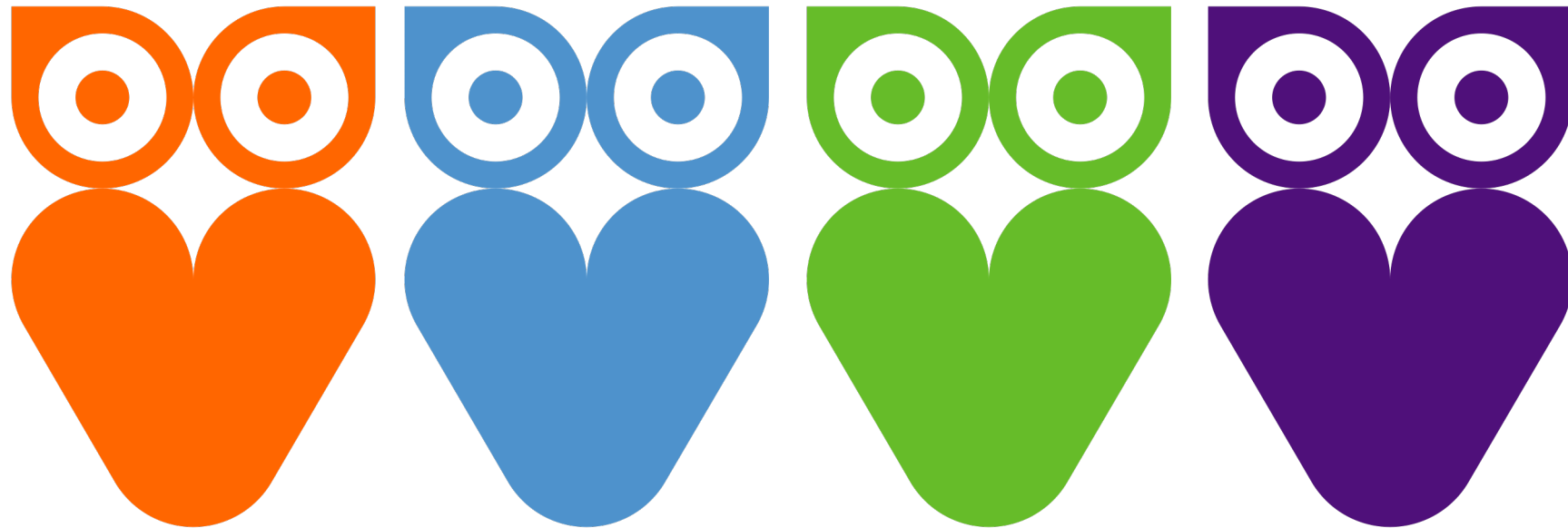




Applied Neuroscience for High Performance & Wellbeing



STAY WELL TO PERFORM WELL

Facilitated by Deborah Hulme, February 2023

CONTEXT: A modern world



**Change &
Transformation**



**“Unexpected”
Events**



**Focus
on Resilience**



KIND TO SELF: Prioritise rest & recovery

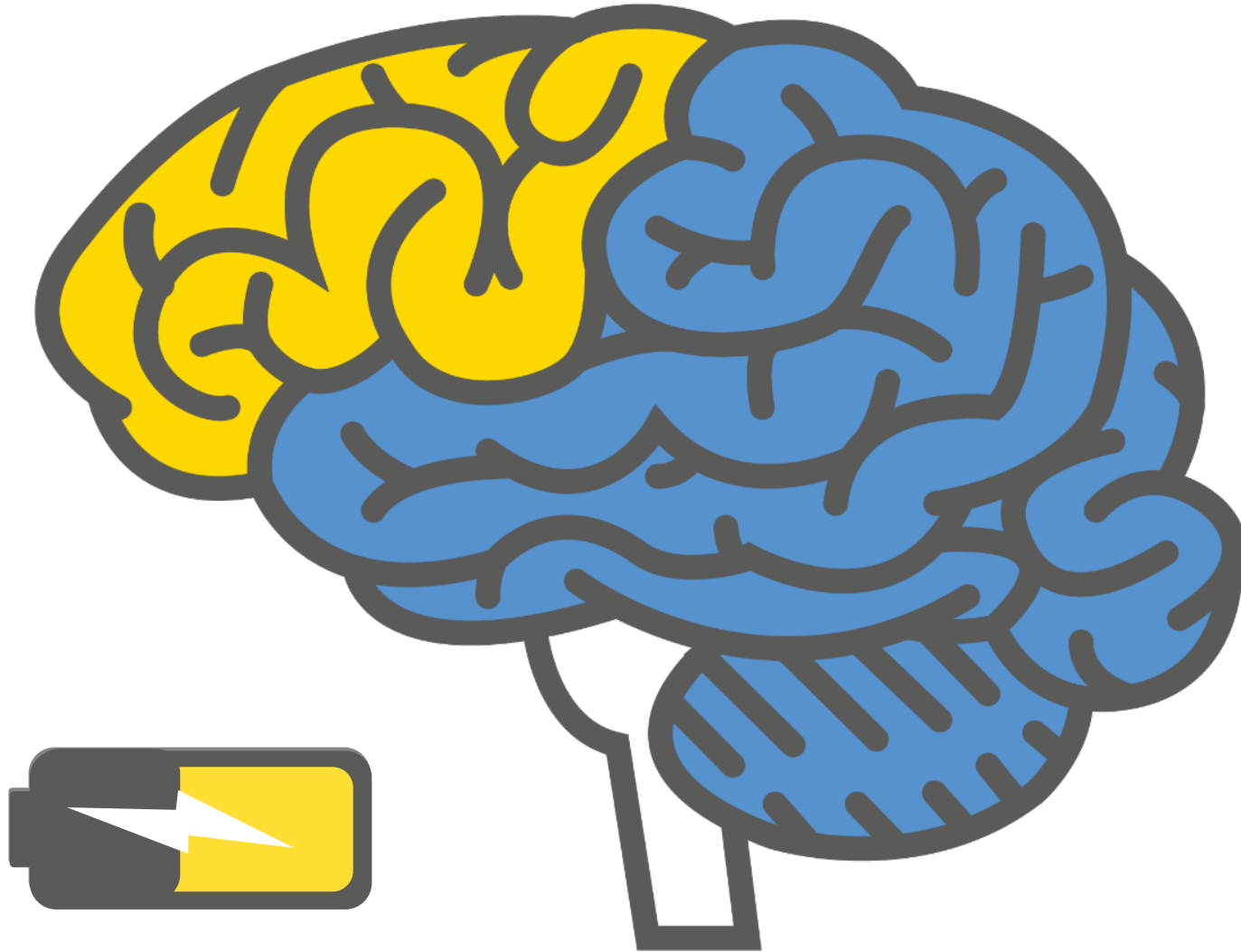


40% of those surveyed believe that stress is an inevitable part of success

(Asana int. study 2022)



PERFORM WELL: Support brain functionality



**Energy hungry; no storage space;
easy default to unconscious bias**

- ◆ Capacity
- ◆ Charging
- ◆ Braking
- ◆ Multi-tasking



PERFORM WELL: Reduce the sense of threat

DISENGAGED & PROTECTIVE



- ◆ Diminished memory
- ◆ Narrower vision
- ◆ Poor use of attentional resources
- ◆ Limited collaboration
- ◆ Reduced innovation and creativity
- ◆ Fear
- ◆ Anxiety and depression
- ◆ Contagion

ENGAGED & PRODUCTIVE



- ◆ More creative
- ◆ Increased cognitive resources
- ◆ Solve more problems
- ◆ Generate more ideas for action
- ◆ Have a wider perceptual view
- ◆ More resilient
- ◆ Enhanced collaboration



DEVELOP HELPFUL HABITS

Technology enables hybrid working and can also fuel burnout



Agree Boundaries

Determine what is ok/not ok?



Plan your schedule

Make time for Deep work



Take a Break

Reduce cumulative build-up



DEVELOP HELPFUL HABITS



Breathe



Slow Speech



Labelling



Time Out

- ✦ Take care of the basics
 - ✦ Nutrition, exercise, sleep
- ✦ Develop helpful habits:
 - ✦ Short-term impact (eg physiological sigh)
 - ✦ Medium-term impact (eg gratitude)
 - ✦ Longer-term impact (eg mindfulness)
- ✦ Nurture beneficial connections

Beware the addictions



PRIORITISE REST & RECOVERY

High Intensity  Recovery  Performance & Wellbeing

High Intensity  Recovery  Burnout & Breakdown



ANY QUESTIONS



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