

Increase your intelligences with **BRAIN BOOSTERS**

You are smarter than you think!

**power
mind**

Take command – Create significance



Too tight ??

.....take the space



YOUR BRAIN NEEDS CHOICESGIVE IT THIS CHANCE

This booster has two brain principles.

The first is the need to explore and express options. If "boxed in" the brain switches into alarm state and switches on the hormones of distress (cortisol, adrenalin, noradrenalin) One of the functions of cortisol is to keep the brain in alert to fight; flight or freeze.

Higher order thinking, creativity is shut off to focus on the perceived need to **SURVIVE** When aware (mindful) you feel pressured—take a DEEP breath low in the abdomen and say to yourself "It's OK, I'm in control, I am safe) This technique will switch you into the feel good hormones which calm, sooze and open up your prefrontal cortex to make rational decisions.

The second principle aligns with the Neuroleadership concept S.C.A.R.F specifically the letter A. A stands for autonomy—which means that within C—certainty (see Brain Booster Just a moment) give a person and yourself some flexibility to act within acceptable boundaries. This option of flexibility relaxes the brain into optimum brain functioning of higher decision making and creativity.

SUGGESTED ACTION FROM THIS BRAIN BOOSTER : Heighten your awareness(mindfulness) of how you are feeling—take command and make choices helpful for you .

AFFIRMATION FOR YOUR LEADERSHIP EFFECTIVENESS

Within acceptable boundaries and goals I am flexible, confident & succeed

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Deserve**

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