#### mette@getthriving.today | www.getthriving.today



### 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

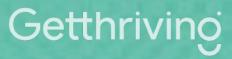




It only takes 15-20 seconds to unleash A happy hormones cocktail...

### Dopamine Oxytocin Serotonin

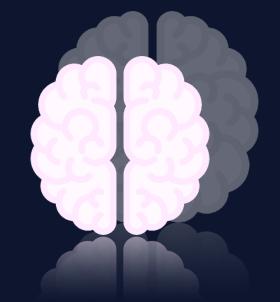
getthriving.today



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

# Sofety Satisfaction Connection

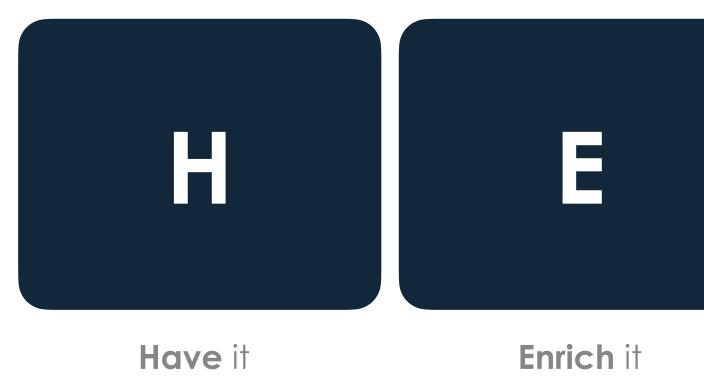
#### Getthriving



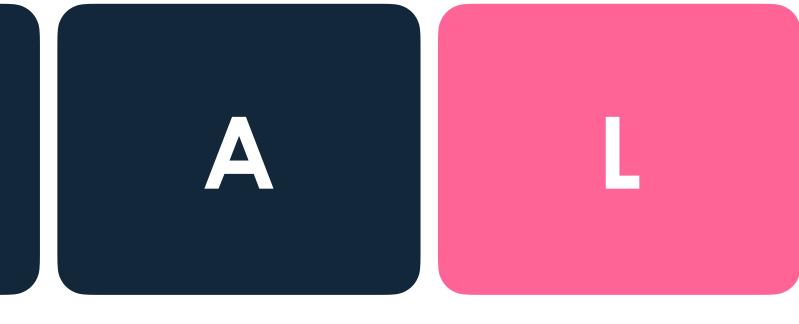
#### these are the moments to seize



### 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

getthriving.today

#### E Η A

## - 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)

getthriving.today



### The brain is a magical creature







Mette Andersen | mette@getthriving.today | www.getthriving.today

Getthriving

## Happy hard-wiring, folks :)

