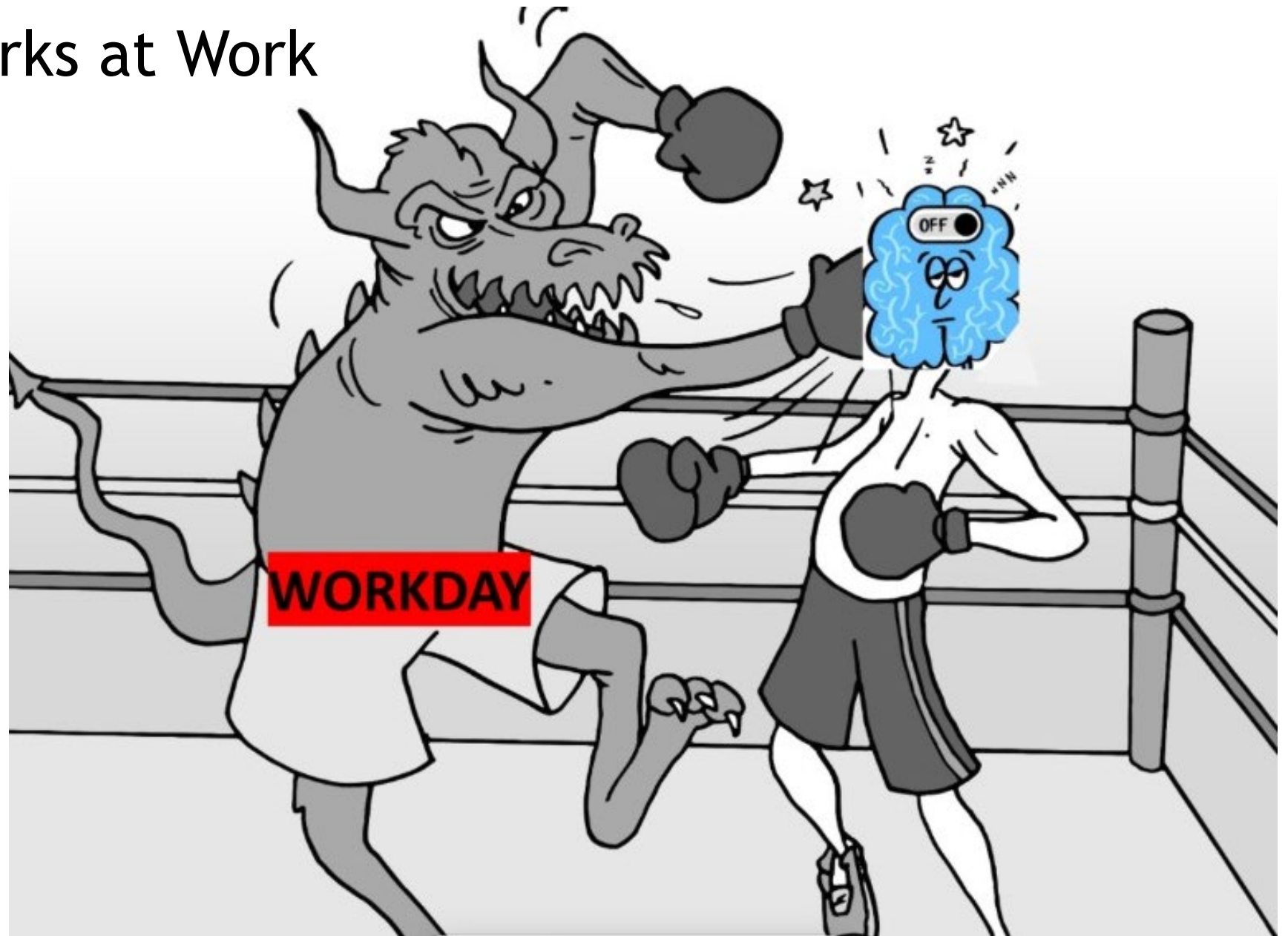


Human = 8 Seconds

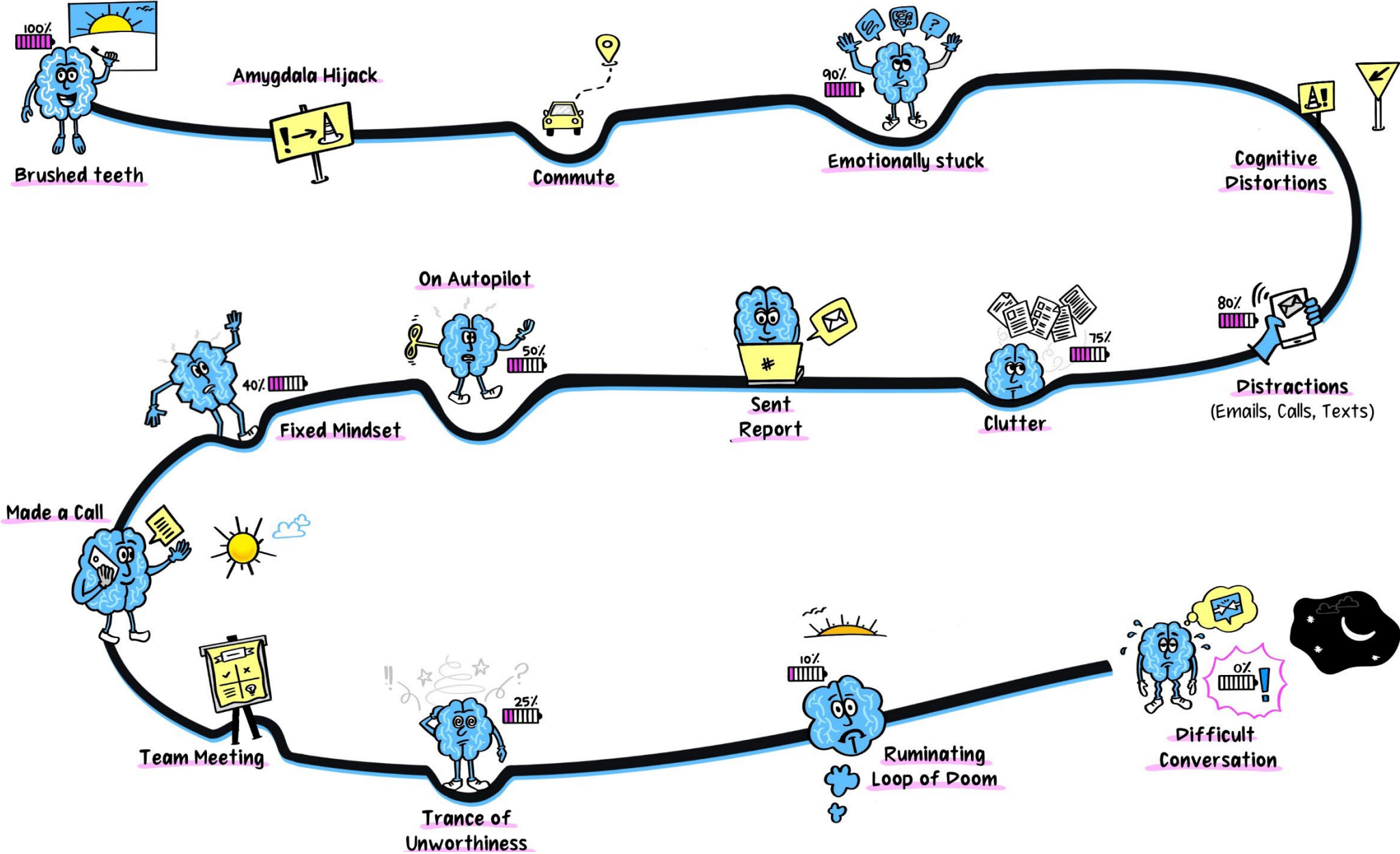
BRAIN ON!



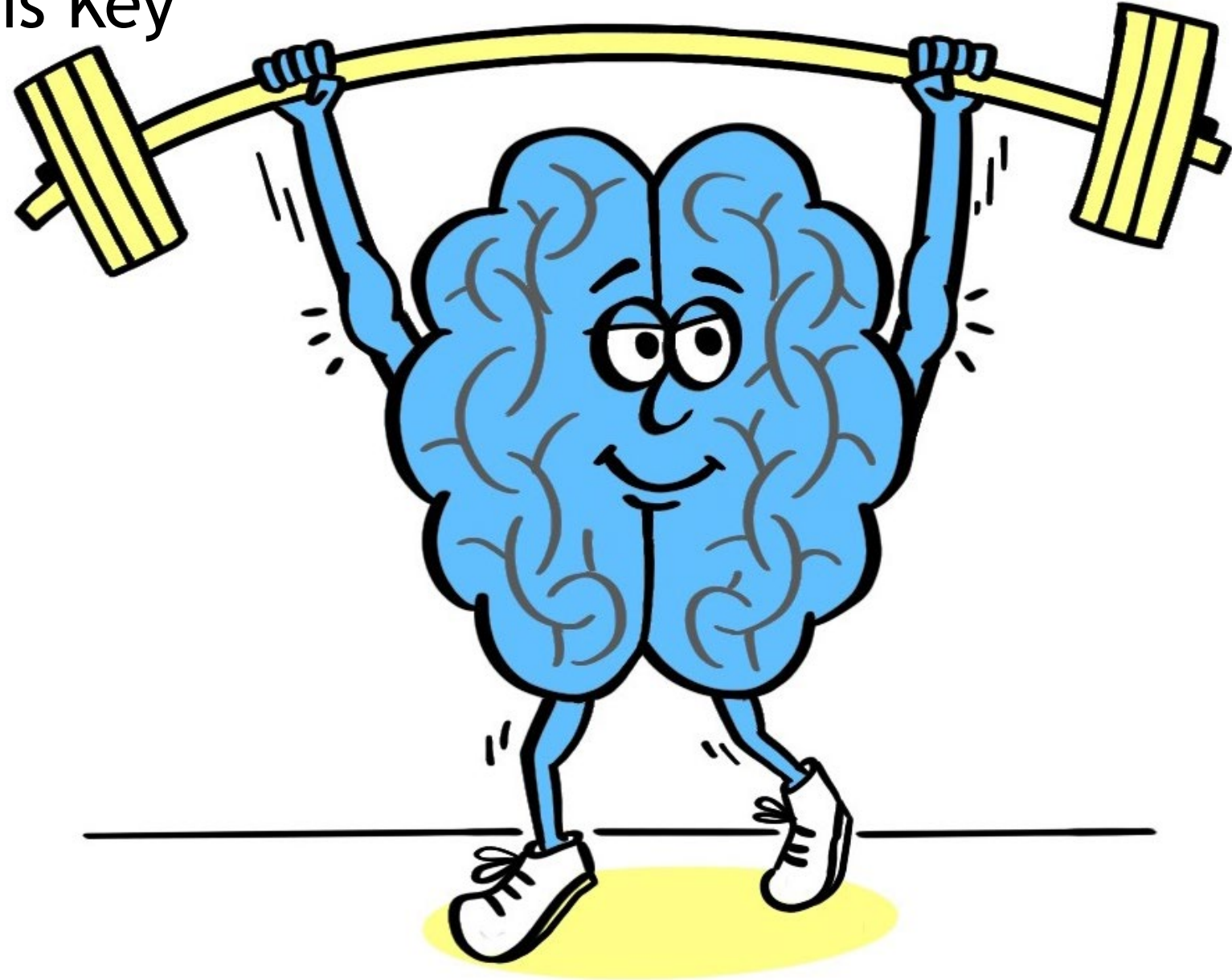
How Our Brain Works at Work



Workday Obstacle Course:



Mental Fitness is Key



**MENTAL
TOUGHNESS IS ESSENTIAL
TO
SUCCESS**

- VINCE LOMBARDI -

SIRIVE

BRAIN ON!

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NFP





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BRAIN

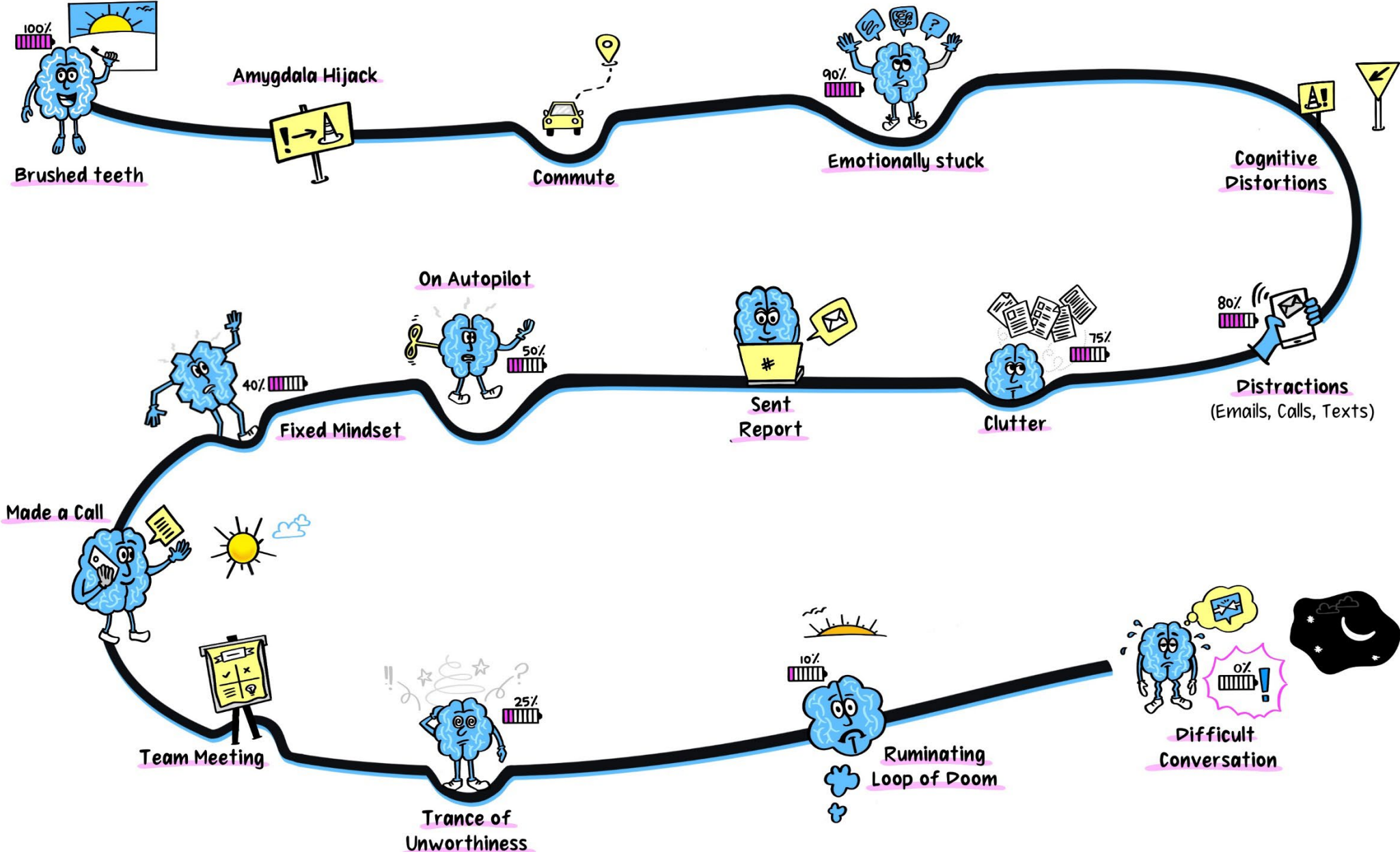
The Warm-Up

ON!

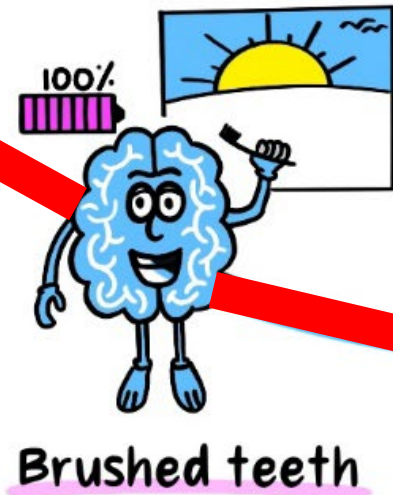
What is Your Why?



Workday Obstacle Course



When Do You Start Your Workday?



Amygdala Hijack



WORKDAY
START



How Will You Show-Up During Your Workday?

Intention:

- A current, deliberate guiding principle.
- A real-time, purpose-driven compass.
- Examples: promoting, prioritizing, advancing, investing in, not advancing, remaining status quo.

Attention:

- Being laser-focused on the intention and goal.



BRAIN

Daily Exercise Routine

ON!

Awareness Exercise #1: Monitor Your Thoughts

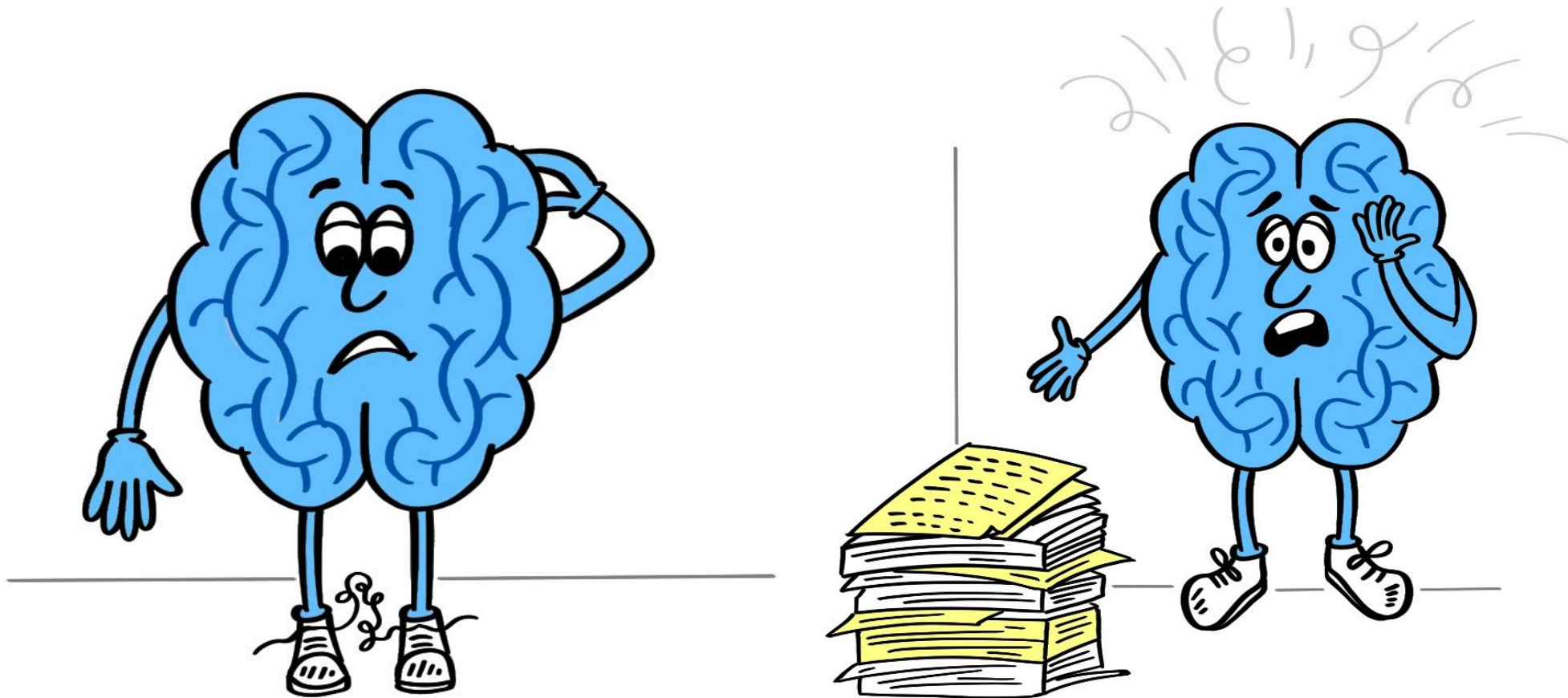
Thoughts → *Perceptions* →

Choices → *Actions* →

Outcomes and Results



Obstacle - Work Activities

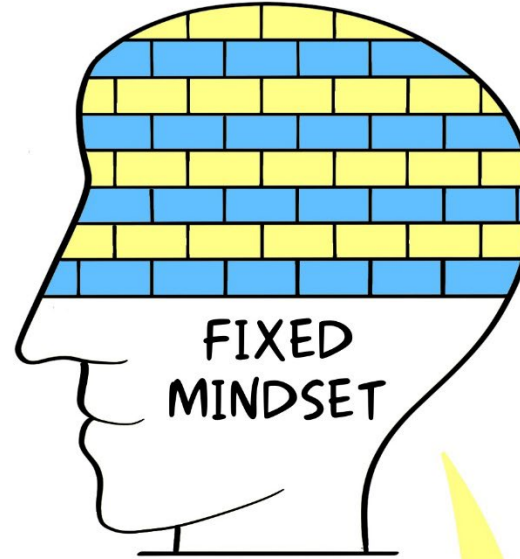


Practice: Growth Mindset

WHAT KIND OF MINDSET DO YOU HAVE?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me, "I try hard."
If you succeed, I am inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me, "I'm smart."
If you succeed, I feel threatened.
My abilities determine everything.



Awareness Exercise #2: Monitor Your Emotions

Awareness Practice

Ask: What emotion am I feeling right now?

“

Language shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding and meaning.

Brené Brown
ATLAS OF THE HEART



Obstacle = Email

URGENT!

From Your manager. Your client. Your co-worker

To

Subject URGENT!



Exercise: Name it To Tame It

9:41

×

?

🔍

Tap the color that best describes how you feel right now.

High Energy Unpleasant

High Energy Pleasant

Low Energy Unpleasant

Low Energy Pleasant

Happy 5

Upbeat 3

Valued 4

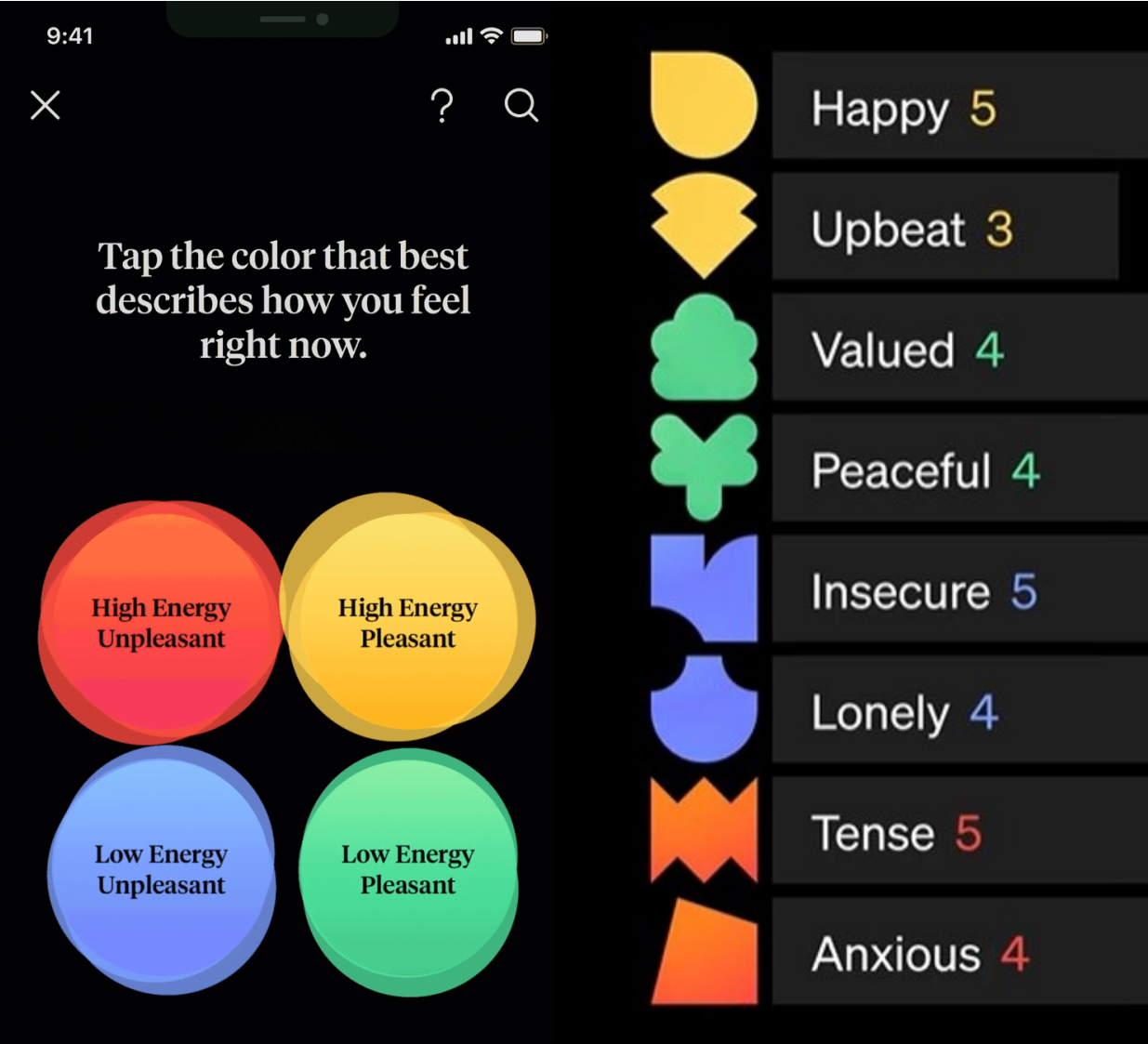
Peaceful 4

Insecure 5

Lonely 4

Tense 5

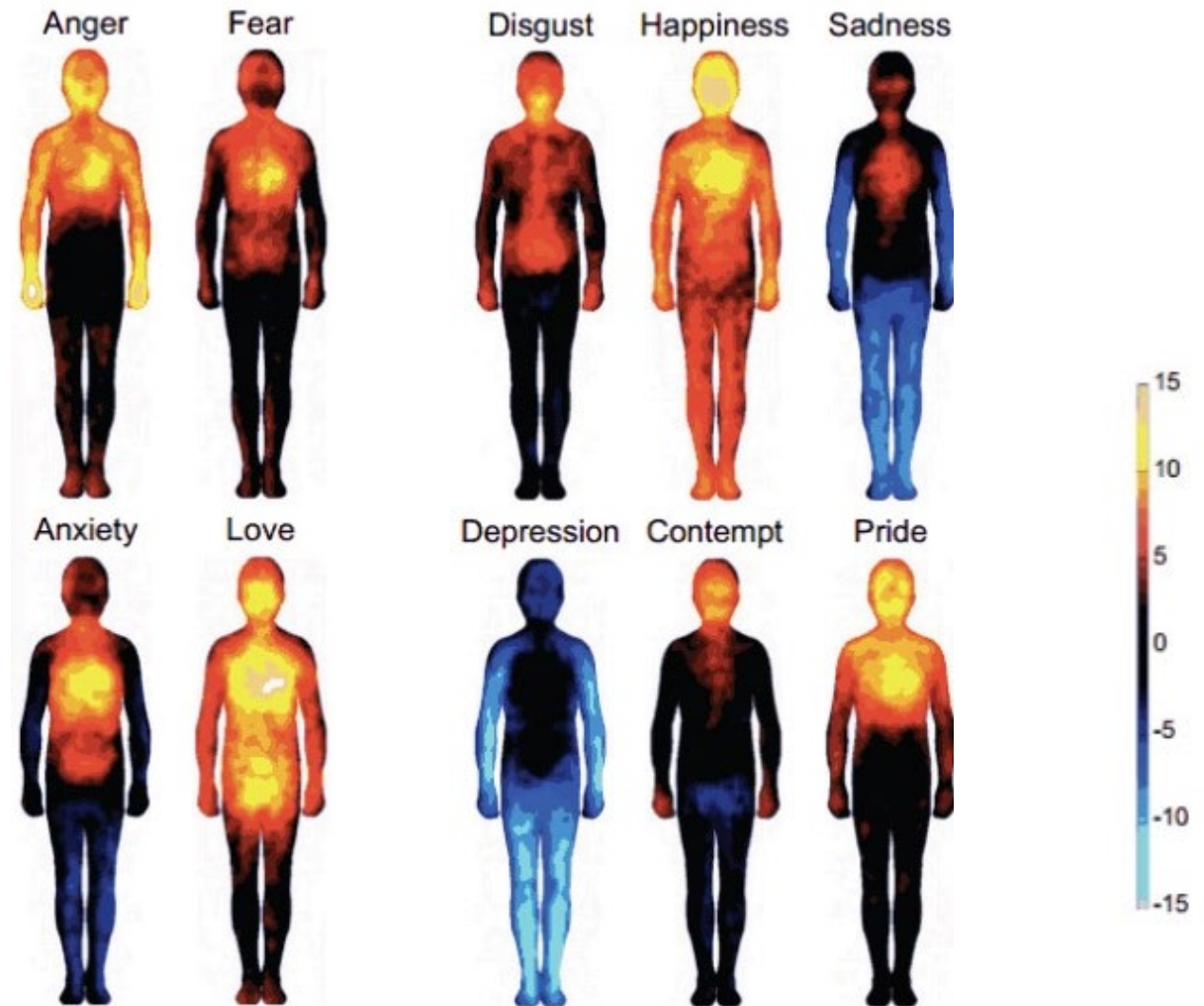
Anxious 4



Awareness Exercise #3: Physical Symptoms

Practice

Ask: Where do I feel any discomfort/pain in my body?



(Nummenmaa et al.2013)



Bonus Exercise: To Get Brain On

Easy as 1-2-3

3 Breaths

- 1) First Breath - Clear your mind
- 2) Second Breath - Relax your body
- 3) Third Breath - Bring to mind someone that makes you happy and silently wish them well.



BRAIN

Active Recovery

ON!

Energy Management is Key

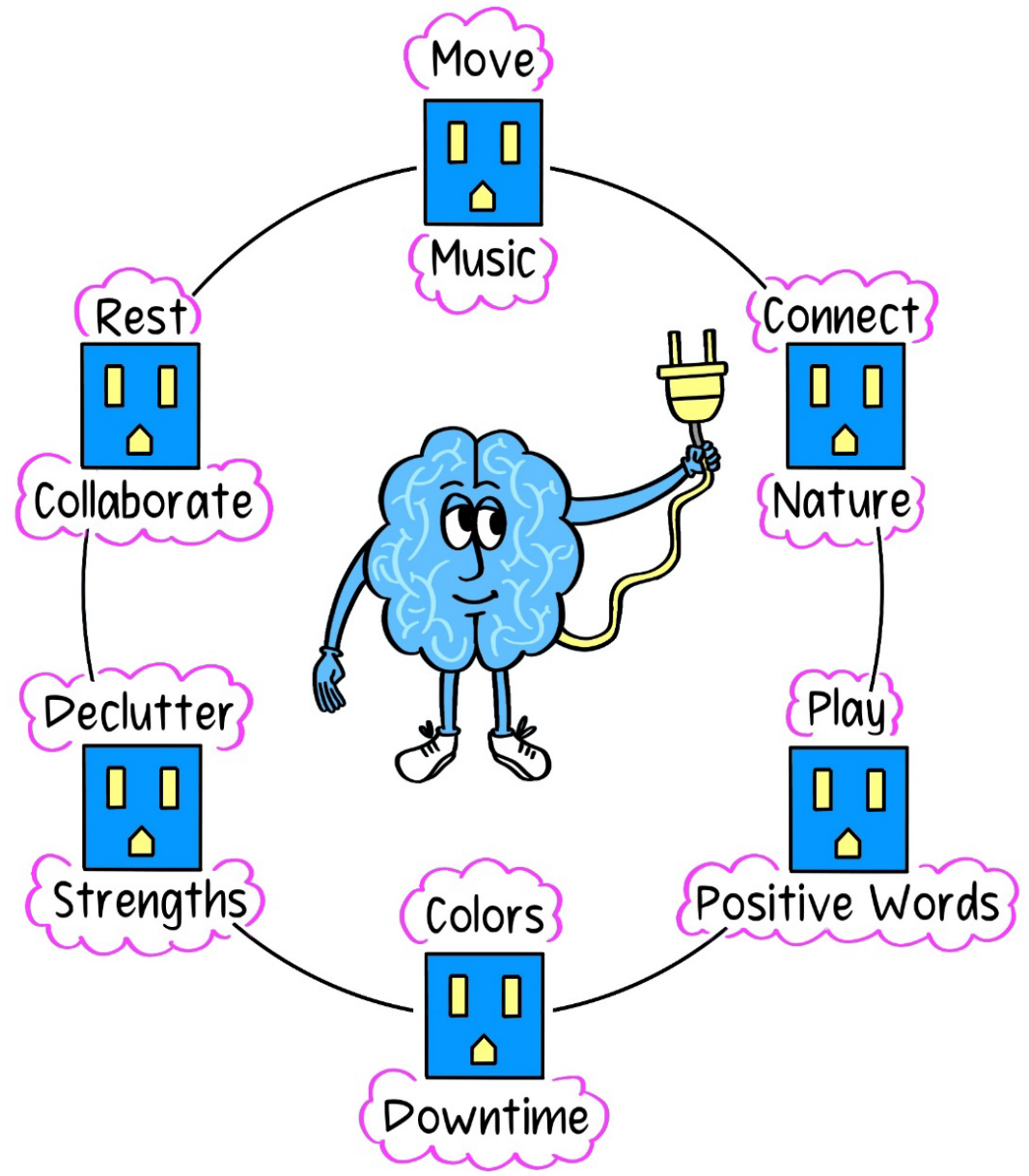
Practice

Create a “take a break” list of ideas for:

1 Minute Break:

5 Minute Break:

10 Minute Break:



BRAIN

The Daily Cool Down

ON!

Mental Fitness Exercise #4: Gratitude

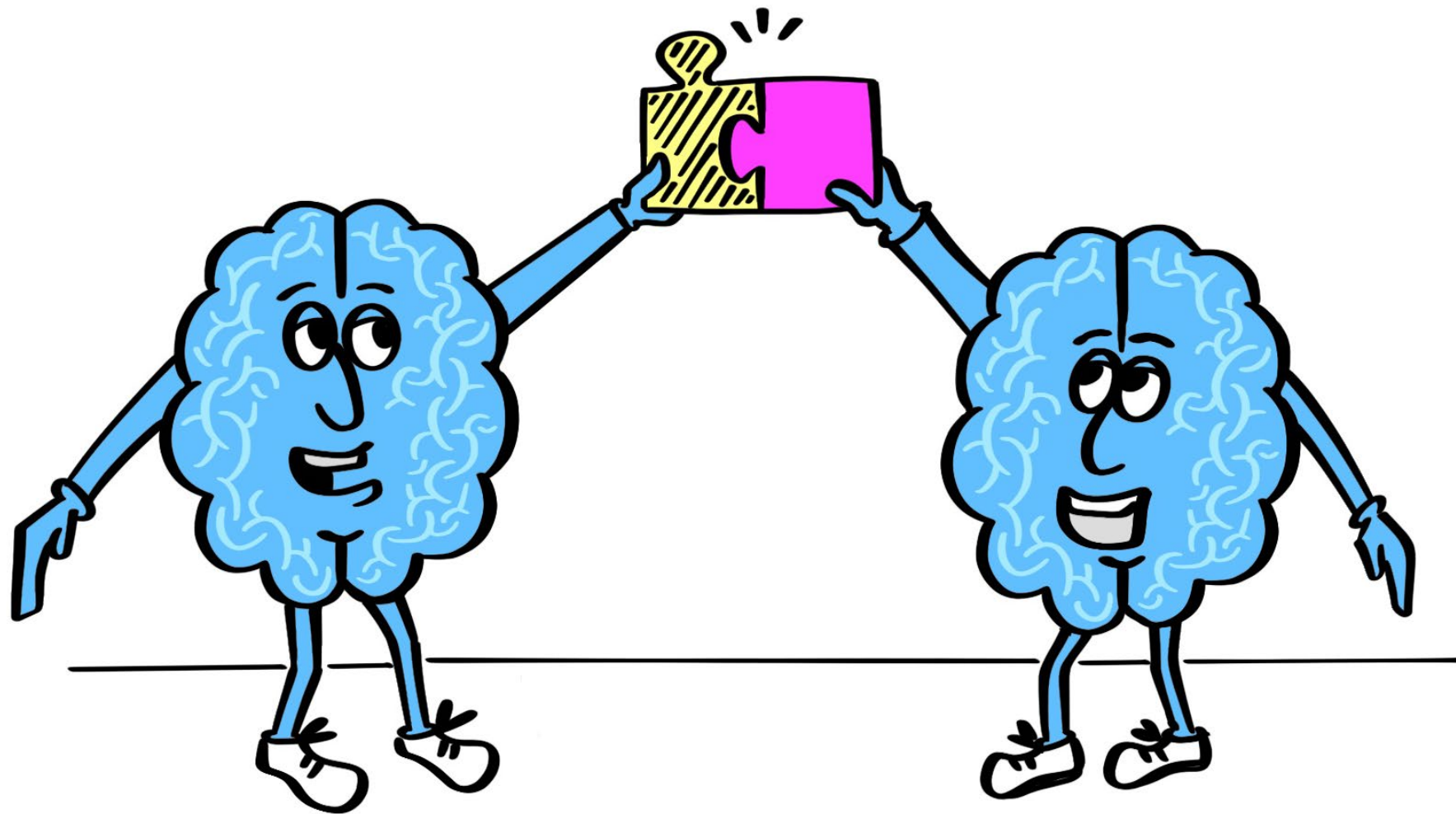
Virtual High-5



Thank You



Brain ON Kindle - \$0.99



Ask Deb!

Thank you for joining us!

Join us for NFP's next
Wise & Well Webinar:

**WHAT'S THE STATE OF YOUR MENTAL HEALTH?
Recognize how you're *really* doing and learn
strategies for staying healthier.**
May 14th | 12:00-1:00 ET

