

Recharge

INTRODUCTION

Energy is our most valuable resource, yet most people fail to manage it effectively. As a result, we now live in a state of constant and chronic stress, overwhelmed by the sense that there is never enough time to get it all done. With the brain stuck in survival mode, we fuel negative energy states that leave us sick, tired, and frustrated; unable to bring our best self to the moments that matter most.



- Energy is limited but replenishable.
- The brain is the master conductor of energy.
- Stress is any demand for energy that is greater than capacity.

Integrative Neuroscience

PHYSICAL:

- Nutrition, Movement, Sleep

EMOTIONAL:

- Positivity, Intuition, Insight

MENTAL:

- Focus, Attention, Memory

SPIRITUAL:

- Values, Vision, Purpose

SOCIAL:

- Family, Friends, Community

