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Wind down from work with **HEAL**



We can deliberately <u>use</u> the mind to change the brain for the better

- Dr. Rick Hanson on the power of Positive Neuroplasticity

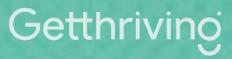




It only takes 15-20 seconds to unleash A happy hormones cocktail...

Dopamine Oxytocin Serotonin

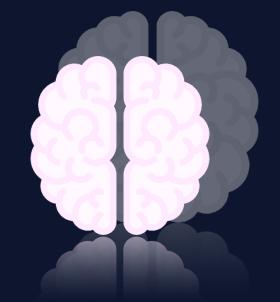
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Notice: When are your **basic needs** met?

Sofety Satisfaction Connection

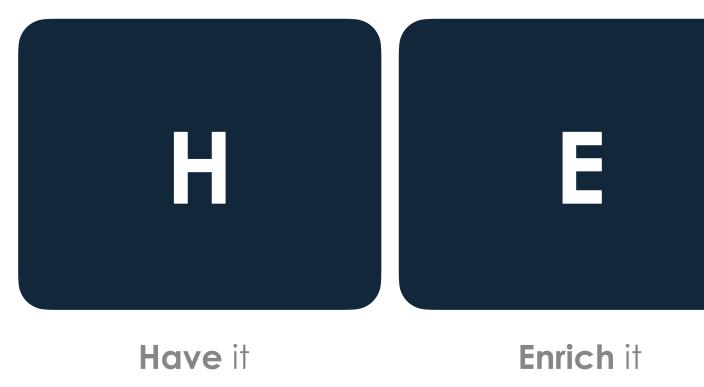
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these are the moments to seize



From passing state to neural trait



Source: Rick Hanson Ph.D. Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.



Absorb it

Link it

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- Have a positive experience (notice <u>or</u> create) - Enrich it (breathe with it, <u>marinate</u> in it) Absorb it (feel it, create a <u>somatic</u> anchor of joy)

Source: Rick Hanson Ph.D. Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.

Link it (soothe, to eventually replace negative material)

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The brain is a magical creature







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Happy hard-wiring, folks :)

