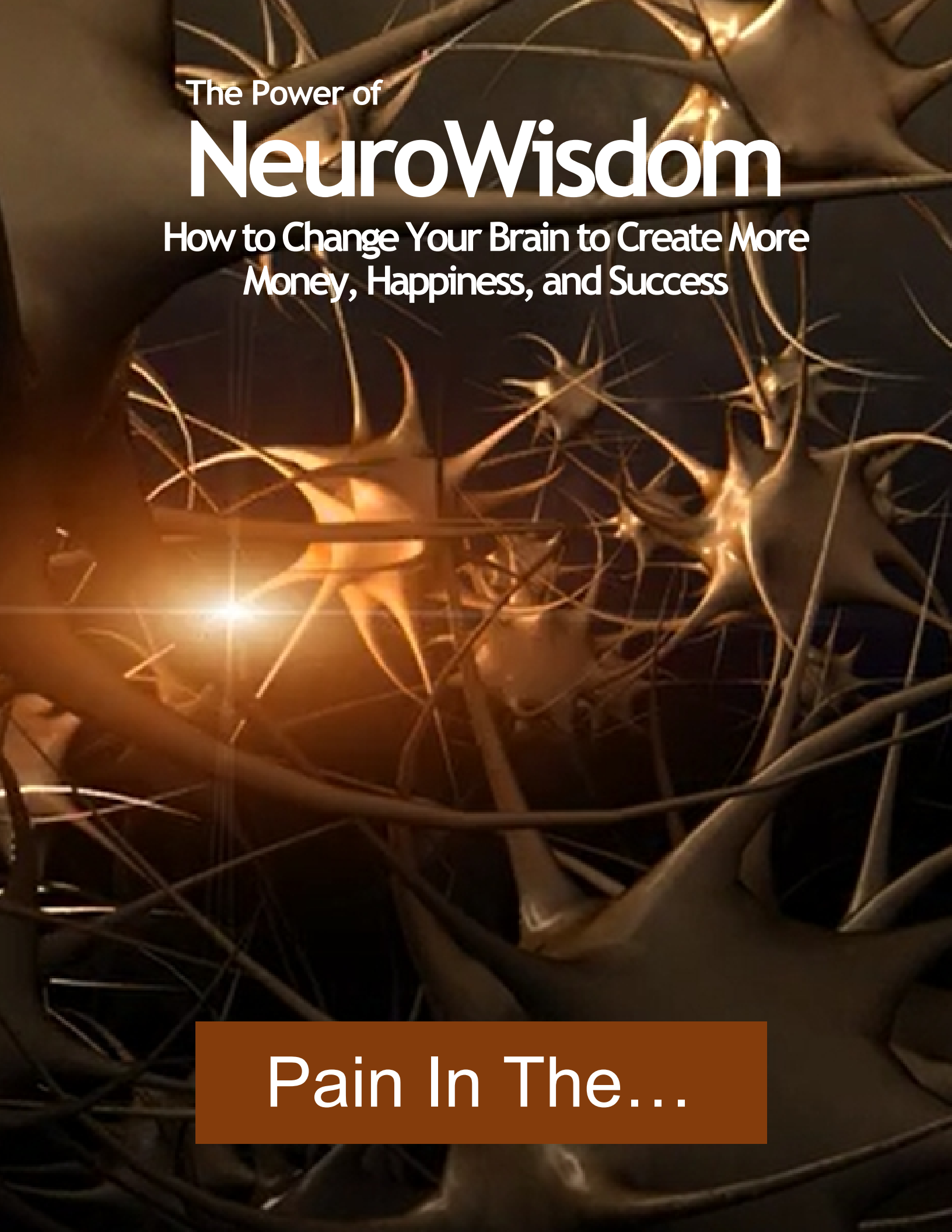

The Power of
NeuroWisdom
How to Change Your Brain to Create More Money, Happiness, and Success
Pain In The…

A Special Report by Mark Waldman:

Pain In The…

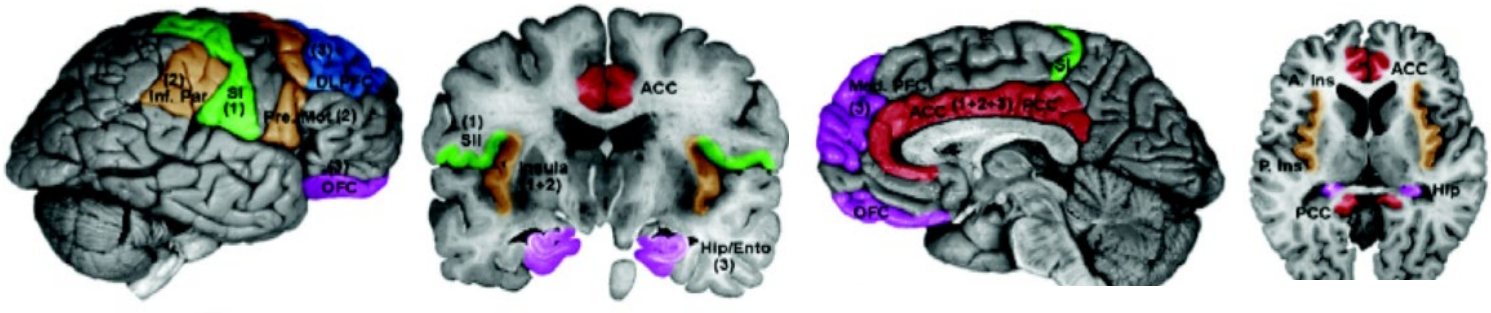
Workplace! Yes, you were probably thinking of another word. Butt think about it: how many hours per day do you spend sitting at your desk, or running around the office, or driving your car? The average American, according to the Centers for Disease Control and Prevention, spends 6-8 a day sitting down, and 25% said they spent more than 8 hours. In fact, only 3% said they sat for less than 4 hours.

Doing emails? Research shows that the average professional spends 2.5 hours a day feverously typing away. You're literally sitting on the edge of your seat as you work, tensing the muscles in your arms and neck and face and back and legs. You're straining joints and ligaments in your hands for way too long, taking too few breaks to stretch and rest.

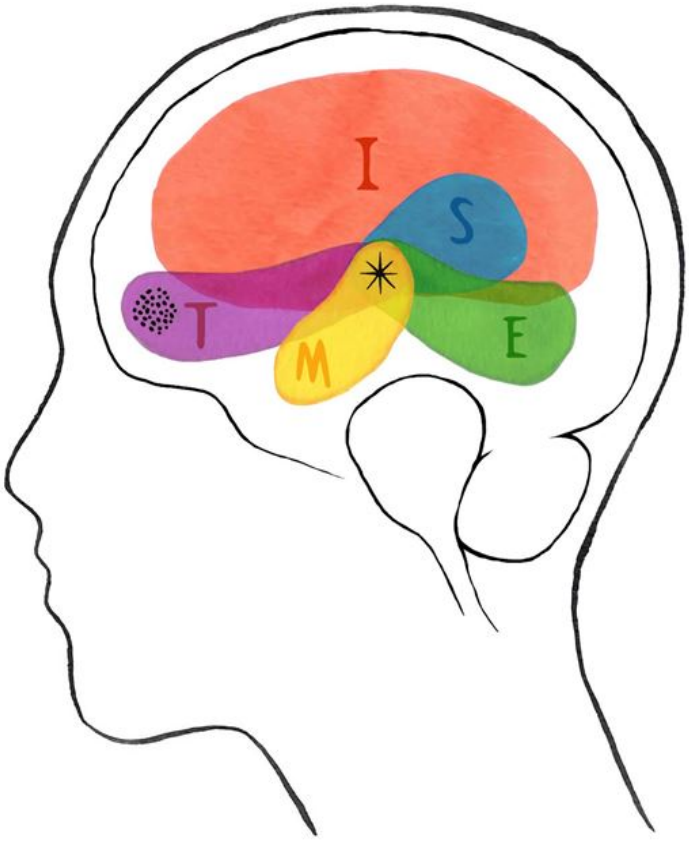
What does the "doctor" recommend? Exercise: the more the better, or so we're told. You move too fast and you never relax your muscles, or you do some yoga but you stretch too hard and too much as you create more physical stress accumulating thousands of micro-tears in your muscles. These, in turn, are sending thousands of micro-pain signals to your brain, but most people are too busy and too focused on their work to notice until they reach the point of burnout.

Work stress causes physical stress, physical stress causes mental stress, and together your productivity and creativity are compromised. And here's an interesting neurological fact: all of that sitting and standing and exercising is causing chronic pain that you aren't even aware of until it's too late. Over eight different neural structures and at least five different pain centers in your brain are being constantly over-stimulated.

A. Brain areas functionally related to pain processing.



What can you do? Everyone will tell you to take work breaks and relax, but few people know how to "relax" the brain which requires you to reduce excessive neurological stimulation in three key brain networks (Central Executive Network which regulates how you think, Default Mode Network which generates positive and negative predictions about the future, and your emotional networks that motivate you to take action).



The "TIMES" in Your Brain

Key brain networks influenced by the "Relaxed Mindful Awareness" strategies of NeuroCoaching

- T **Thinking:** Central Executive Network
- I **Imagination:** Default Mode Network
- M **Motivation** Network
- E **Emotional** Networks
- S **Salient/Significant/Stabilizing/Social/Spiritual:** Salience Network

- ● **Conscious Mind** (dorsolateral prefrontal cortex)
- ✳ **Awareness** (insula & anterior cingulate)

Panksepp's Core Emotions:

- Curiosity / Emotional Desire
- Caring
- Playfulness
- Sadness / Grief
- Fear
- Rage /Anger
- Lust / Sexual Desire

The newest brain research strongly suggests that there are two simple things you can do for 60 seconds once an hour while work: micro-movements and yawning! Whether you are sitting or standing or lying down all you need to do is to move just one part of your body – your head, a shoulder, an arm or hand, one leg, etc. – as slow as you possibly can.

For example, if you are sitting in a chair, as you are probably doing now, take a full sixty seconds to gently roll your head in a circle. Try it now, but I'm willing to bet that you'll go too fast and complete the motion in 15 seconds or less – most people do; we're just always in a rush! But if you deliberately keep cutting your speed in half, until it looks like you are barely moving, you'll feel many more sensations. Micro-movements allow you to become more aware of the tiny aches and pains in dozens of muscles in your neck, muscles that you've probably never noticed or felt. That awareness has a profound effect on your mental state, and our research suggests that those super-slow micro-movements allow your brainstem to recognize tiny pains and to signal the motor cortex and cerebellum to "un-tense" your muscles and improve the efficiency of how that part of your body moves.

Now move your head again – or any part of your body – super-slowly and when you feel the slightest ache, pause and deeply yawn. For most people the pain will disappear (unless the area being moved is severely injured). If it doesn't disappear, slightly move that part of your body to a pain-free position and yawn again. Try it now as your roll your head, pausing each time you feel a tiny ache (and they are always there unless you are being unaware!) and yawn "into" that minute muscle tension and then move again until you discover another ache. After a minute or two you might notice a profound shift in your mental state and mood. Your body will feel more relaxed, your mind will feel calmer, and you'll be able to focus on whatever task you need to do. But only for 20-40 minutes because your habitual stress and muscle tension will return.

You might also notice that aches and pain in your back and other parts of your body “magically” disappear. That’s the power of awareness, which stimulates another key area in your brain called the Salience Network which, in turn, helps to regulate and balance the other brain networks I mentioned earlier. There are now hundreds of studies showing that “Relaxed Mindful Awareness” is one of best, and perhaps only way to consciously stimulate the Salience Network, an area that also regulates empathy, compassion, emotionality, and intuitive problem-solving – skills that are essential for doing business with others. In other words, you won’t be a social “pain in the butt.”

Super-slow micro-movements and mindful yawning throughout the work day will keep your brain and body relaxed. Stress levels recede, awareness and creativity increases, productivity improves, and you’ll go home refreshed, an essential body/mind state for interacting with loved ones and friends.

So remember this mantra: *The Pain from Strain is Mainly in Your Brain!*

And don’t forget to yawn. Yawning regulates at least five pain-processing networks located in different parts of your brain and it’s a thermoregulatory mechanism that decreases excessive neural activity that is causing most of your stress, anxiety, and procrastination that interferes with your ability to achieve the goals you desire.

Diagram: “The T.I.M.E.S. in Your Brain. “Copyright 2019 Mark Waldman and Monica Evason. Permission to reprint if title, copyright, and authors are cited

[Brain-Scan image]: Neuroimaging revolutionizes therapeutic approaches to chronic pain. Borsook D, et al. Mol Pain. 2007; 3: 25. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2048498/. Reprinted with permission under the terms of the Creative Commons Attribution License https://creativecommons.org/licenses/by/2.0. © 2007 Borsook, modified from original.

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