

Increase your intelligences with **BRAIN BOOSTERS** *You are smarter than you think!*



LET'S HAVE FUN SWITCHING ON YOUR FEEL GOOD GLUE HORMONES



BRAIN BOOSTER TIP: There are only 2 neural chemical pipelines that fire up your brain and body for action. The sympathetic neural pipeline is switched on when you are under stress & release the hormones for the flight, fight or freeze response. These hormones are adrenal/epinephrine (gets your heart rate up); noradrenaline/norepinephrine (raises your blood pressure) & cortisol (activates the liver to release glucose – for quick access to the cells). Cortisol depresses the immune system and impairs cognitive functioning. To switch this pipeline off all you have to do is to switch on the "feel good glue" hormone pipeline on which is the parasympathetic neural pathway.

HOW? By consciously doing anything that brings you pleasure. Everyone has unique things that brings them pleasure. I love a great cup of loose leaf tea, brushing my hair, swimming, music. And that just starts my day. What about you? What 3 things can you do each day that are simple yet bring you great joy? Remember every time you have that "mmmmmmmm that feels good" you are switching on the parasympathetic pipeline of feel good hormones. You are boosting your immune system and improving your brain functioning.

WHICH INTELLIGENCE ARE YOU BOOSTING ? EMOTIONAL INTELLIGENCE & AWARENESS

ACTION FOR THE WEEK: Eg I will enjoy 3 fun things a day . I notice what makes me feel good
WRITE DOWN YOUR COMMITMENT HERE :

Print this page off and leave it in a prominent place to mark off when you have achieved this goal.
(Remember the brain loves goals and loves to achieve them...go for it!)

AFFIRMATION FOR YOUR BRAIN REPATTERNING:
I love my life and honour my body/brain and bathe it often with the feel good hormones.

Interested in how your brain of bullying & brilliance works?
Want to improve your emotional intelligence? Come to our next 1 day workshop Sun 23 May

**TO FIND OUT MORE,
CONTACT US NOW**



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