A glowing blue brain is held in two hands, with circuit lines extending from the sides. The brain is the central focus, glowing with a bright blue light. The hands are a warm, golden-brown color, and the background is a dark blue gradient. The circuit lines are light blue and extend from the sides of the brain, adding a technological or scientific feel to the image.

**STRESS MASTERY WEBINAR**  
**APRIL 10, 2020**  
**WITH HEIDI HANNA, PHD**



## HEIDI HANNA, PHD

**Dr. Heidi Hanna** is the “Chief Energy Officer” of Synergy Brain Fitness, the Founding Partner of the Academy for Brain Health and Performance and a Fellow and Advisory Board Member for the American Institute of Stress. She is a NY Times bestselling author of several books, including *The Sharp Solution*, *Stressaholic*, and *Recharge*.

Heidi has been featured at many global conferences including the Fortune Magazine Most Powerful Women in Business Summit, ESPN Leadership Summit and the Million Dollar Round Table.

# PROGRAM OVERVIEW

1. Acknowledge the Know-Do Gap
2. Assess Stress
3. Appreciate Stress
4. Adjust Stress for Good
5. Create Your Recharge Toolkit





## PRE-COVID-19 CHALLENGES

75-90% of medical visits are stress related

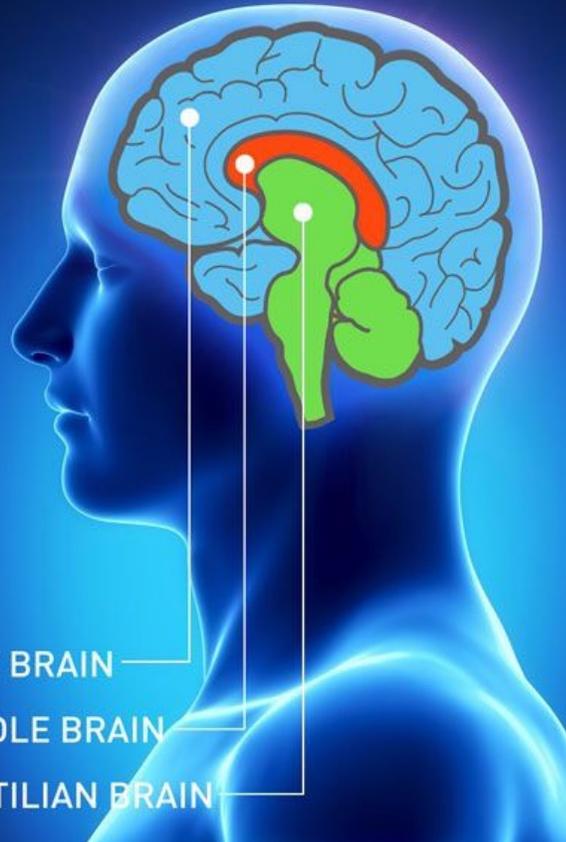
Anxiety is the most common mental health problem

Depression is the leading cause of disability in the workplace



# THE KNOW-DO GAP

# The Three Brains



## PHASE 3

### Self Actualization

Mission, Vision, Purpose and Fulfillment

Self  
Actualization

## PHASE 2

### Acceptance and Recognition

Love, Affection, Acceptance, Self-Esteem

Recognition

Acceptance

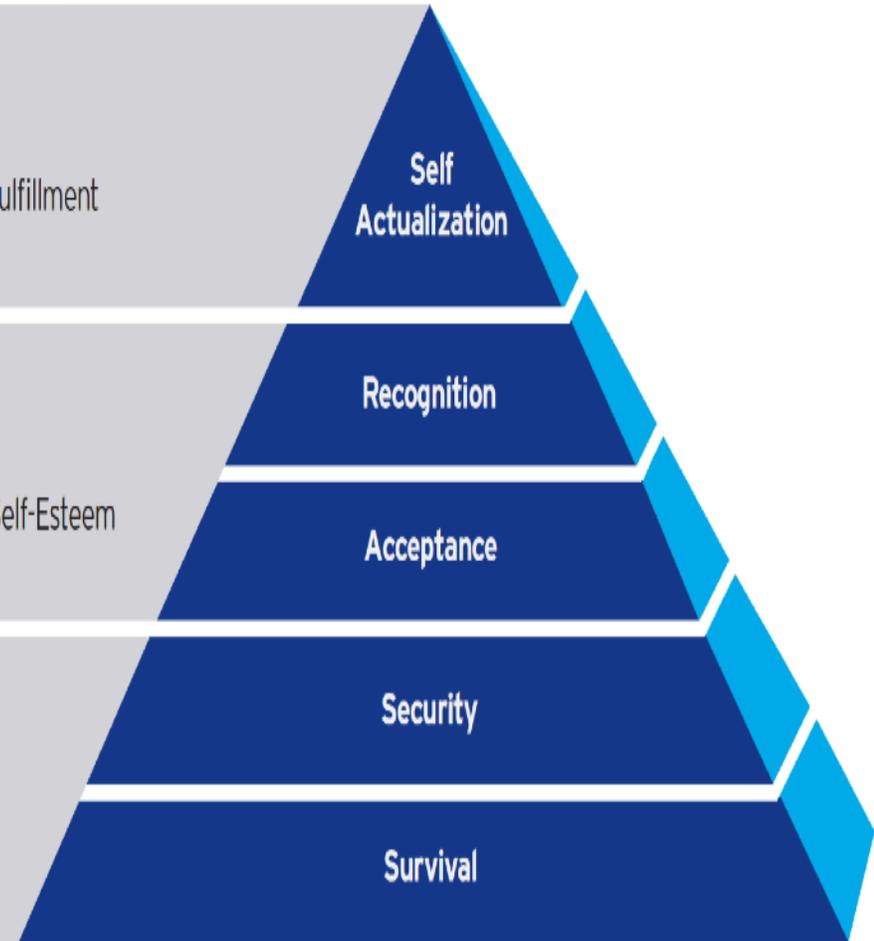
## PHASE 1

### Physiological Needs

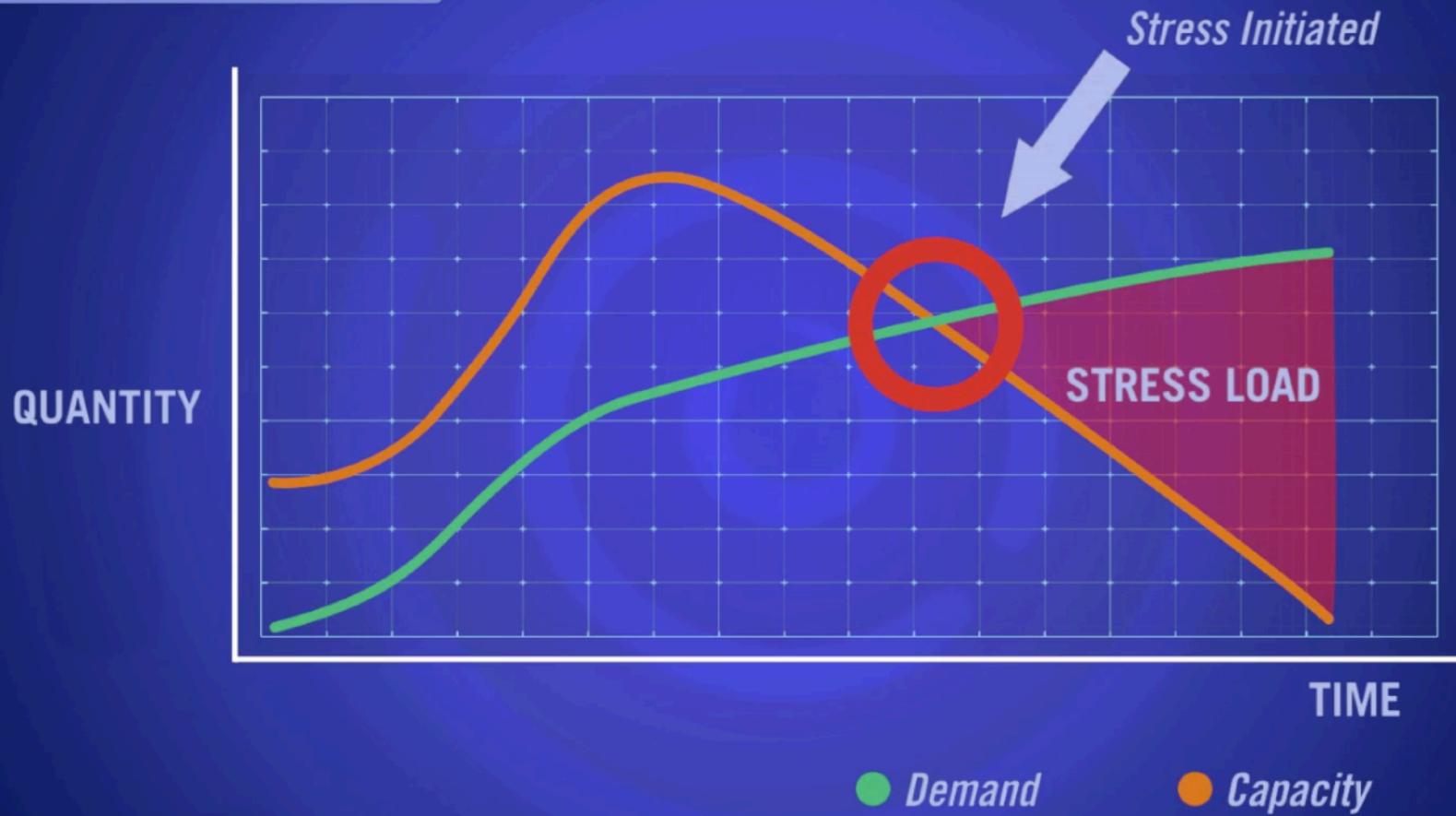
Food, Shelter, Clothing, Safety

Security

Survival



# STRESS LOAD



# TWO PRIMARY TYPES OF STRESS

## Type 1: Acute (Challenge)

- Increased adrenaline
- Increased heart rate
- Increased blood pressure
- Improved immune function
- Improved short-term memory
- Improved focus and attention
- Hyper-sensitization



## Type 2: Chronic (Threat)

- Increased cortisol
- Increased cardiovascular stress
- Glucose stored as fat
- Decreased immune function
- Decreased memory
- Decreased focus and attention
- Desensitized to stressors





Source: The Stress Mastery Formula, Hanna, 2017

# YOUR UNIQUE STRESS 360™ PROFILE

1. **Stress Load:** demand versus capacity
2. **Stress Lens:** perspective and mindset
3. **Stress Signature:** signs and symptoms



A decorative background featuring a light blue gradient with a white circuit board pattern. The pattern consists of vertical lines on the left and right sides, with various horizontal and diagonal lines connecting them, and small circles at the end of the lines, resembling a printed circuit board (PCB) layout.

REMEMBER...

*COMMON SENSE IS NOT  
COMMON PRACTICE*



# BE THE BOSS OF YOUR BRAIN

1: Plug In – morning ritual

2: Unplug – evening ritual

3: Recharge – consistent shifts



# Recharge Tool Kit

- **PLUG IN:** 15–20 minutes to prepare your brain to be in an optimal state for the day ahead.
- **UNPLUG:** 15-20 minutes to reflect on positive, meaningful experiences and prepare for restorative sleep.
- **RECHARGE:** 5-10 minutes 2-3 times a day to recharge for optimal energy.

## RECHARGE TOOL KIT TECHNIQUES

- Rhythmic breathing
- Journaling
- Physical exercise
- Aromatherapy
- Gratitude list
- Spend time in nature
- Act of kindness
- Play with kids or pets
- Creative hobby
- Guided meditation
- Biofeedback
- Massage or bodywork
- Music
- Read something inspiring
- Connect with a friend
- Thank you note
- Mentor a young person
- Other

## TRAINING LOG

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLUG IN							
RECHARGE							
RECHARGE							
RECHARGE							
UNPLUG							
COMPLETE							

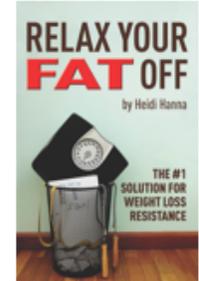
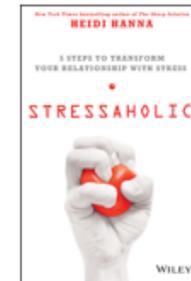
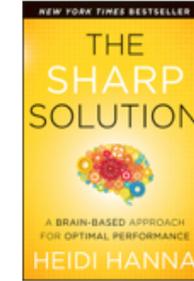
Guided Video/Audio Tools are available for free at [www.rechargetoolkit.com](http://www.rechargetoolkit.com)

# TEAM RITUALS

- 1: Minimize multitasking
- 2: Prioritize energy vs time
- 3: Use a power lead
- 4: End early
- 5: Build your mirth muscle







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