

SLEEP

Sleep is when your brain consolidates memories and resets emotional balance.

Lack of sleep =
impaired concentration, mood swings, increased anxiety & a full **STRESS BUCKET**.

NUTRITION

Your brain is the most demanding organ in your body - using 20% of your daily energy

insufficient nutrition =
reduced concentration, poor decision-making, a shift to survival mode, where stress responses take over.

TOP TIP = Omega 3's, Magnesium, Antioxidants and B vitamins

HYDRATION

Your brain is about 75% water

Dehydration =
brain fog, fatigue & anxiety

TOP TIP = sip throughout the day, not just when thirsty

If you don't get enough of the above your brain shifts into survival mode, releasing stress hormones like adrenaline and cortisol, triggering the fight, flight, or freeze response.

CORE NEEDS

When you get enough positive actions, interactions, and thoughts, your brain rewards you with its daily D.O.S.E. of feel-good chemicals – dopamine, oxytocin, serotonin, and endorphins

RELAXATION / MOVEMENT / EXERCISE

Calm reduces cortisol deactivates the Amygdala and activates the PFC (Intellectual Mind).

In a calm state the brain can heal, learn, grow and build resilience

Movement increases blood flow to the brain, boosts mood & reduces symptoms anxiety & depression

THOUGHTS

Our brain processes both imagined thoughts and factual ones as if they're true – reframe negative thoughts into positive ones and adopt an empowering mindset.

Repeated thoughts strengthen neural pathways, the more you think something, the more automatic and powerful that thought becomes.

INTERACTION / CONNECTION

Connection calms the nervous system, increase feel good neurotransmitters & reinforces safety

Even brief, positive interactions improve emotional regulation and resilience.