The background of the image features a glowing blue brain, rendered with a translucent, 3D effect, showing the intricate folds of the cerebral cortex. The brain is held gently in the palms of two cupped hands, which are depicted in a warm, orange-brown tone. From the sides of the hands, stylized white circuit lines with small circular nodes extend outwards, suggesting a connection between the human mind and technology. The entire composition is set against a dark, deep blue background.

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

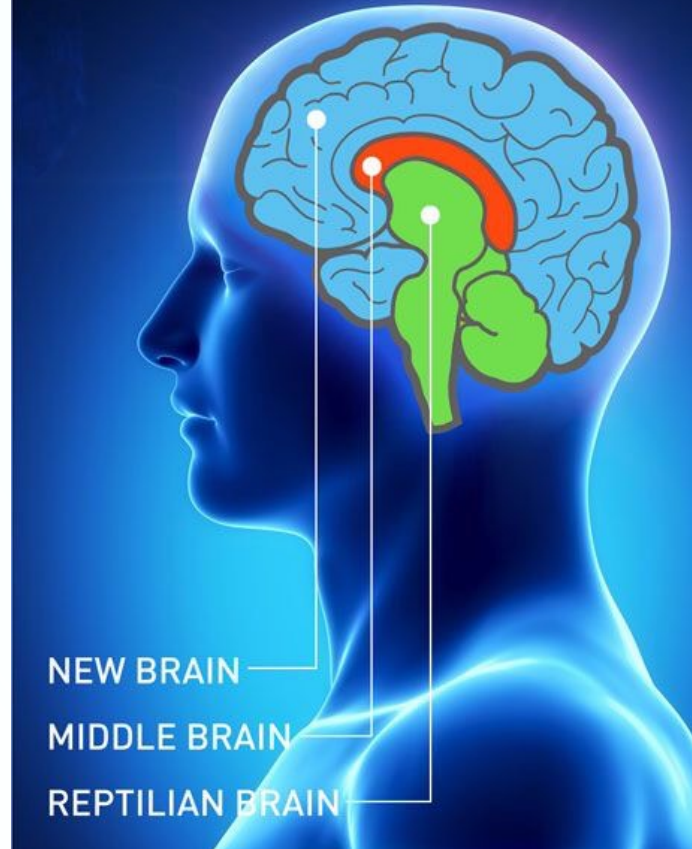
Anxiety is the most common mental health problem

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

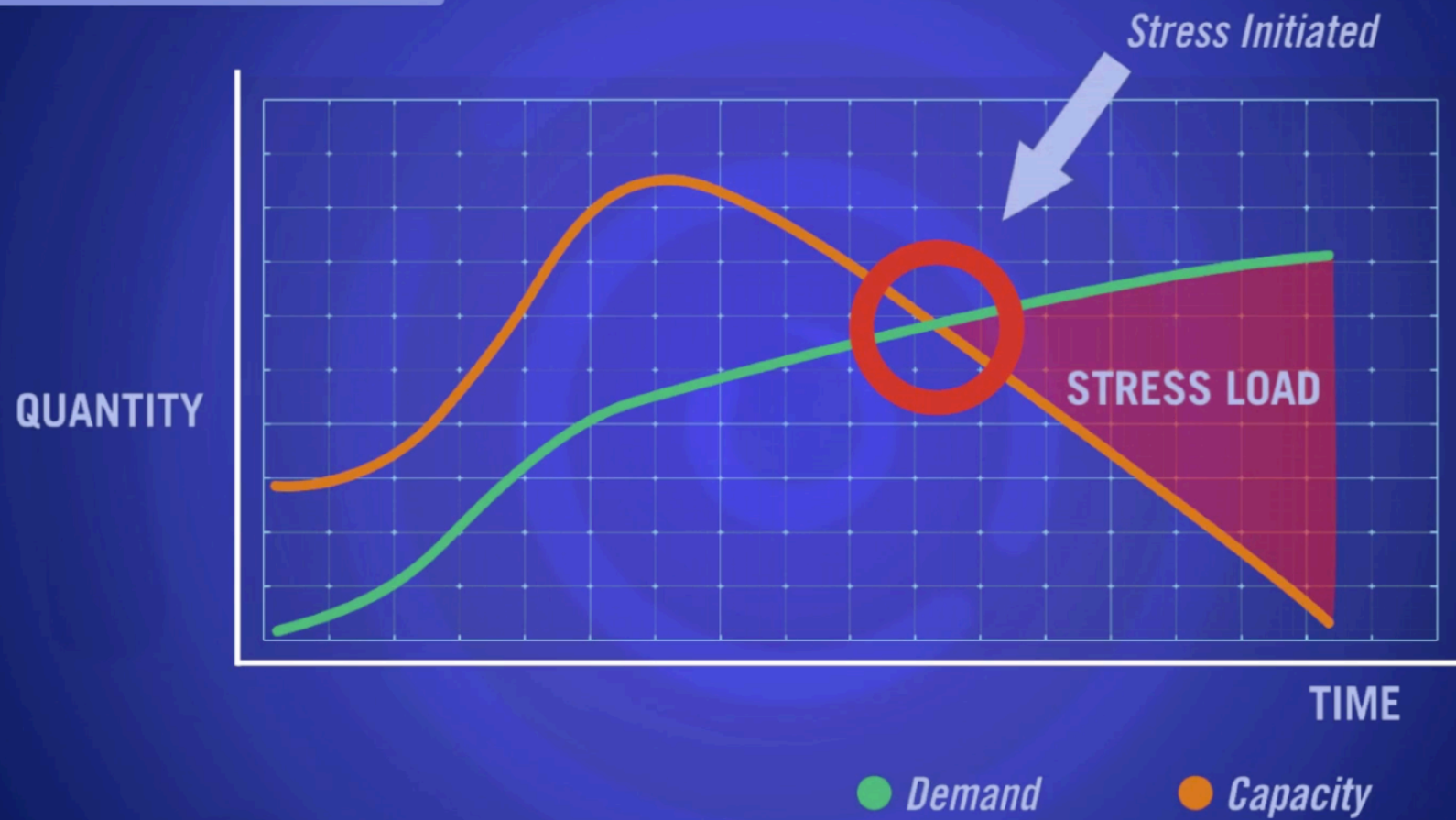
Physiological Needs

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



The background is a solid blue gradient. Overlaid on this are white, stylized circuit traces. These traces are most prominent on the left side, where they form a dense, vertical pattern of lines and small circles, resembling a circuit board or a neural network. Similar, but less dense, traces appear on the right side of the image.

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							

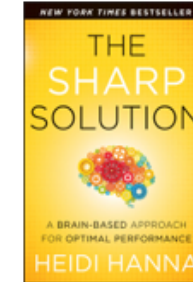
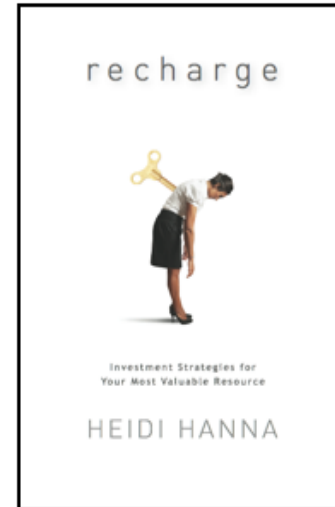
Guided Video/Audio Tools are available for free at www.rechargetoolkit.com

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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