



Clear-Sighted Career Online Learning Series Presents:

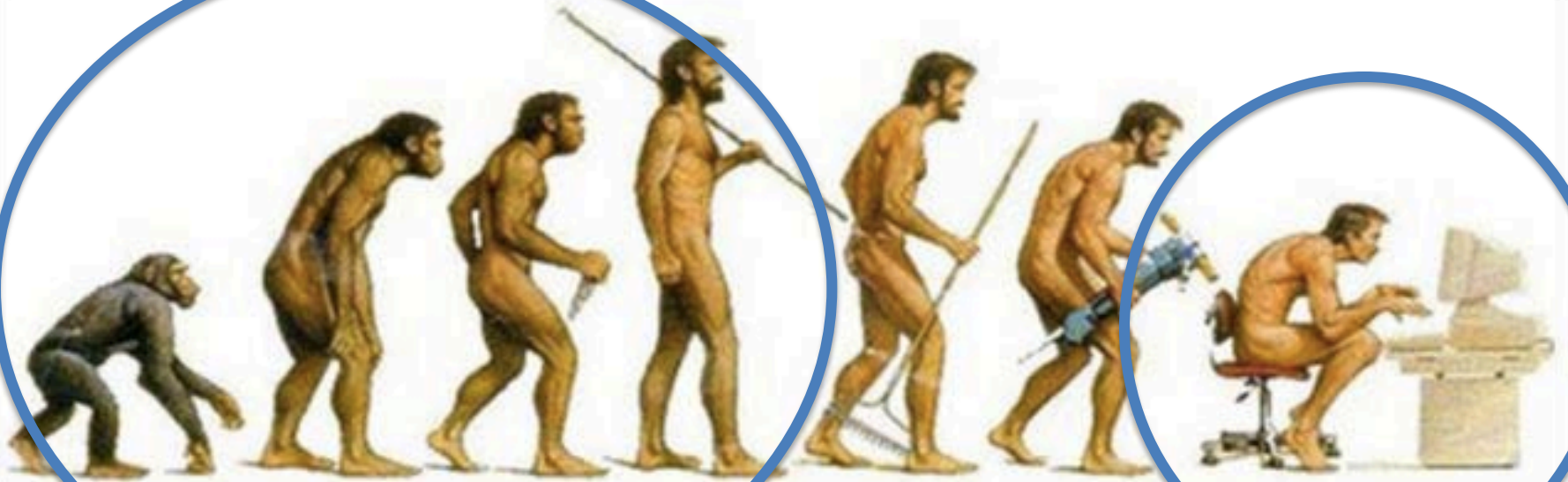
Your Brain @Work

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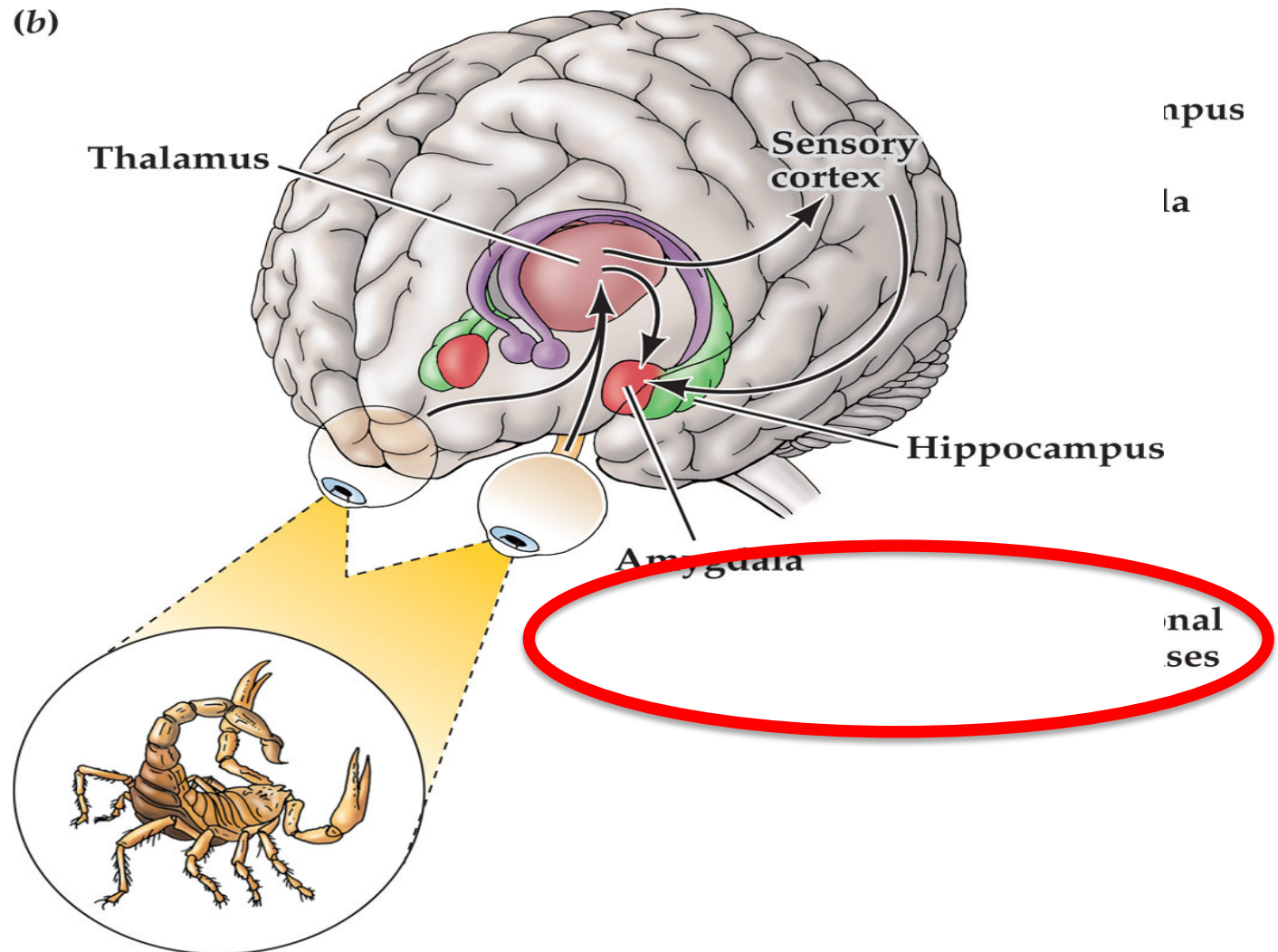


How'd we get here?

Evolution

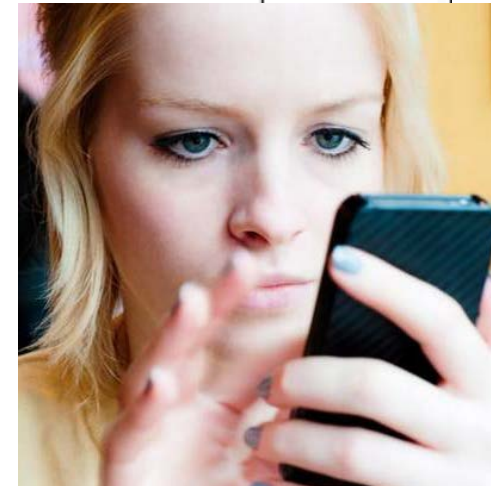



Stress Response



Importance of homeostasis

- To maintain internal environment of organisms especially higher vertebrates in a steady and balanced state.
- To establish optimum condition of organisms





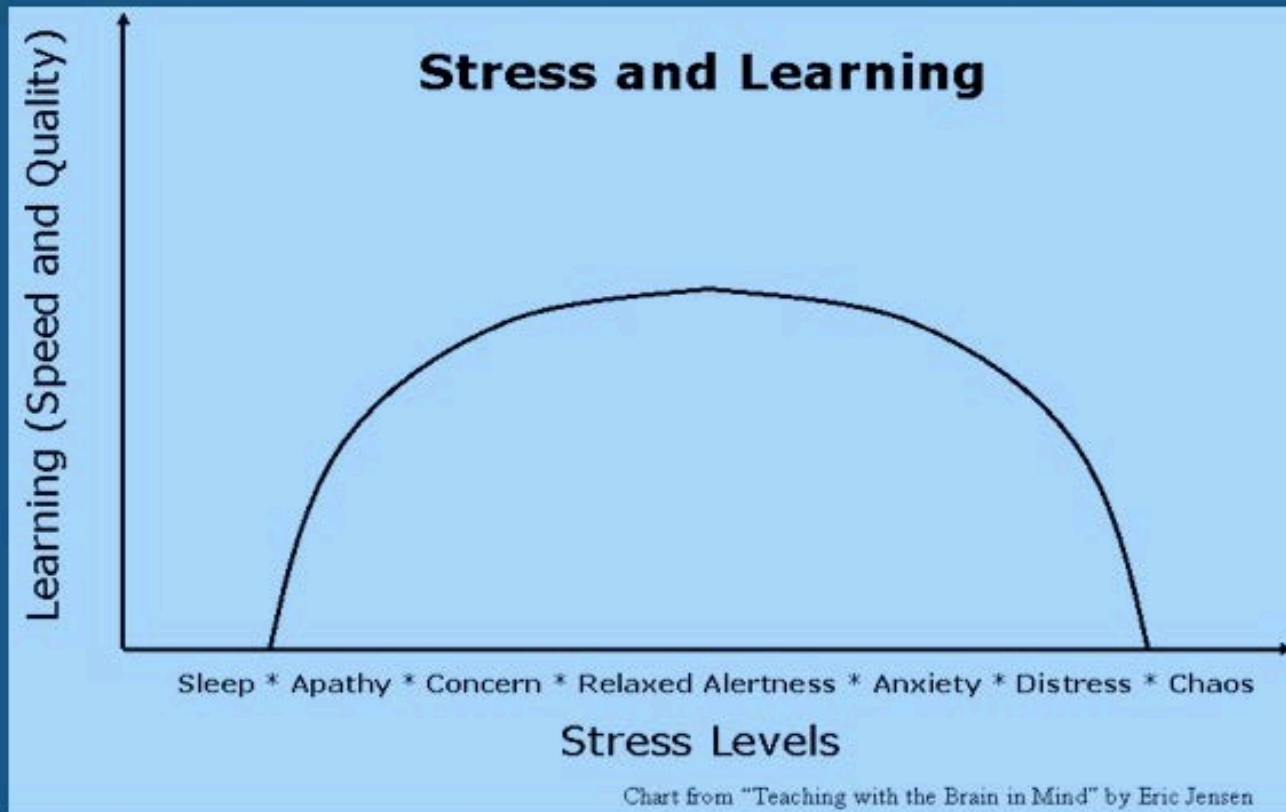
How do we balance our drive to achieve while taking care of our mental and physical health?



Community



“the only good kind of instruction is that which marches ahead of development and leads it” Vygotsky



“enjoyment appears at the boundary between boredom and anxiety, when the challenges are just balanced with a person’s capacity to act.”

(Csikszentmihalyi [Flow: The Psychology of Optimal Experience](#))

Nutrition



Sleep!!!!



Summary

- Work can become a chronic stressor, in the physiological sense
 - To be the best at your work you can be, we know now (with real data) that you have to take care of yourself along the way!
 - Community
 - Work place is a community!
 - Mindfulness
 - Relaxed Attentiveness
 - Nutrition
 - Sleep!
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Building Community Within by: Steve Fortier:
<http://www.communiteam.org/cbinworkplace.pdf>

Nutrition:
<https://www.cambridge.org/core/journals/nutrition-research-reviews>

Sleep:
<http://www.cdc.gov/sleep/resources.html>
<https://sleepfoundation.org/>

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Thank You!

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