

Increase your intelligences with **BRAIN BOOSTERS**

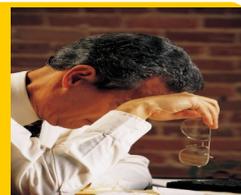
You are smarter than you think!

**power
mind**

Take command – Create significance



Too much information— I'm overwhelmed



GIVE YOURSELF A BREAK !!

In the last decade the pace of life has increased. People are working longer hours with increasing high demands on our "stone age brain" to keep pace and keep up. Richard Watson author of Future Minds says our brains are capable of high pressure processing AND for this to occur we need "down time". The left cerebral cortex capacity for peak concentration is 20 minutes and then performance begins to wane. With the added dimension of fast responding through social media channels, it is imperative for your mental health and brain health—to stop and recharge including quality deep sleep.

So what can you do in your break that refreshes your brain? Start with really hydrating yourself. If you are not drinking 2 litres or more of purified water then your whole body is silently suffering. Another idea—take your body for a brief walk even if it is down the corridor and up and down some stairs. Then how about recharging your right cerebral cortex—the brain creativity and new ideas? Looking at clouds and seeing three shapes you can see will stimulate your imagination.

Your brain relies on you to make wise conscious choices—work with it—not against it.

SUGGESTED ACTION FROM THIS BRAIN BOOSTER : I choose take command and sequence; order & prioritise my tasks & take moments to recharge it

AFFIRMATION FOR YOUR BRAIN POTENTIAL

I HONOUR MY BRAIN'S LOYAL SERVICE TO ME & I CHOOSE TO SUPPORT ITS BEST FUNCTIONING

Next Seminars to Create the Futures You Deserve

Central Coast Sunday 19 August 9 am—4 pm

Central Coast Sunday 20 September 9 am—4 pm

REGISTER FOR
YOUR PLACE TODAY

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Take command – Create significance

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