

# Brain Hacking High Performance Burnout

Ani WILSON

#EndBurnout  
#BrainHacks



DONE



*and*

DONE



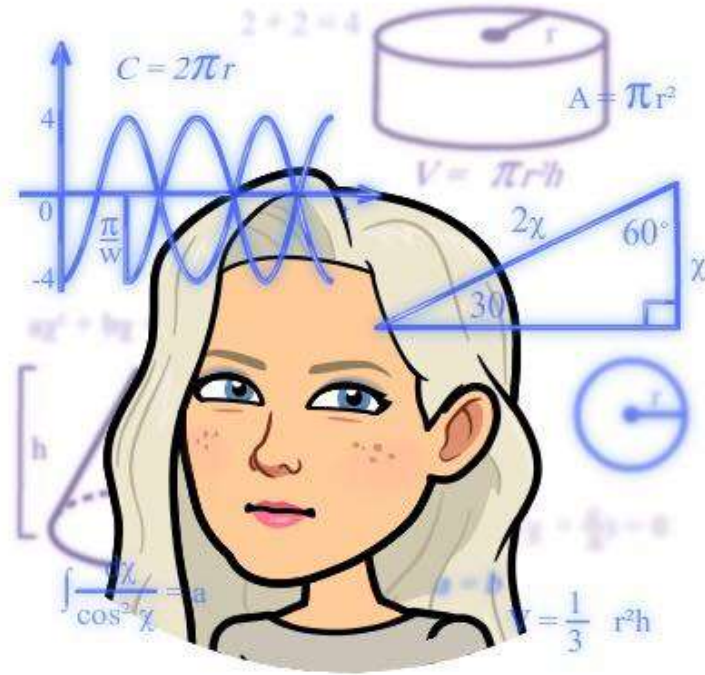
37y

“I can’t and I won’t tell you statistical averages, because the moment I do, **your brain will fixate** on that number, and possibly slow down your return to health”.

# NOT INTERESTED



The Bypass  
Technique



## Cognitive Behavioural Therapy



Counting to 10



Little Miss Zen

**Disclaimer Alert!**



Olfactory  
bulb

Rat

Olfactory  
bulb

Cat

Frontal  
lobe

Chimpanzee

Motor cortex  
Frontal  
lobe

Parietal lobe

Occipital  
lobe

Visual  
cortex

Temporal lobe

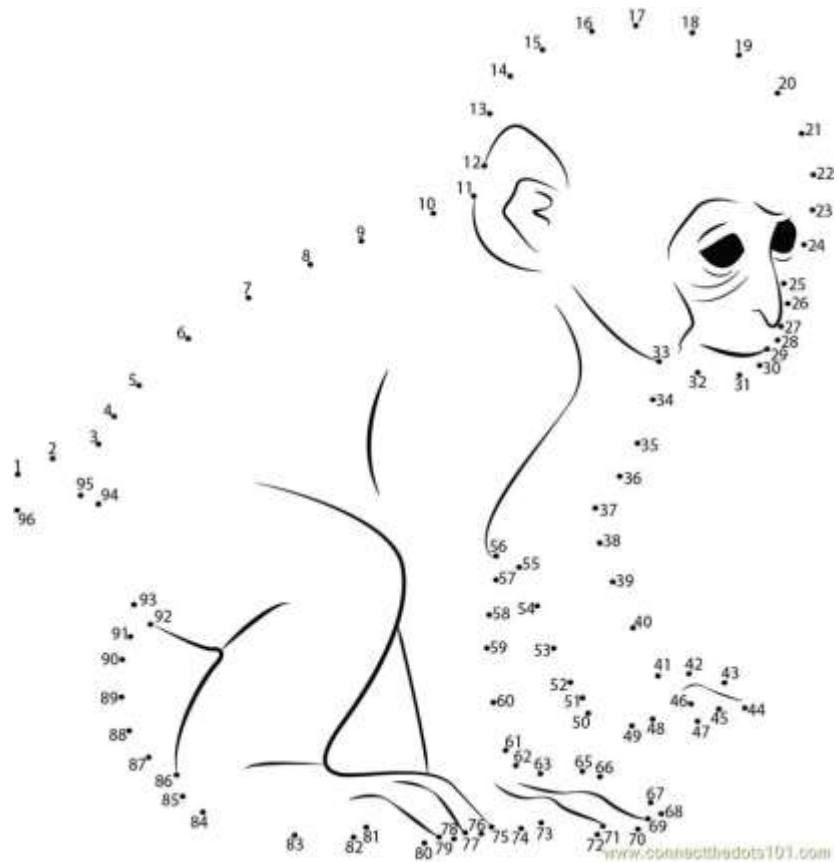
Human





fi yuo cna raed tihs, yuo  
hvae a sgtrane mnid too.  
Olny smoe plepoe can

7H15 M3554G3  
53RV35 7O PR0V3  
H0W 0UR M1ND5 C4N  
D0 4M4Z1NG 7H1NG5!



[www.connectthedots101.com](http://www.connectthedots101.com)



## Your Brain in Numbers

65-80

90

7,000



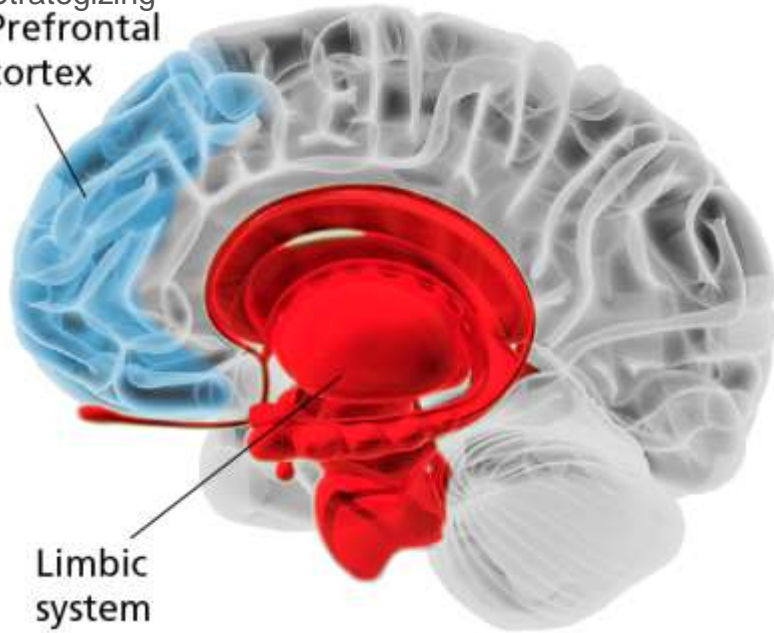








Planning &  
Strategizing  
**Prefrontal  
cortex**



**Limbic  
system**

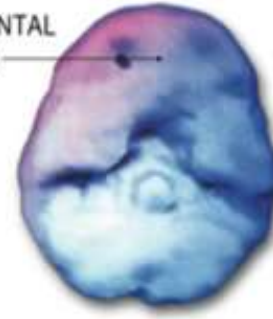
Emotional Centre





10%

PREFRONTAL  
CORTEX



OPTIMAL



STRESSED



# BURNOUT

Brain Fog

Uniquely You – Living in Alignment

Retrain your brain

Neural Chemistry

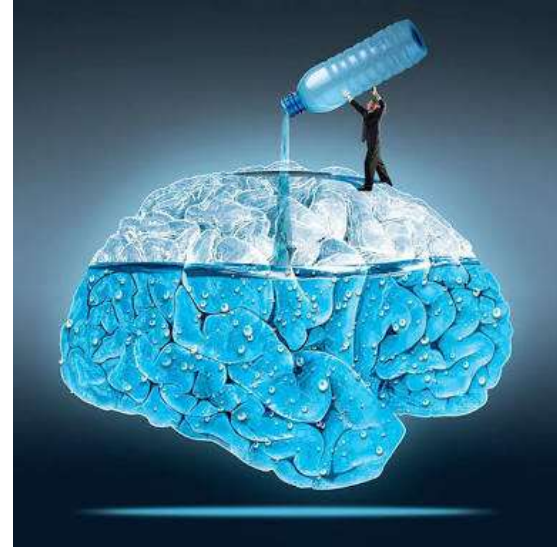
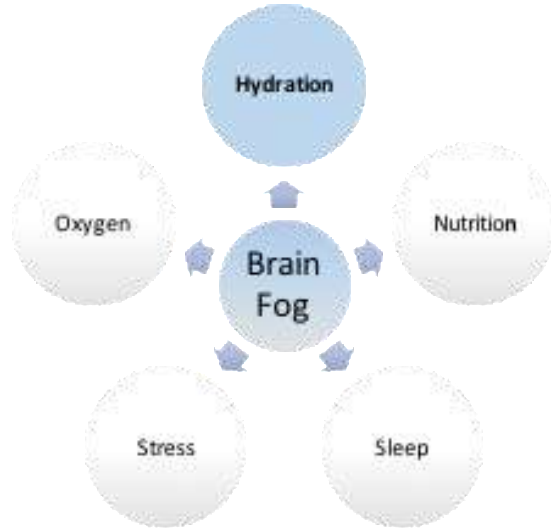
Optimism

Union (Camaraderie & Support)

Time

# BURNOUT

## Brain Fog



Institute of Psychiatry at Kings College  
London  
90 Minutes of Sweat, shrinks the brain



# Breathe

**STRESS**  
**SYMPATHETIC**

PUPILS EXPAND

FAST & SHALLOW  
BREATHS

HEART PUMPS  
FASTER

GUT INACTIVE

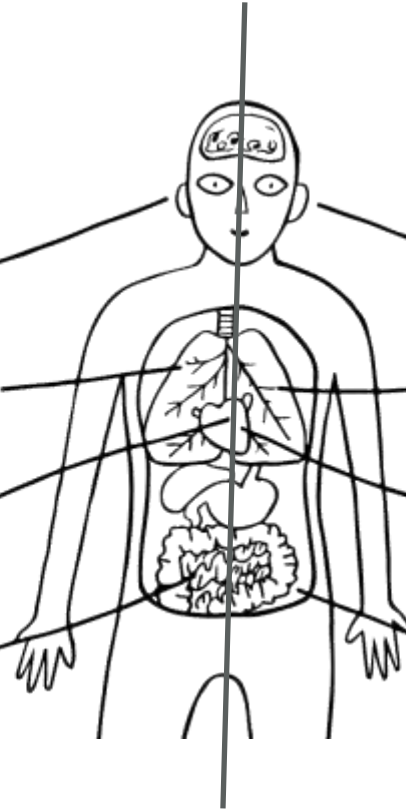
**CALM**  
**PARASYMPATHETIC**

PUPILS SHRINK

SLOW, DEEP  
BREATHS

HEART SLOWS

GUT ACTIVE



# BURNOUT

Retrain your Brain



# Brain Gym Activities

Dancing  
Baseball,  
Golf,  
Cricket,  
Tennis  
Mirror Drawing



High power poses increased  
testosterone by 20%  
& decreased cortisol levels  
by 25%

# BURNT

Neural  
Chemistry

## The Magic 5

**Serotonin** – Neurotransmitter (Mood, Calm)

**Oxytocin** – Hormone and Neuropeptide  
(Love)

**Dopamine** – Neurotransmitter (Motivation)

**Cortisol** – Hormone (Stress, Metabolism,  
Energy)

**DHA** - Omega 3 Fatty Acid (Cellular  
Structure, reduces ageing effects)

# BURNOUT



Optimism



Smile / Laugh

Increases Dopamine,  
Serotonin & Oxytocin  
Naturally





# BURNOUT

Time



Your brain naturally  
tries to  
switch sides every  
80 Mins



# Brain Tattoos

**B  
U  
R  
N  
O  
U  
T**

Brain Fog – Hydrate / Breathe O2

Uniquely You – Living in Alignment

Retrain your Brain – Brain Gym

Neural Chemistry – Increase chemicals naturally

Optimism – Smile / Laugh

Union – Partnership / Friendships

Time – 80:20 Repair Cycle

You only live  
once.  
But if you do it  
right  
Once is enough

thank you



For a complimentary 20 mins coaching session, see Ani or  
go to

<https://free-consult.youcanbook.me>

[www.aniwilson.com.au](http://www.aniwilson.com.au)

Ani WILSON