

GLOSSARY

Recharge Your Energy for Peak Performance

With Heidi Hanna

Use these terms and definitions below to understand concepts taught in the course.

Transcript Search: note that you can search for terms directly within the course. To search video text, switch to the *Transcripts* tab, then press Cmd/Ctrl + F on your keyboard to run a search within the active transcript.

Term	Definition
bottom-up processing	When your body perceives a threat and you feel stressed, which causes shallow breathing and panic
emotional energy	The quality of energy we have and whether we are focused on positive or negative things
energy budget	The way you spend and invest your energy
energy oscillation	The ebb and flow of energy throughout the day in a rhythm or pattern
High 5	The five times during the day when it's most important for you to recharge your brain and body for peak performance
mental energy	Provides us with our focus
physical energy	Gives us the quantity of energy we have in each moment, provided by nutrients like glucose and oxygen
social energy	The connection we feel with other people
spiritual energy	Comes from values and beliefs
top-down processing	When you consciously think of something, direct your attention towards it, and then you feel differently in your body