



SPOTLIGHT SERIES

# Wind down from work with **HEAL**



We can *deliberately* use the **mind** to  
**change** the **brain** for the better





Dopamine  
Oxytocin  
Serotonin

It only takes 15-20 seconds to unleash

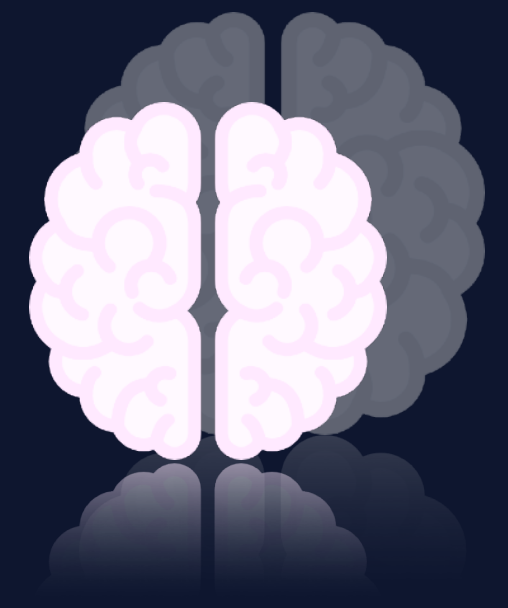
**A happy hormones  
cocktail...**



Notice: When are your **basic needs** met?

Getthriving

Safety  
Satisfaction  
Connection



---

• these are the moments to seize



# From passing **state** to neural **trait**



Have it



Enrich it



Absorb it



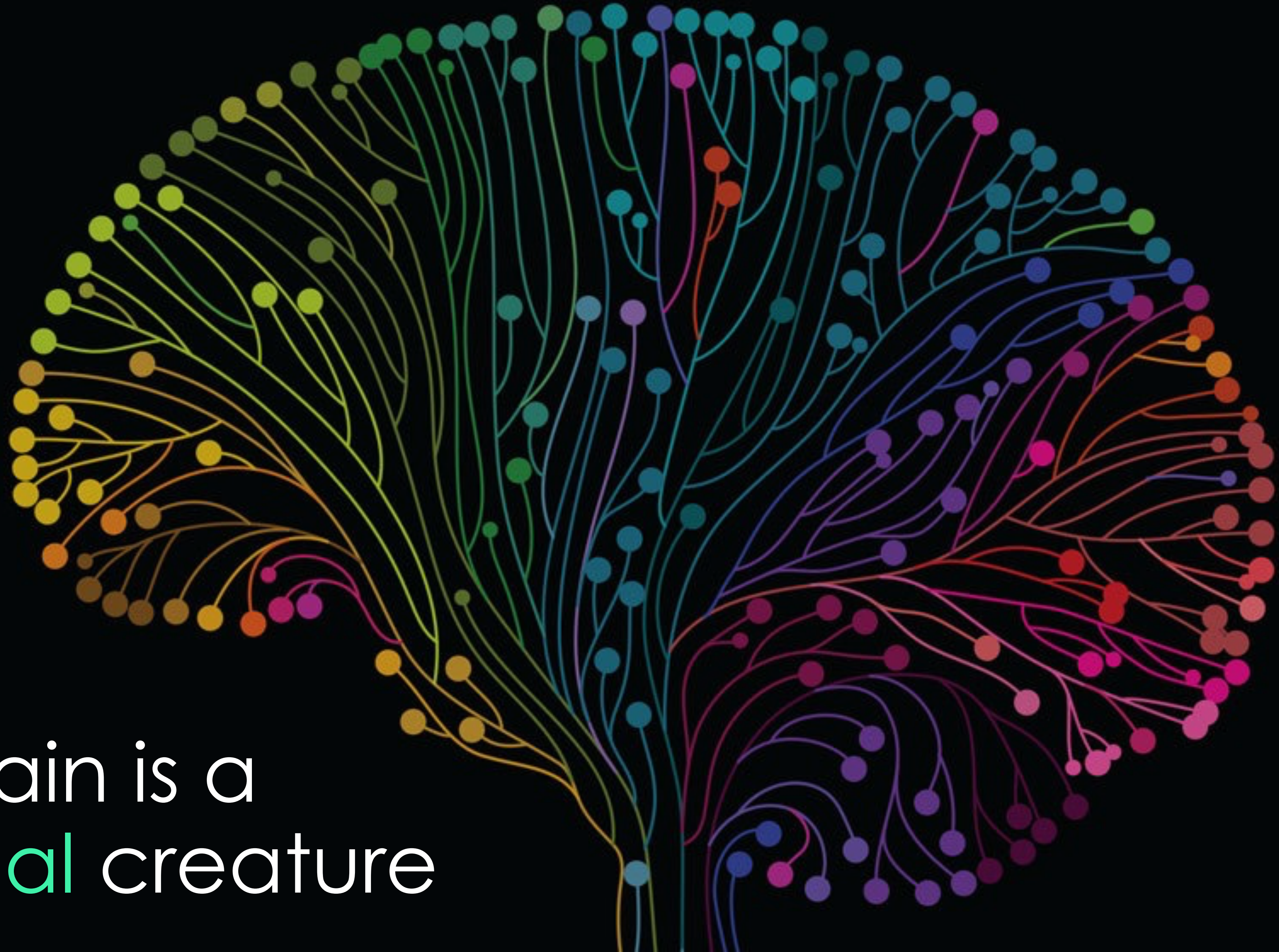
Link it



# H E A L

- **H**ave a positive experience (notice or create)
- **E**nrich it (breathe with it, marinate in it)
- **A**bsorb it (feel it, create a somatic anchor of joy)
- **L**ink it (soothe, to eventually replace negative material)





The brain is a  
magical creature



Happy hard-wiring, folks :)