

7 FUTURE

Thriving not
surviving!

**develop, flourish,
grow, prosper
blossom, shine,
succeed, increase,
progress, radiate,
excel!**

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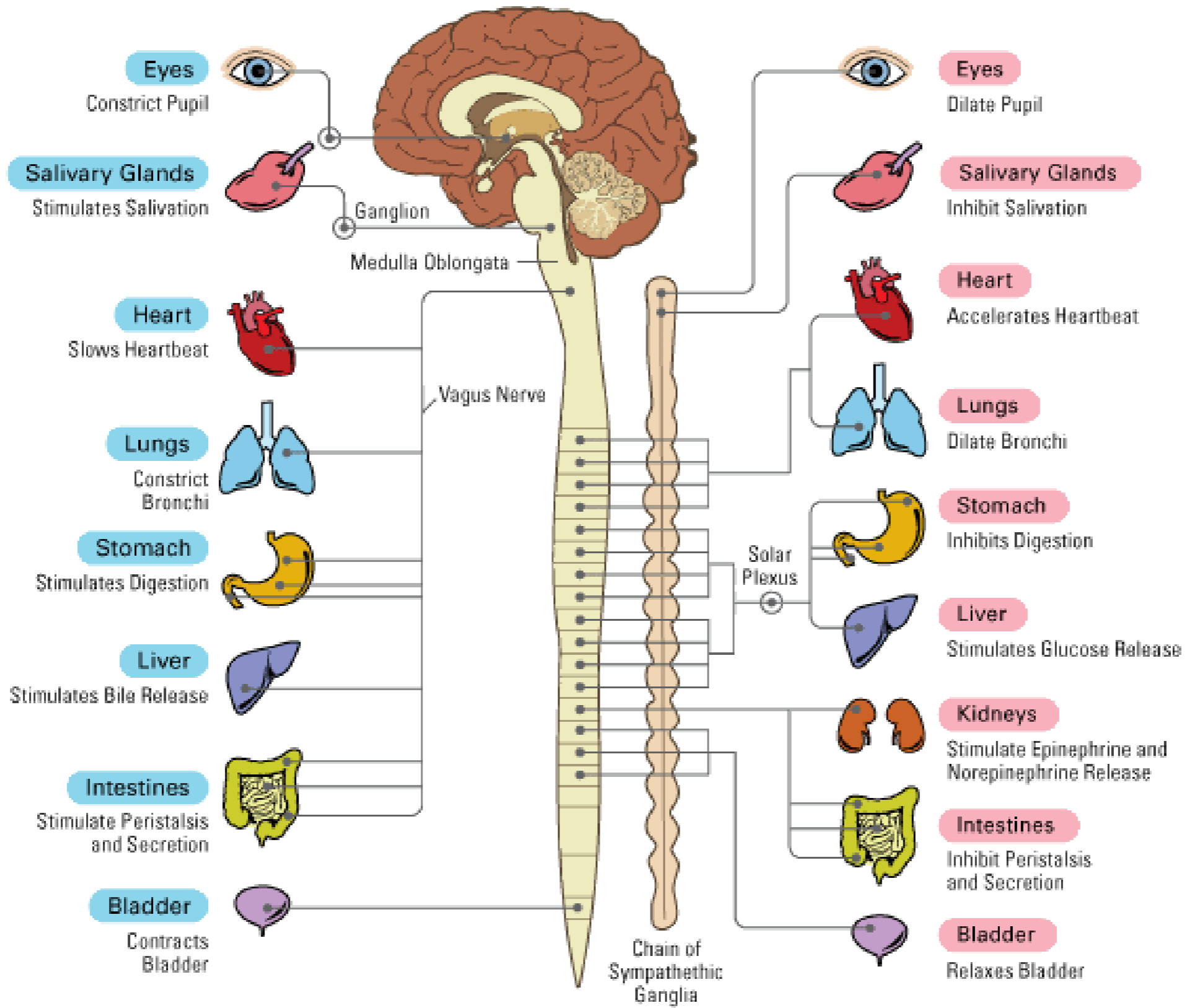
QuickTime™ and a
decompressor
are needed to see this picture.

WHY POLAR BEARS DON'T HAVE TO DO **YOGA**

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decompressor
are needed to see this picture.

Parasympathetic

Sympathetic



**B
R
A
K
E**

**internal
world**

**A
C
C
E
L
L
E
R
A
T
O
R**

**external
world**

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

mammalian brain seeks emotional safety/comfort

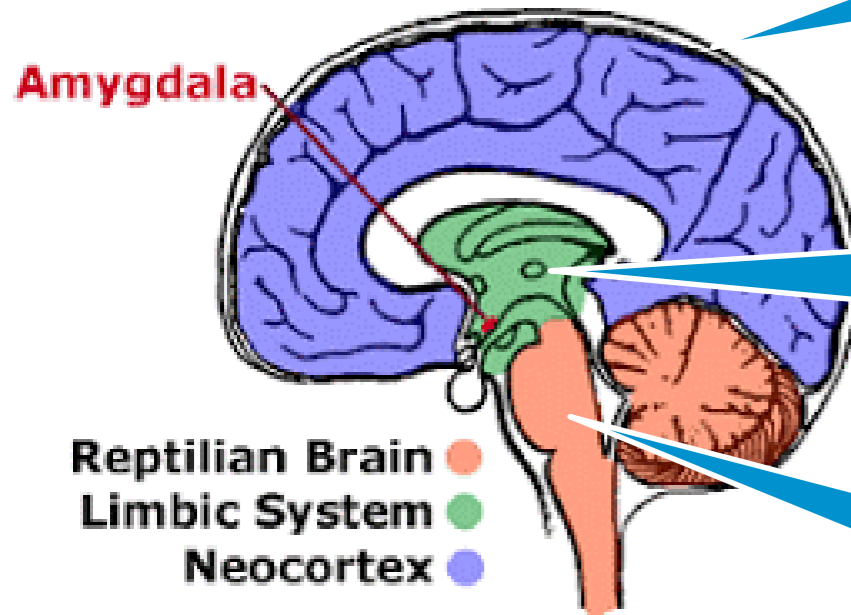


survival & safety: sensory intelligence as important as EI and IQ?

slower &
more aware



The Evolution-Designed Brain

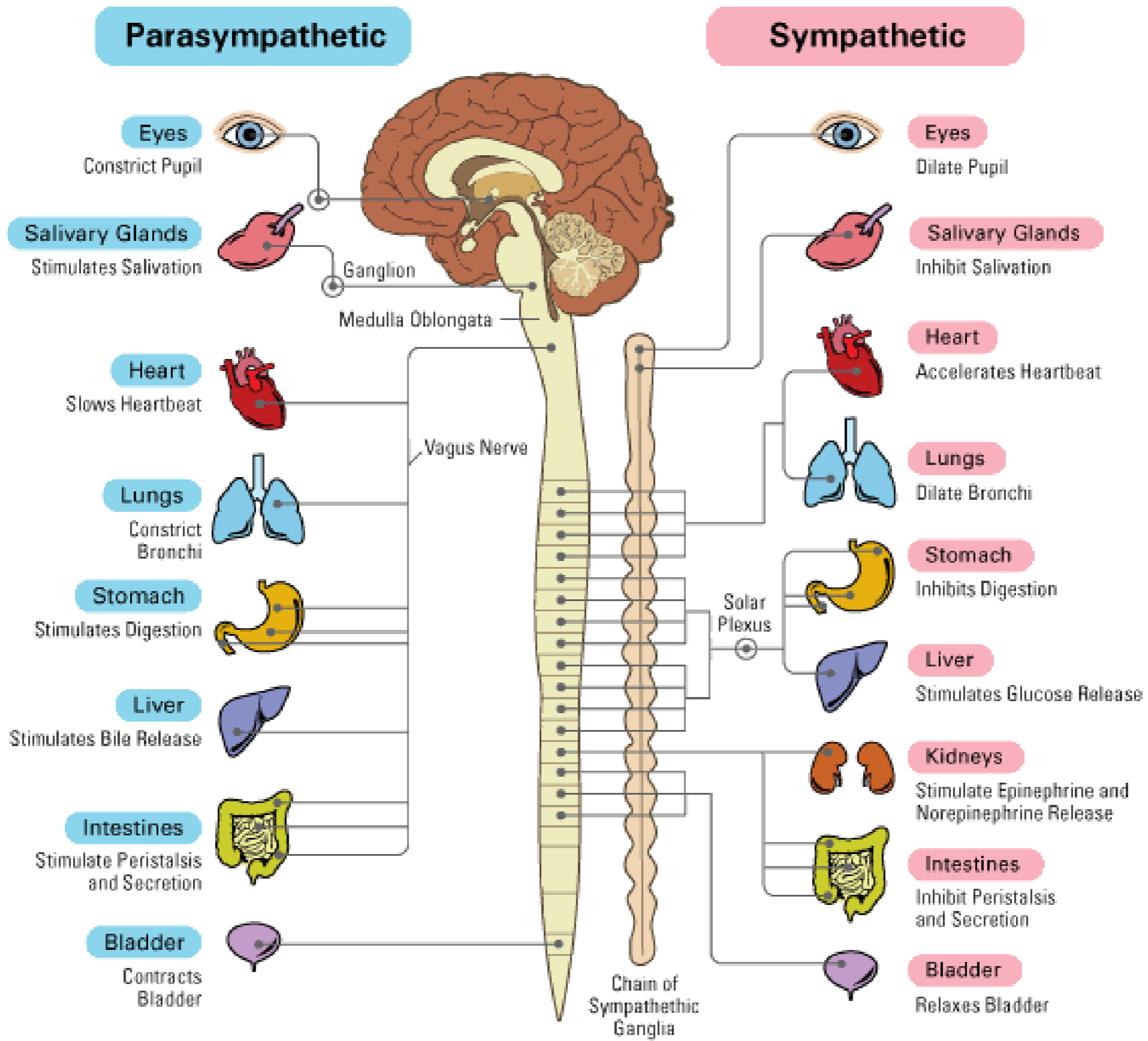


fast &
automatic

HUMAN THINKING BRAIN
happy when learning, anticipating
future reward, connected to higher
purpose, in flow

MAMMALIAN FEELING BRAIN
happy when feels trusted, loved,
social bonds, higher status -
prosocial

REPTILIAN INSTINCTIVE BRAIN
happy when safe from danger -
proself



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

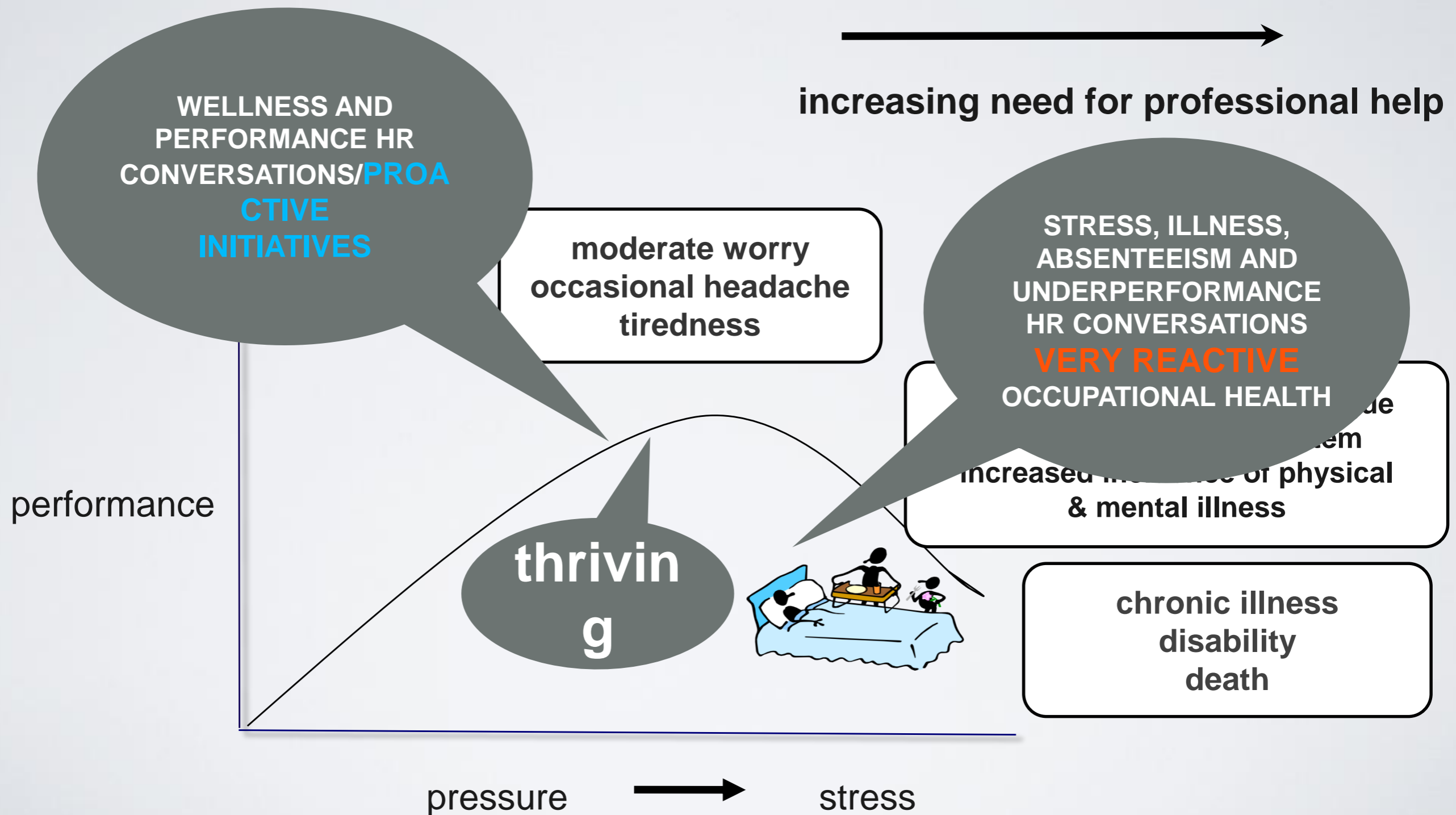
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failing to enjoy **sufficient** rest and recovery

increasing disfunction of nervous system



increasing need for professional help



idling

brake



accelerate

more efficient
& rapid
braking



greater range of
performance

do not neglect your rest and recovery
and very rarely compromise on
your sleep

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excellence in resilience, wellbeing & performance

thank you!

any questions?

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