



Quotes

Rhythm & RESILIENCE
with Dr. Michelle Robin

"We can't stop the waves but we can learn to surf."

- DR. HEIDI HANNA

DAY 14
Guest: Dr. Heidi Hanna

Rhythm & RESILIENCE
with Dr. Michelle Robin

"Stress is what happens when demand exceeds capacity."

- DR. HEIDI HANNA

DAY 14
Guest: Dr. Heidi Hanna

Rhythm & RESILIENCE
with Dr. Michelle Robin

"Stressing is a blessing when we learn how to use it for good."

- DR. HEIDI HANNA

DAY 14
Guest: Dr. Heidi Hanna

The BFF Method



Brain Recharge

INTRODUCTION

This simple practice trains the brain to utilize energy more effectively throughout the day. Starting your day with 15 - 20 minutes of recharge time will enable you to access higher-level cognitive processes like creativity and insight, mental and emotional flexibility, and sustainable energy. Thus, a shorter recharge session as needed will help the brain to anchor into the energy quality and focus required to be your best self in each moment.

Integrative Neuroscience

1. We are hardwired for safety first.
2. We are primarily guided by non-conscious processing.
3. We facilitate energy from the bottom up: sensing, feeling and then thinking.

www.heidihanna.com

SYNERGY

Watch Video: <https://learning.linkedin.com/blog/productivity-tips/do-this-4-times-a-day--and-you-ll-feel-way-less-stressed>

Download the Handout: <https://www.drnichellerobin.com/download/11165/>

Mentioned In The Video

- Heidi's Website: <https://heidihanna.com/recharge>
- Beach Brain: <https://www.beachbrain.org>
- Beyond Funny: <https://www.beyondfunny.org>