Strategies for Success

Techniques for Reducing Stress and Increasing Creativity

David Deming
Solution Technology
Legal Notice

- The material contained in this tutorial is copyrighted by Solution Technology.
- The information and content within this presentation cannot be copied or used without written approval of Solution Technology.

- While this presentation is a project of the SNIA Education Committee the SNIA has no authorization to copy, distribute or own any material in any form electronic or otherwise.
Have you ever wondered why certain situations seem to “plug you in”? Have you ever said anything that you regretted? Are there situations at work or home that cause you to lose sleep, feel stressed or become irritable? During this session you will learn how the brain functions when confronted with rapid change, stressful situations or uncertainty. While our brain is a complex organism, you can learn simple techniques to access imaginative and creative resources to solve stressful situations or complex problems. These techniques allow you to immediately lower your blood pressure, heart rate and respiratory system. Knowing how your brainwave frequencies impacts your ability to multitask, become single point focused, creative and intuitive will assist you in every aspect of your life.

This seminar will introduce you to the basic technology of the brain, brainwave pattern characteristics and how you can access deep levels of creativity to solve complicated issues and relieve stress.
You will learn how...

- We basically develop our individual psychological makeup.
- Our filters affect our choices and how the length of our “choice gap” determines our response or reaction to life situations and events.
- Different parts of the brain influence our decisions and choices.
- Our brainwaves determine physiological changes in our body.
- To manage stress through breathing and meditation.
- Simple strategies can be used to make sound intelligent choices, increase your creativity and personal performance.
Our individual psychological development

- Everything starts with our unconscious core self
- Belief system development based on experiences and exposure to the world
- Values developed by what we think or are taught is the “right way”
- Assumptions based on our belief system, values and experiences
- Attitudes reflect our disposition
- Emotional development or lack thereof provides unpredictable element
- Motives – our agenda
- Behaviors as seen by others
- Ego made up of our exaggerated sense of self-importance
Everyone has individual & unique filters...

Positive Mode
Conscious Choice

Behaviors
Emotions
Assumptions
Beliefs
Values
Attitudes
Motives
Ego
Core Self

Event
Stimulus
Incident

Negative Mode
Unconscious Choice

Response
Reaction
What determines the difference between responding and reacting?

▶ Time
▶ Choice gap

- Size of choice gap determines whether you’re in reaction or are being responding
- Determines which part of your brain is engaged
  - Response -> Cerebral Cortex i.e. frontal lobs
  - Reaction -> Amygdala
The amygdalæ, singular amygdala, from Greek, *amygdalē*, 'almond', 'tonsil', listed in the Gray's Anatomy as the nucleus amygdalæ

- almond-shaped groups of neurons located deep within the medial temporal lobes of the brain in complex vertebrates

Stores painful and emotion-related memories

Initiates memory storage in other brain regions based on emotional significance

When engaged causes a fight, flight or freeze reaction
Our emotional control center and home to our personality

- Involved in motor function, problem solving, spontaneity, memory, language, initiation, judgment, impulse control, and social and sexual behavior

When our brain is “balanced”

- We are able to weigh our options
- Bring in our emotional reactions and use our intuition
- Make sound choices based on good judgment and understanding of the consequences
When the amygdala is engaged...

- Intense feelings takeover our Frontal Lobe
- Leads to impulsive reactions
- Poor judgment and decisions are made without planning and consideration of the consequences
- Causes a fight, flight or freeze reaction
- Triggers physiological reactions in our bodies
  - Speeds heart rate, raises blood pressure, freezes muscles, releases adrenaline
Responsible choice…

› We are metaphoric icebergs…
  ♦ 90% of the time we make are unconscious choices
  ♦ Even the best of us are subject to going on auto pilot (reacting) and making choices based on our past
    ♦ Not the present circumstances

› Does not guarantee that we will always make great choices
  ♦ It means we are responsible (accountable) for the choices we make
  ♦ It means taking an empowered approach to the consequences of our choices verses “being a victim of circumstances”

› Is practicing responsible communication
  ♦ Being respectful towards others

› Shows up in our actions and behaviors

› Requires the essential element of time which determines whether we make conscious or unconscious choices (STOP)
Above the line or below the line...

**Respond**
- Conscious
- Empowered
- At cause
- Choice
- Abundance
- Future
- Mistakes ok
- Self-control
- Freedom

**React**
- Unconscious
- Powerless
- At effect
- No choice
- Scarcity
- Past
- No mistakes
- Auto pilot
- Confined
Responsibility strategy...

- When you feel like reacting or are ticked off
  - STOP and count to 10
    - It takes at least 10 to 12 seconds for the physiological effects of the amygdala to subside

- Breath
  - Take full deep breaths, hold, exhale and hold – do not sigh

- It helps to set a physical anchor
  - Pick a non-intrusive action that slows you down
    - Tap your thumb and index finger together
    - Touch your watch
    - Twirl a ring
    - Touch your heart
Managing stress

➢ It all starts with our brainwaves
  ➢ Faster brainwaves are used to multitask
  ➢ Slower brainwaves allow us to access our creativity and intuition
  ➢ You have to slow down to speed up

➢ Performance  = Potential – Interference (T. Gallwey)
  ➢ External interference: noise, other people
  ➢ Internal interference: negative internal dialog, worrying

➢ Too much time is spent trying to minimize external interference
  ➢ We can only manage our own internal resources
Brainwaves are measured in Hz

- **Beta 14-38** - Multitasking
- **Alpha 8-14** - One-point focused
- **Theta 4-8** - The SEAT of Creativity / Inspiration / Memories
- **Delta 0-4** - The SEAT of Empathy / Intuition / Gut-feel

**Alpha Bridge**

**High**
- High-Beta activates: Sympathetic System (fight or flight)
- Releases CORTISOL and ADRENALINE / engages RIGHT-brain for logical thinking
- DRAINS Energy and affects Immune System

**Low**
- Activates: Parasympathetic System (rest & digest)
- Releases Mood-enhancing hormones, OXYTOCIN (hormone of happiness)/ engages more creative LEFT-brain
- Reverses stress-effect / feel more open and trusting
Meditation encompasses a wide variety of techniques

- **Concentrative**
  - Meditative technique that directs the mind to a single focus, such as on the breath or a mantra
  - Teaches an even handed, accepting awareness of whatever arises in the senses
  - Heightens awareness of the sensations of movement, such as in walking or Tai Chi
  - Generates a mental image, from simple crosses or complex symbols such as the elaborate mandalas of Tibetan Buddhism
  - Cultivates a positive mood or beneficent outlook through the contemplation of such feelings as compassion for all people
  - Seeks solace or solution to specific problems by turning negative emotions into positive energies

Meditation practice has many benefits

Reduce stress
- Reduce blood pressure
- Lower heart rate
- Decrease psychological distress

Improve health
- Has positive impact on healing of medical conditions such as psoriasis
- Prevents relapse/recurrence of major depression
- Boosts immune response, increasing antibodies after flu shot
- Helps manage chronic pain

Heightened awareness
- Improve memory
- Increase learning skills
- Improve academic performance

Positive affect
- Increase positive affect
- Increases adaptability
- Decreases frustration
- Increases in vigour and energy

Impact on brainwaves
- Decrease in beta waves, associated with logical thinking, multitasking
- Increase in theta waves, associated with creativity
- Increase intensity of alpha waves, associated with single-pointed focus
Breathing exercise

BREATHING EXERCISE

1. Breathe OUT via mouth
2. Breathe IN via nose
3. Hold breath (maximum time)
4. Repeat sequence

MEDICINA ALTERNATIVA
(Alma-Ata 1962)

Affected to:
The Open International University of Complementary Medicines

Source: “Find-Inner-Peace.com”
## Breathing rates

<table>
<thead>
<tr>
<th>Brainwave</th>
<th>Inhale</th>
<th>Hold</th>
<th>Exhale</th>
<th>Hold Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta (14Hz - 30Hz)</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Awake normal alert consciousness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alpha (8Hz - 14Hz)</td>
<td>4</td>
<td>8</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>Relaxed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alpha Bridge Going down</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>Theta (4Hz - 8Hz)</td>
<td>4</td>
<td>8</td>
<td>16</td>
<td>4</td>
</tr>
<tr>
<td>Deep relaxation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delta (0.5Hz - 4Hz)</td>
<td>4</td>
<td>8</td>
<td>32</td>
<td>4</td>
</tr>
<tr>
<td>Deep dreamless sleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Building Blocks For Meditation

- Sit in good posture
- Close eyes
- Relax body
- Focus on breath
- Move through any thoughts
- Visualize
Techniques for reducing stress...

- **Start out small**
  - Just sit quietly for 2-3 minutes
  - Sit someplace in nature – forest, stream, backyard

- **Build a weekly practice**
  - Meditate once a week
  - Again start out small – could be just 5 minutes
  - Don’t get discouraged – meditating takes practice

- **At work take 5 minutes to close your eyes and simply concentrate on your breathing**
  - Do not suppress your thoughts – just let them come and then simply say “I will get to you when I’m done”
Speaker information

David Deming
- President

Solution Technology
- 9407 Mill St.
- Ben Lomond, CA 95005
- [http://www.soltechnology.com](http://www.soltechnology.com)
- Telephone: 831-336-6000
Q&A / Feedback

- Please send any questions or comments on this presentation to ddemming@soltechnology.com
- Please send any comments and suggestions for the Professional Development track to ddemming@soltechnology.com

Many thanks to the following individuals for their contributions to this tutorial.
- SNIA Education Committee

David Deming
Howard Goldstein
Carole Kammen