A Neuro-Based Approach to Work Life Balance
Nervous System in Work and Life
Hyper-arousal:

• Difficulty concentrating
• Difficulty relaxing
• Anxiety/panic
• Over-thinking/racing thoughts
Hypo-arousal:
• Brain fog/going blank
• Apathy
• Depression
• Disconnection
• Isolation, withdrawal

Ummm...my dog needs me at home...like right now.
Repatterning & New Growth
4-Circle Neuro-Based Approach to Brain Health

Balance
Living in Balance
Alignment
Health
Self-Care
CHANGE DIAGRAM

FEELING

TIME

Good days and bad days, but mostly bad

Start the program, notice quick improvement

Learn from down times and setbacks

Good days and bad days, but mostly good
We cannot change what we do not measure.

- Dr. Daniel Amen
Be ok with not having ALL your “ducks in a row”.