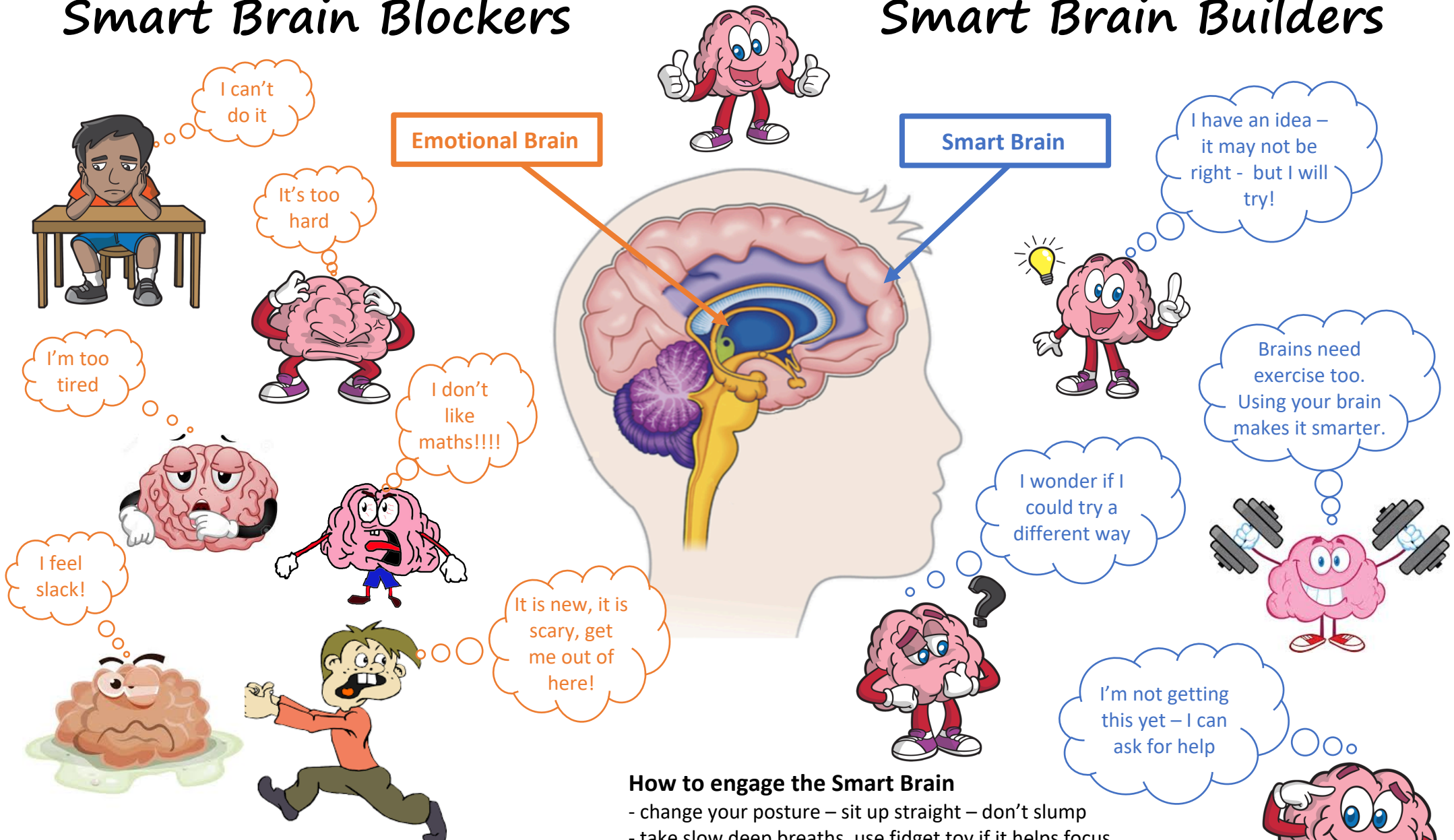


Smart Brain Blockers

Smart Brain Builders



Our emotional brain is really important – but it sometimes gives us error messages e.g. that we should run away (either physically or mentally) if work is a bit challenging. If we understand what is happening - we can take control, use our Smart Brain and make decisions that help us achieve our goals

How to engage the Smart Brain

- change your posture – sit up straight – don't slump
- take slow deep breaths, use fidget toy if it helps focus
- use brain builder messages
- chair exercises – rub arms, press feet into floor, arm pretzels, finger presses
- go for walk, get a drink – re-focus
- exercise – jumping jacks, cross crawl, wall push, crab walk

With practice, you can train your brain to have a default setting of using Brain Builders.