

CONFIGURE YOUR BRAIN!

Learn patterns of how your brain functions



STRUCTURE

- Stress effect on your brain
- Ways to break thoughts cycle
- Forming habits
- Changing reactions



STRESS EFFECT ON YOUR BRAIN

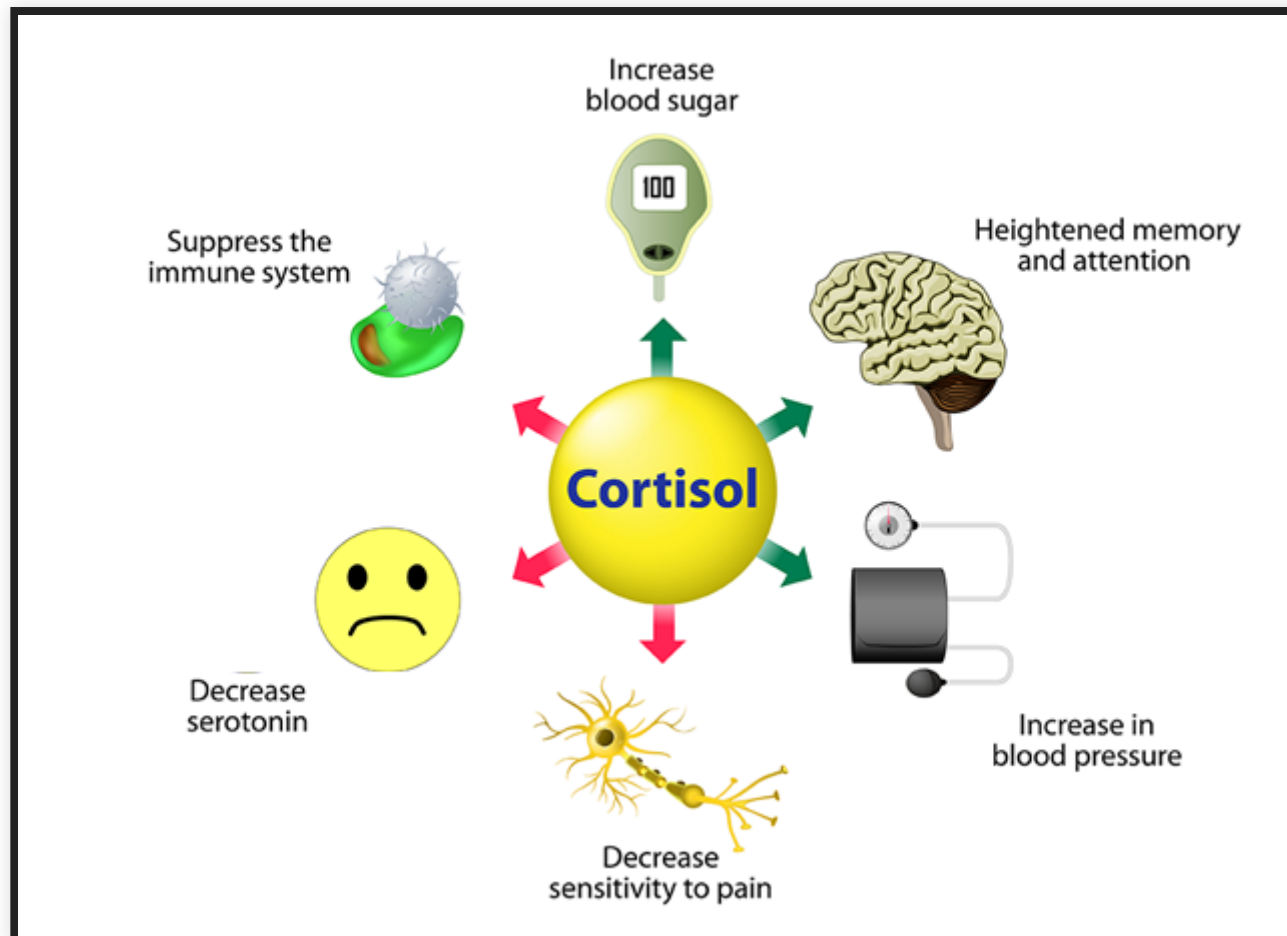
Video, Alt video



SHORT TERM STRESS

- improves focus and releases energy
- supresses digestion system and immune system





CHRONIC STRESS

Response to emotional pressure suffered for a prolonged period of time

- overworked
- unrealistic deadlines
- multitasking
- arguments at home



CHRONIC STRESS EFFECTS

- stronger amygdala - more fear
- weaker hippocampus - less learning and memory
- shrinking of prefrontal cortex - less cognitive ability
 - loss of synaptic connections between neurons



SYNAPTIC CONNECTIONS

Video, Alt video

- neurons 1 or 0
- synapses
 - sender signal 0..1
 - receiver sensitivity 0..1



BRAIN ACTIVITY

Stable patterns of neuron firing



NEUROPLASTICITY

Video, Alt video

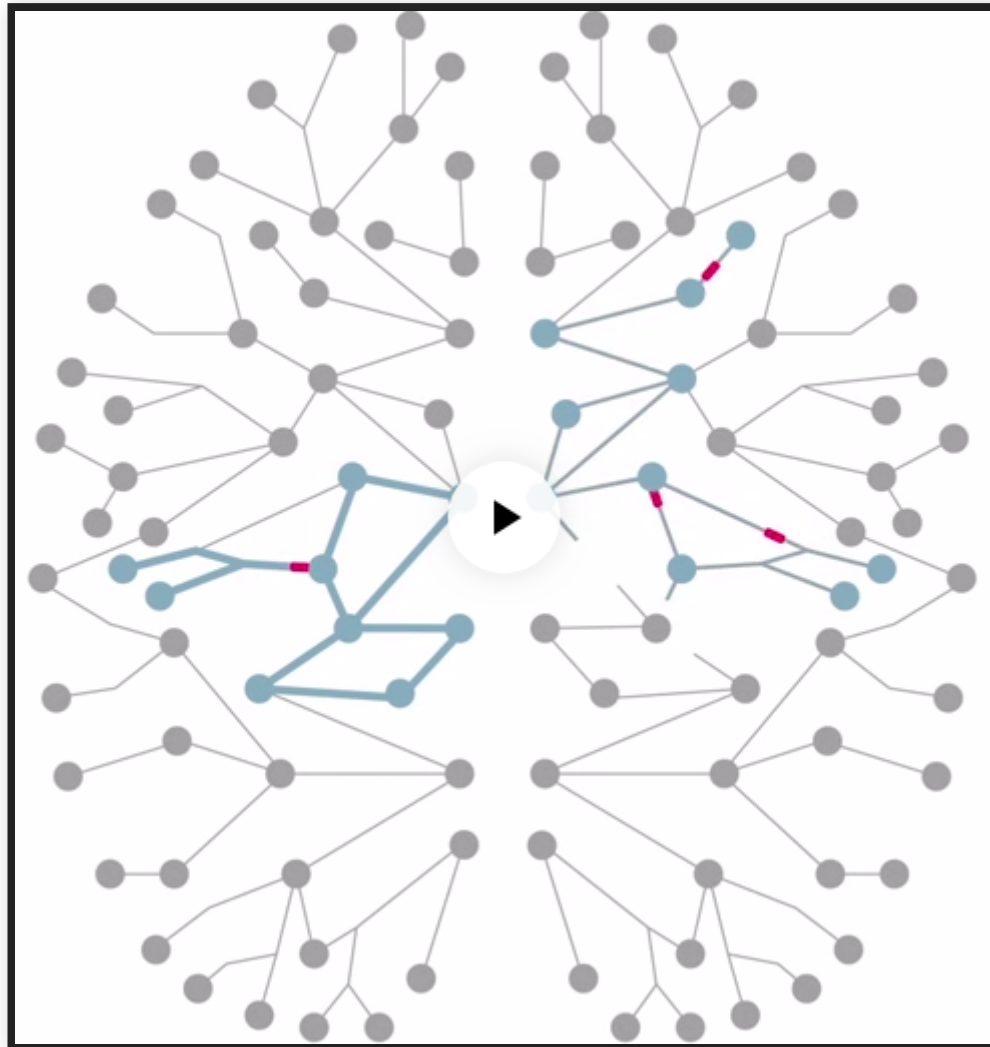


- automates repeated processes
 - allows to learn a skill
- uses well established roads
 - the more you think/feel/do it, the more you think/feel/do it
 - obsessive



- builds new roads
 - resistant to change
 - no fixed personality
- breaks abandoned roads
 - can get rid of any habbit
 - important to constantly stimulate different paths





WAYS TO BREAK THOUGHTS CYCLE

- alcohol
 - screws up synapses, kills neurons
- sports
 - requires special setup
- meditation
 - hard to learn



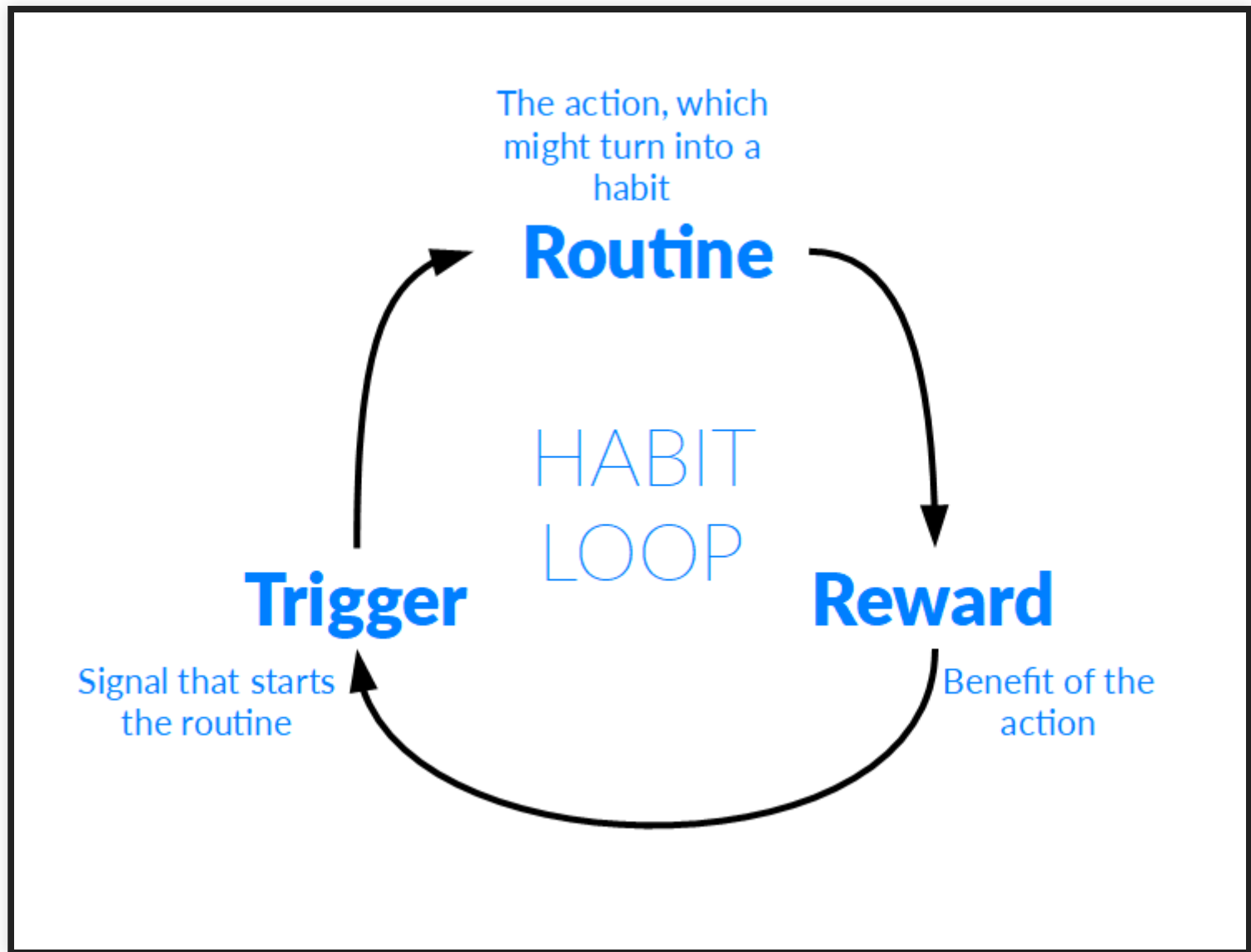
CONCENTRATE ON ONE THING

- do something that requires concentration
- notice that you are thinking about something else
 - I am thinking about work
- get back to concentration object
 - Where was I? ...
- no push
 - fighting the thoughts is thinking those thoughts
 - just do something more important



FORMING HABITS





CHANGING REACTIONS

- everything that happens in the brain is real
- after you noticed that things went wrong
 - understand where you started to go off the path
 - identify exact trigger
 - think of what you wish you have done
 - live it up in your brain
 - feel the trigger
 - do the right thing
- iterate on failure



THANK YOU!

