

# Burnout, Balance, Wellness, (Oh My!)



# TOOLS

1. Mindfulness Practice

2. 2% Slower Rule

3. Intention Practice

4. Imagination Practice

5. Reboot Practice

- Understanding Stress
- Gaining Tools to Self Regulate Nervous System
- Developing a Common Vocabulary

**AWARENESS + ACTION = WELLNESS**





# What is Stress?



Stress is simply a  
chemical reaction  
in the body.

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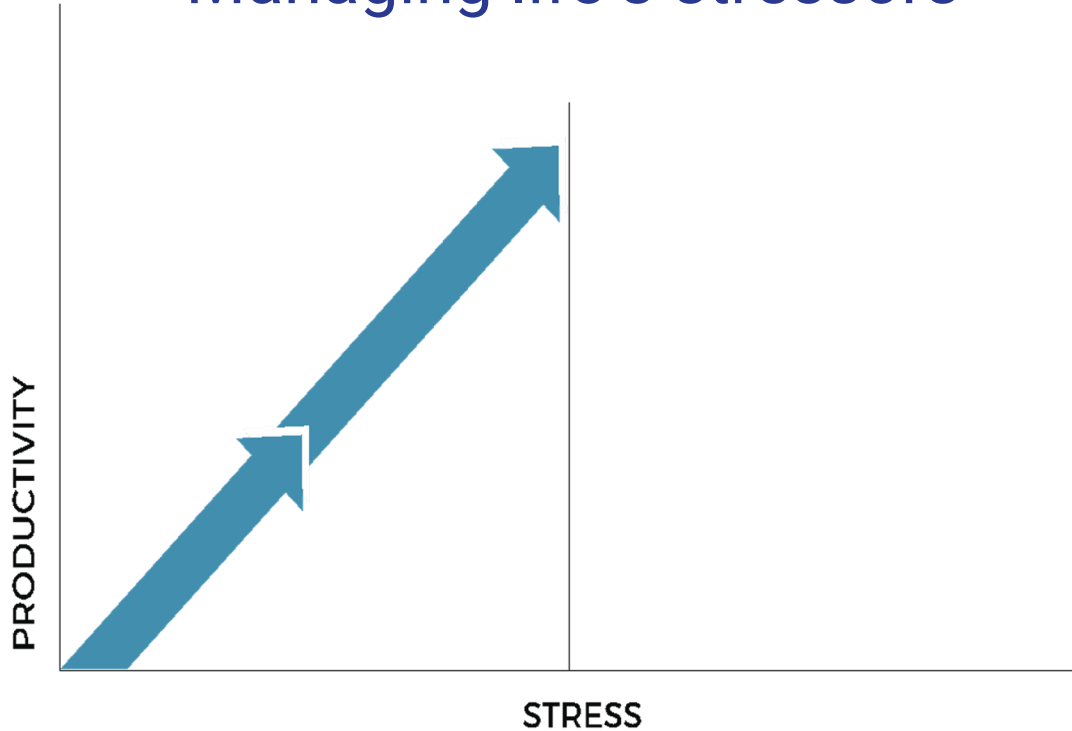
# Good Stress vs. Bad Stress

**Good Stress  
(Eustress):  
Productivity**

**Bad Stress  
(Distress):  
Crash and Burn!**

# GOOD Stress

Managing life's stressors



# BAD Stress

Not managing life's stressors





# Brain Acts Like a Computer

1

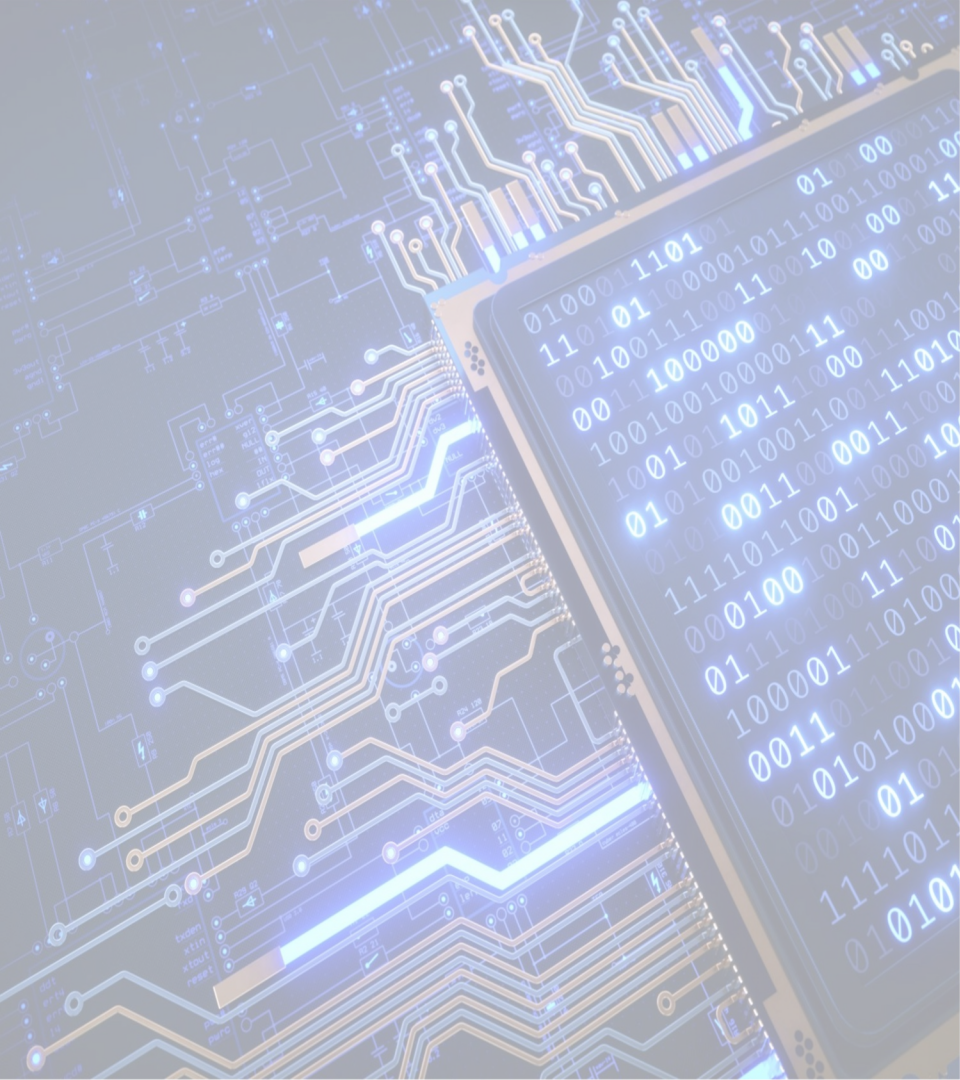
SCANS

2

PROCESSES

3

ROUTES DATA



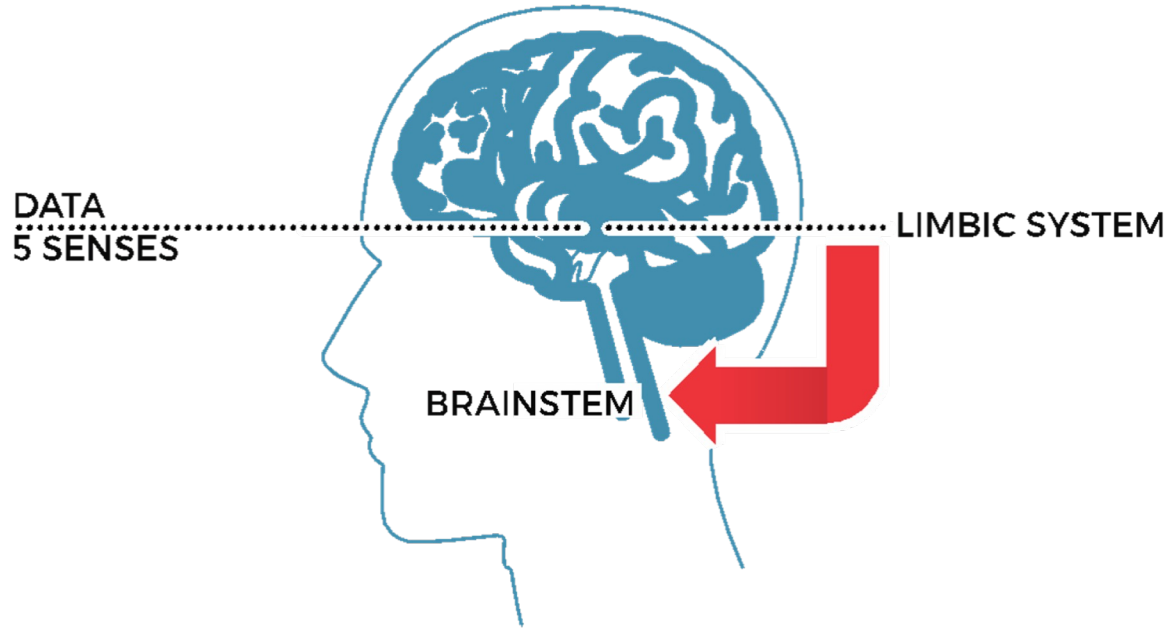
**NEOCORTEX**

or

**BRAINSTEM**



# BRAINSTEM



# BRAINSTEM



**FIGHT, FLIGHT, or FREEZE**

**Lower 20% of Brain**

**Stress Chemicals:**

- Adrenaline
- Noradrenaline
- Cortisol



# BRAINSTEM - All Systems Shut Down!



- Blood pressure
- Heart rate
- Muscle tension
- Producing glucose
- Lose clarity
- Jittery
- Can't focus
- Brain fog
- Bad decisions



# Bad Stress Chemicals Attack:

Immune System

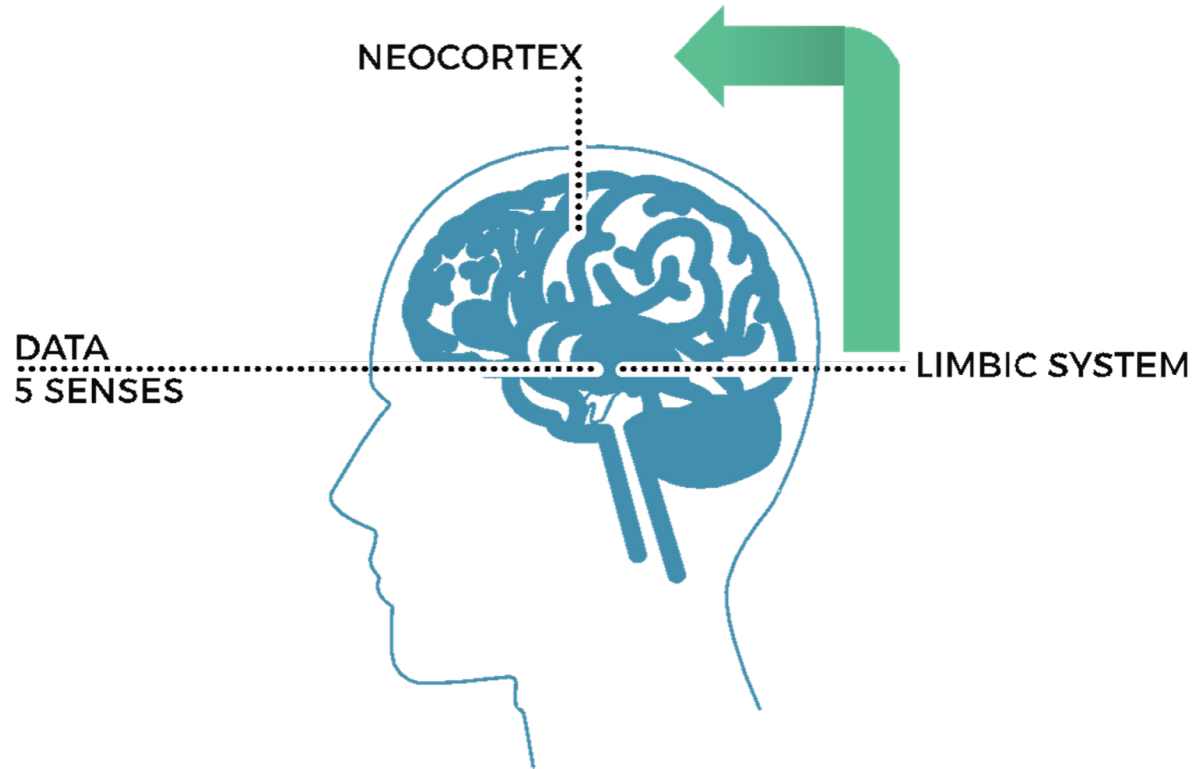
Nervous System

Digestive System



**BURNOUT**  
More likely to get  
sick under stress!

# NEOCORTEX





# NEOCORTEX

**Upper 80% of the Brain**

**Clarity, Confidence, Creativity**

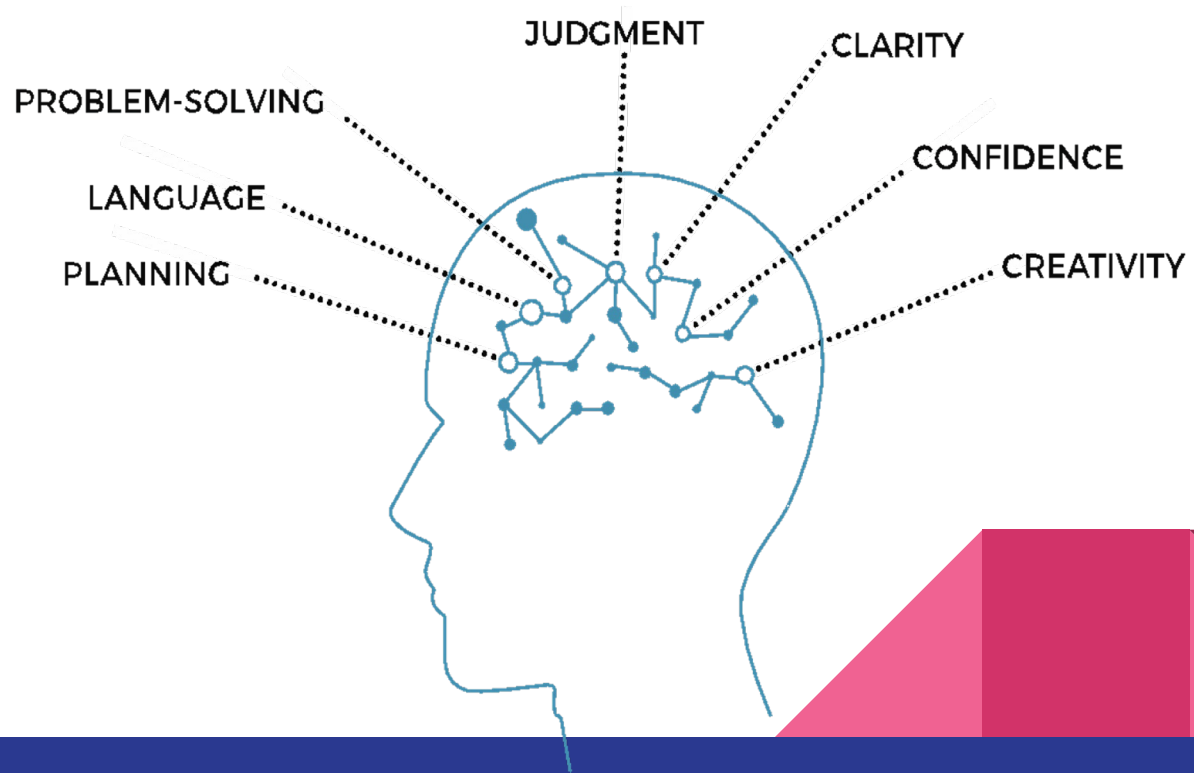
**Feel Good Chemicals:**

- Serotonin
- Melatonin
- Endorphin
- Dopamine





# NEOCORTEX - most influential



# Stress Response Loop

**Scientific Fact!**

**You can only experience an emotion for 90 seconds**



**90  
Second  
Rule**



# Tool #1 Mindfulness Practice

Exercise: Triple Threat Breathing



Breathing is the easiest function for neocortex to take over!

BREATHING + COUNTING = NEOCORTEX ACTIVITY





What triggers your stress?

# Stress Triggers

- Judgement
- Moving
- Loss of a job
- Change
- Work
- Finances
- The unknown/future
- Lack of time
- Relationships
- Social Media
- Workload



What are your reactions to stressors?

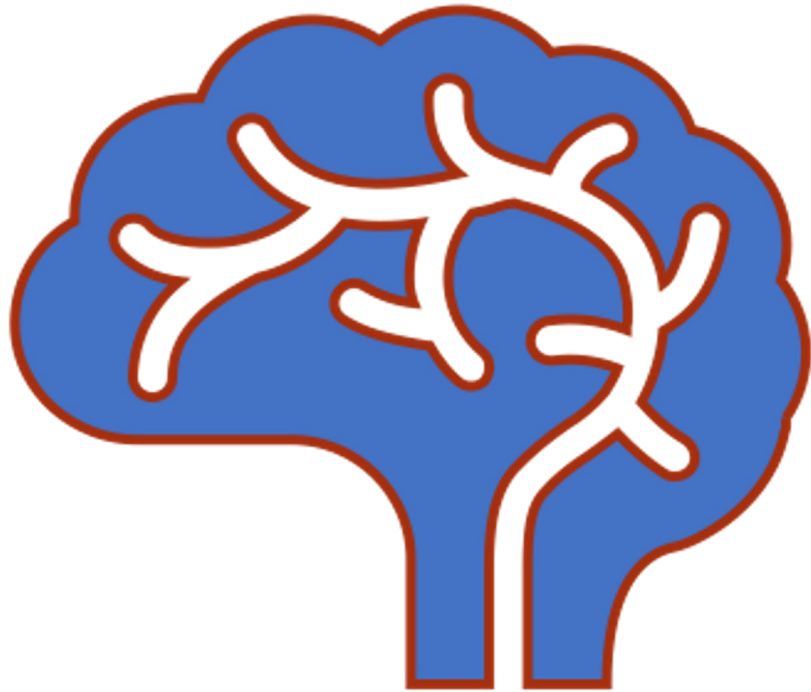
# Stress Triggers

- Judgement
- Loss of a job
- Change
- Work
- Finances
- Performance anxiety
- The unknown/future
- Lack of time
- Relationships
- Social Media
- Workload

# Reactions

- Eating/Loss of appetite
- Crying
- Isolating
- Procrastination
- Physical tension
- Anxiety
- Oversleeping/Insomnia
- Over working
- Irritability
- Exercise
- Mediating
- Reaching out to a friend





**Stress is not the  
problem!!**

The brain's response in  
the problem.

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Stress is a **valuable signal** that something is wrong and needs to **CHANGE!**

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The background of the image is a blurred ECG (heart rate) monitor display. It features a light blue grid and a black line representing the heart's electrical activity. The text is overlaid on this background.

**Ignoring Signal = Suffering**

**AWARENESS + ACTION = WELLNESS**



Triggers = Valuable Signals

**Opportunity to define yourself on purpose**



**Can't control cause of stress**

**Can change response to stress**

**Pause, Breathe, Respond**

**Reacting**  
(Brainstem)

**VS**

**Responding**  
(Neocortex)

## Tool #2 - 2% Slower Rule



## 2% Slower Rule - Benefits

Being intentional = more efficient

Mindfulness reduces stress

Being present in the moment





The background features a complex, multi-tiered mechanical structure. It consists of several horizontal beams of varying lengths, supported by rings and spheres. The spheres are of different sizes and are arranged in a way that suggests a delicate balance or a sequence of events. The overall aesthetic is clean and minimalist, with a light pink color palette.

## **Tool #3 - Intention Practice**

# Stress Triggers and Opportunities for Growth

- Judgement
- Moving
- Loss of a job
- Change
- Work
- Finances
- Performance anxiety
- The unknown/future
- Lack of time
- Relationships
- Social Media
- Workload

- Eating/Loss of appetite
- Crying
- Isolating
- Procrastination
- Physical tension
- Anxiety
- Oversleeping/Insomnia
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# How Would You Rather Respond? - Intention

Opportunity to practice defining yourself on purpose

## Good Information

- Judgement
- Moving to a new place
- Loss of a job
- Change
- Work
- Finances
- Perfectionism
- The unknown/future
- Lack of time
- Relationships
- Social Media
- Workload

## Opportunities for Growth

- Eating/Loss of appetite
- Crying
- Isolating
- Procrastination
- Physical tension
- Anxiety
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## Intention

- Compassionate
- Confident
- Loving
- Passionate
- Patient
- Positive
- Humble
- Understanding
- Caring
- Good Listener
- Trustworthy/Honest
- Professional

# Having an Intention is a Neocortex Activity



Breathing and Counting with **INTENT**

## Tool #4 - Imagination Practice

**Imagination is the most powerful tool we have!**





# Scientific Fact!!!!

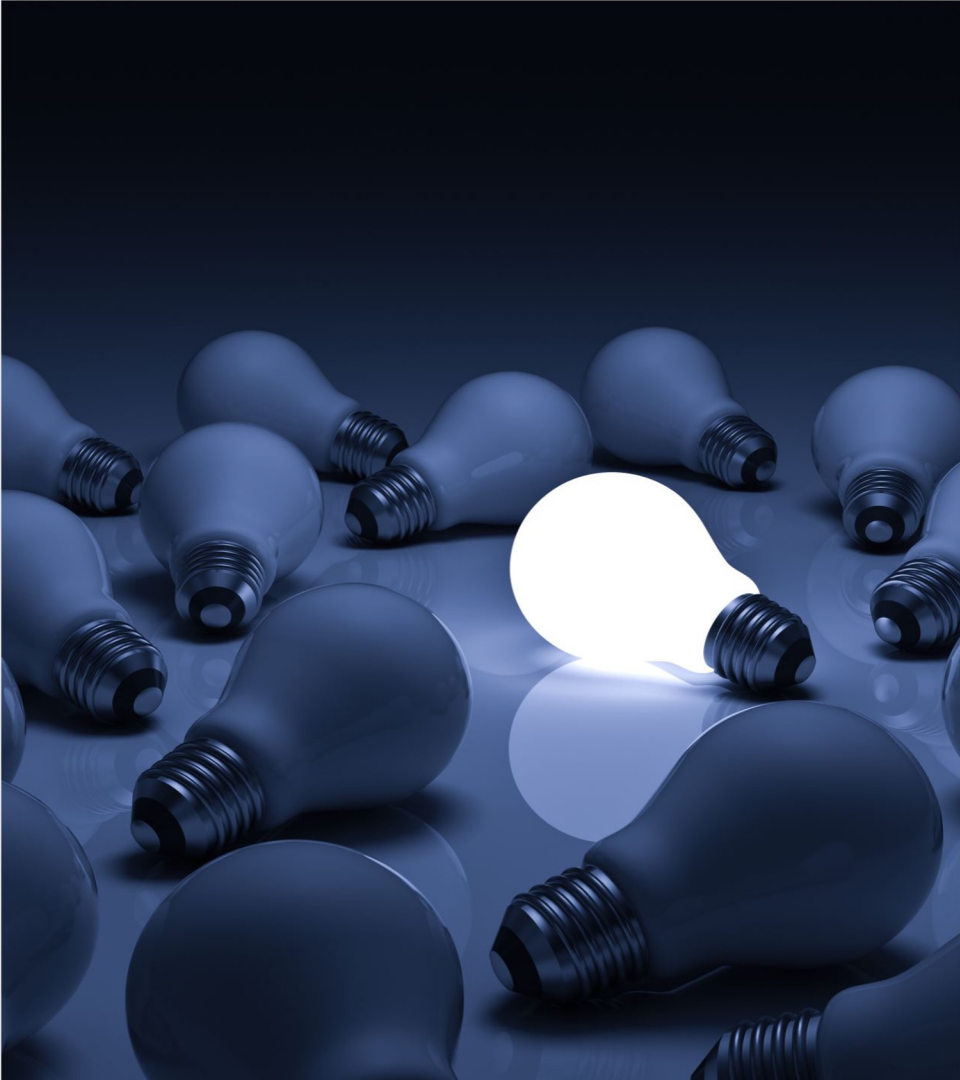
Your body will react to any  
image you hold in your  
imagination!

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**Imagination can work for you or against you!**







**Example:**  
Imagination working  
**against you**

**WORRYING**

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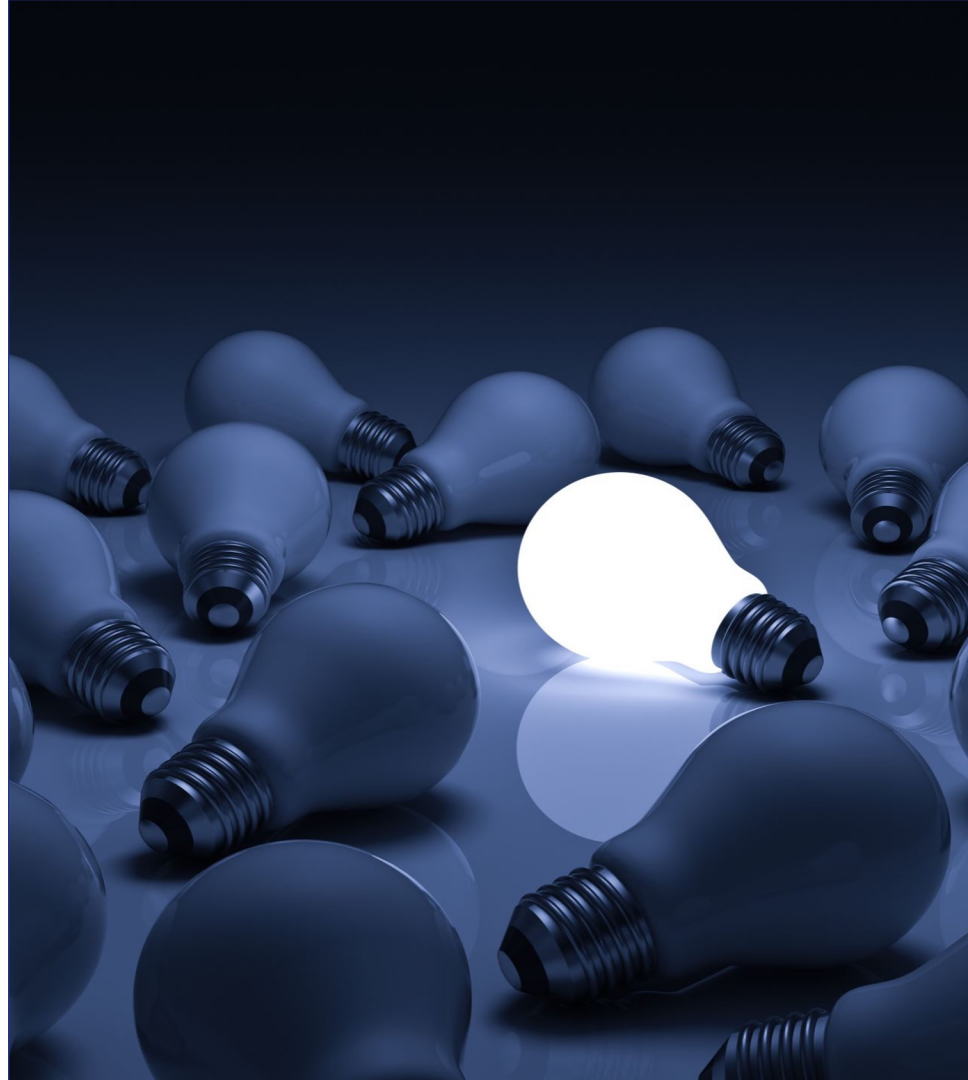
# WORRYING

**Brainstem Activity:** Triggers fight, flight, or freeze response

Lower 20% of Brain

Produces stress chemicals

Body responds as if actually happening





**Example:**  
Imagination working  
for you

**VISUALIZATION**

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# Imagining Intention

1. Remember when you felt that in the past
1. What would it look like to feel it right now?
1. What would it look like to carry that intention —through your day?

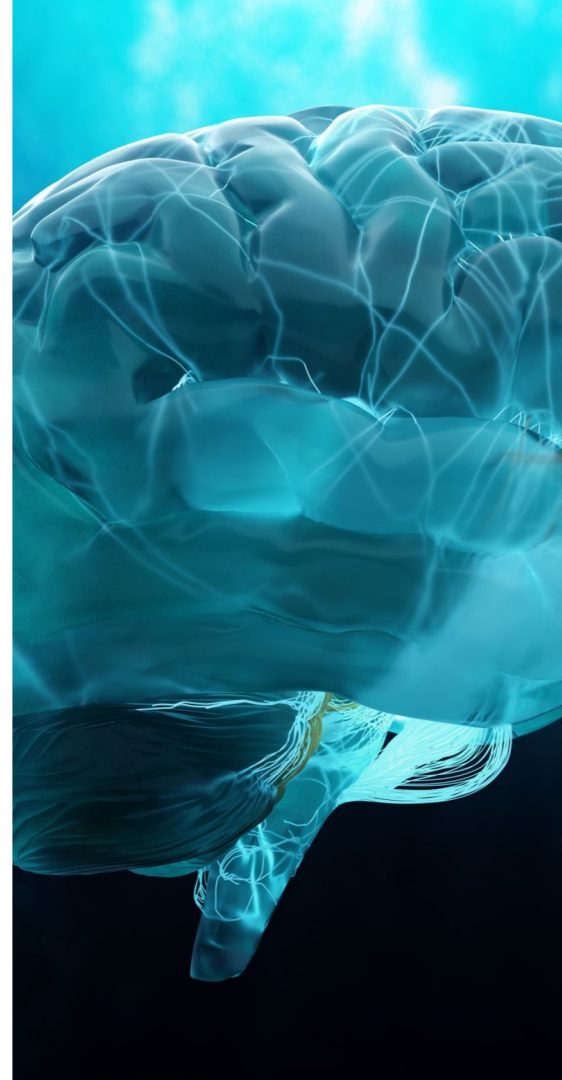
# Be careful what you think about!

What emotions are you choosing?

Negative or positive self-talk?

Don't create stress chemicals on purpose!

**Opportunity to define yourself on purpose**

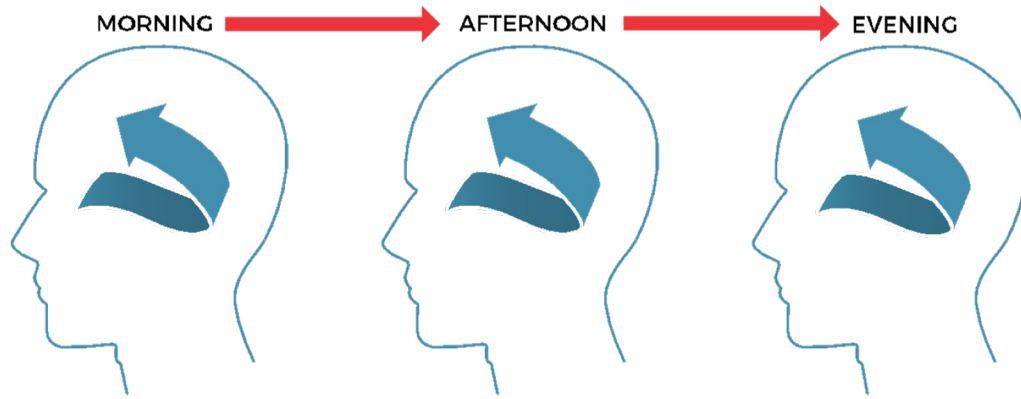


A wooden desk with various craft supplies. In the background, there are blue-handled scissors, several colored pens, and a green paper rocket with white oval cutouts. In the foreground, there is a yellow paper rocket with blue oval cutouts and orange and pink paper flames. A hand is visible in the bottom right corner, holding a yellow paper rocket. The text is overlaid on the desk surface.

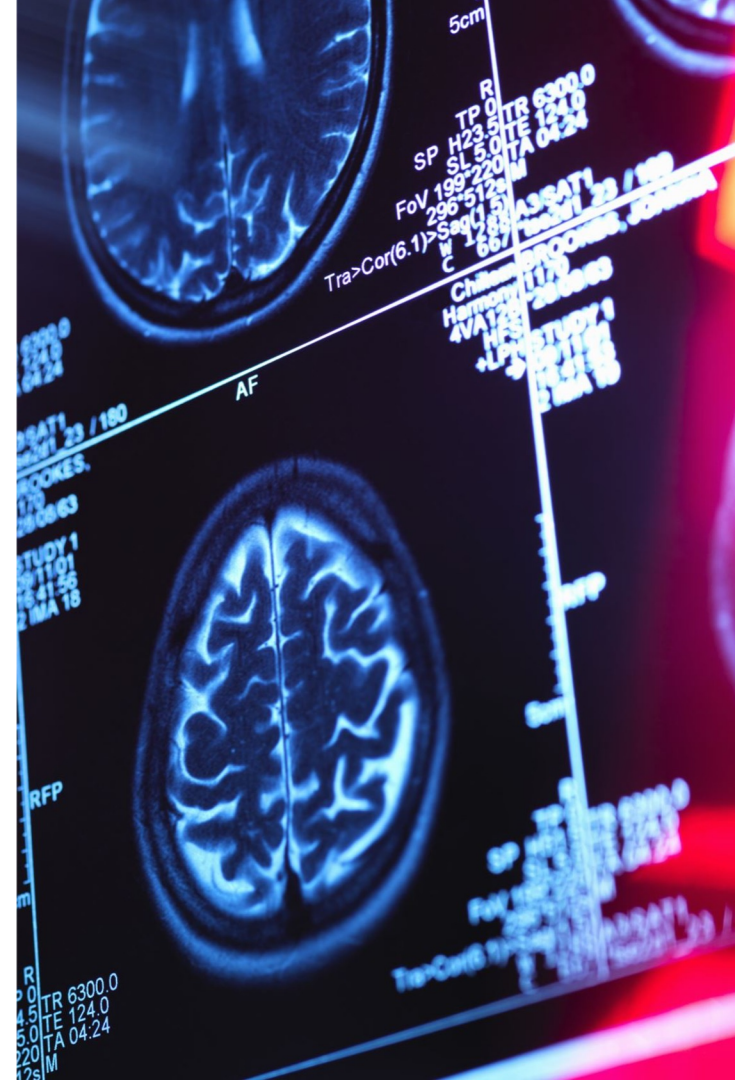
**Worrying - Past/Future - Brainstem**

**Intentional Mindfulness - Present - Neocortex**

# Tool #5 - Reboot Practice



Break the Stress Cycle - Reboot Intentions



# Create a Healthy Habit

Practicing “rebooting” when not in crisis helps the body know how to better respond to life stressors





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## SCIENTIFIC FACT!!

Your brain tries to answer any question you ask.

You can ask a brainstem question or a neocortex question.



## Example Brainstem Questions

What's wrong with me?

Is something bad going to happen?

Are they better than me?

What if . . . ?

**Worrying what other people think  
leads to stress chemicals!**



## Example Neocortex Questions

Is this happening in the moment?

Did I choose this emotion on purpose?

Would I teach this to someone I love?

Is this how I want to define myself?

Is it working for me?

How would I rather be feeling?





# Awareness Exercise

Journal how many times this week you worried yourself into a chemical response.

Were you actually in a fight-or-flight situation?

What tools did you utilize to get back into your neocortex?

What did you notice?



# Core Values Exercise

**Think2Perform.com**

<https://www.think2perform.com/values#start>

Awareness + Action = Wellness



**ABATE HOPKINS**

CREATIVE CONSULTANTS