

3 Ways to Break Through Burnout & *Boost Your Brain Power*

3 Minutes At a Time!



Stressed Self to Best Self™
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Our brain is one of our most valuable assets.

What's fascinating is that for many years now, research has shown that our repeated thoughts, emotions and beliefs can actually shape our brain – not the other way around!

In fact, the number and size of brain cells, plus the chemicals (neuropeptides & hormones) that get produced, are a direct result of our thoughts and emotions – both positive and negative!

An 8-week case study done in 2016 at Monash University in Australia involved one man who learned to do mindfulness meditation. He found after just 2 weeks that he wasn't getting pulled into stress drama the way that he usually would. After 8 weeks, brain MRIs showed that he had an increase of 22.8% in the volume of cells in a part of the brain responsible for regulating emotions! This is a huge change! What's more, the man was a total skeptic and had decided to become part of this study because he didn't believe meditation could do anything!

When you're stressed, worried or anxious, you can lose up to 70% of blood flow to a key part of the brain called the prefrontal cortex. That's the part of the brain that's right behind your forehead. It helps us to learn and

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retain new information, as well as to make decisions.

A major decrease in blood flow means less oxygen and glucose (fuel) getting to the brain.

In other words, a huge loss in brain power! This makes it really difficult to learn and remember new information, let alone make good decisions.

That's why I want to share with you 3 Ways to Break Through Burnout & Boost Your Brain Power – 3 Minutes At a Time!

1

Drink Water: When your brain's fully hydrated, it's made up of about 80% water. The problem is that the majority of people are dehydrated! Coffee, sports drinks, energy drinks and alcohol all cause your body to lose water. I call them “water vampires” because they literally suck the water right out of you.

According to the Mayo clinic, The Institute of Medicine determined that an adequate intake of water for men is about 3L (about 13 cups) and 2.2L (about 9 cups) for women. Of course,

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if the weather is really hot or you exercise a lot and you're sweating more, you'll need to drink even more water.

Helpful Hints: Be sure to drink water all throughout your day, not just in the morning after a workout or in the evening after a hot day.

Don't rely on thirst. By the time you feel thirsty, you're already dehydrated.

If your urine is almost colourless, then you know you're well hydrated. If it's a dark yellow, you're dehydrated.

2

Breathing Meditation: In addition to the study above, there's been lots of research done showing the benefits of meditation on our mind and body, including the brain. One meditation I like to teach my patients and students is a simple breathing meditation.

Sit quietly and comfortably with your feet on the floor and your hands resting on your lap. You can also do this lying down. Close your eyes and breathe in slowly and deeply for 5 seconds and then breath out slowly for 5 seconds.

In 3 Minutes or Less

Make sure the amount of air you breathe in equals the amount of air you breathe out. Otherwise, you may get dizzy. Repeat this 10 times.

If you know how to do proper diaphragmatic breathing then go ahead and do that. Otherwise, for right now, don't worry about whether you're breathing in through your nose and out through your mouth, the other way around or (if you have a cold or allergies) breathing in and out through your mouth. Just focus on breathing. At some point I would encourage you to take a breathing workshop, a yoga class or work with a health care professional so you can learn good diaphragmatic breathing technique. But for now, just your regular breathing will be good.

Healthy deep breathing has many health benefits like getting in more O₂ (oxygen) and breathing out more carbon dioxide (CO₂). Remember, your brain loves O₂! Research also indicates that deep breathing helps to relax the body and has a positive impact on emotional regulation.

I also like to teach people how to do breathing meditations using a mantra. If you're not familiar with mantras, they're just a sound, word or phrase designed

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to help you to focus your mind. Some mantras are sacred words, pieces of scripture or affirmations. A simple one I teach is “I breathe in relaxation. I breathe out tension.” You can just say the words in your mind as you’re inhaling and exhaling.

I usually recommend people do this simple breathing meditation at least once per hour throughout the day. You’re going to be breathing anyway so you may as well use it to your full advantage! Also, our stress tends to increase as the day goes on so by doing a breathing meditation once per hour you help to keep your stress levels lower. It’s also a nice one to do if you wake up in the middle of the night and can’t get back to sleep.

Doing a breathing meditation is a great way to boost your brain – literally in 3 minutes or less.

3

EFT (Emotional Freedom Techniques) Tapping:

Emotional Freedom Techniques, also known as EFT, Meridian Tapping or simply Tapping, is a powerful tool that has a wide range of applications. For example, EFT Tapping can be used to significantly decrease stress and anxiety, overcome limiting beliefs and mental

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blocks to success, help with business and sports performance, public speaking and more!

EFT is an Energy Psychology Technique that combines Ancient Chinese Medicine with Modern Psychology. What does this mean? It means that EFT combines energy work in the form of tapping over a specific set of acupuncture/acupressure points while stating out loud the particular issue (mental, emotional and/or physical) that is bothering you. Tapping over the acupressure points has been shown to calm the brain. By stating what's bothering you while tapping at the same time, you help to reduce and even dissolve the intensity of both the emotional and physical response to what's stressing you out.

EFT is extremely versatile in that anyone can learn how to use it as a self-care tool. However, you can also work with a Certified EFT Practitioner (like me) to dive deeper to clear out the roots of issues that may be preventing you from achieving the health, happiness and success you want in your life.



What's Next?

Wherever you are on your Stressed Self to Best Self™ journey, I'm here to help!

- ◆ My **newsletter** contains tips and strategies to help empower and inspire you.
- ◆ Join the **Free General Membership Level**. You get access to over 160 articles to help improve your bodymind health, your business and your life! You also get 5 amazing bonuses! [Click Here](#) to learn more.
- ◆ Watch my free [Guided Meditations](#) to calm your bodymind plus [EFT Tapping Meditations](#) to help you relieve stress and boost your brain power within minutes!
- ◆ [Click Here](#) to find out where you can get copies of my books!
- ◆ If you're ready to take your business and life to the next level, be sure to check out my **Online Courses**. [Click Here](#) to learn more.

Remember, only you have the power to choose to Go From Your Stressed Self to Your Best Self™!