

**Give the brain
what it wants
and make your
life easier**



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- Brains like learning and making new connections in your brain. It happens most easily when you are positive. The brain says “I flourish when the ratio of good feelings to bad is approximately 3:1” The heart says “think of renewing emotions (good feelings) and we are both happy.”
- Brains like participation and activity. The brain says “less passive listening and more active doing please”
- Brains like a multi-sensory ‘cafeteria’. The brain says “I know how best I learn - give me a wide range of experiences to choose from (seeing, hearing, touching, feeling)”
- Brains most easily remember things that have happened lots of times (frequency) and/or things with emotional impact. The brain says “build in repetition and plenty of experiences that trigger my emotions”
- Brains prefer to develop strengths rather than wrestle with weaknesses. The brain says “to hell with no gain without pain, developing strengths is less of a drain”
- Brains like breaks. The brain says “build in lots of starts and stops please”.

Have a break every 20 minutes or so. Go out for short walks when possible. Diarise them and get outside. Walking improves circulation, respiration, health and increases the size of the brain. It will increase your efficiency, give you the essential reflective time and make you feel good. Never under-estimate the power of the “feel good factor”. It produces hundreds of important, supportive chemicals which boost morale, engagement and productivity.

6 quick tips to help combat Digital Overload



“knowing” and “doing” are two completely different things, these are some things to do:-

- Switch off automatic email updates so that you set specific time to answer them.
- Don't copy people in unnecessarily, it creates a greater need for more replies and responses, ultimately increasing your load.
- Phone to make an appointment to cut out email ping-pong
- Do standard emails where necessary and send out in batches,
- When you have an important project, assignment or report to prepare, **go quiet**, turn off the phones, put a “do not disturb” sign up or do it from home when there is no-one around. Each interruption adds at least 1½ minutes to the project time

Switch off all blue screens, phones, computers and even TVs at least an hour, preferably two before bed-time

12 of the most common reasons for insomnia and poor sleep

- **Too much thinking** – worries and anxiety.
- **Not enough physical exercise** – do more walking.
- **Doing high intensity training after 5pm** – optimum time is morning.
- **Having a lie-in** (after a few late nights) throws off your internal clock, which is controlled by a cluster of nerve cells in the brain that also regulate appetite and body temperature. Have no more than one extra hour as catch up and 30 min cat-nap in the afternoon if possible.
- **Partner snoring** – ear plugs, partner and/or you to visit doctor.
- **Hormonal changes** (menopause, perimenopause, ovulation etc) Hot sweats etc, Hot bath 2 hours before bed. Keep the bedroom cool and wear light pyjamas that wick sweats and hot flushes.
- **Hunger** – don't go to bed absolutely starving. Many dieters experience unquiet sleep – have a small piece of protein such as cheese or hard-boiled egg – this produces better satiety than carbohydrates.
- **Bedroom a mess** – tidy it up. Put papers in a tray or box outside the room.
- **Glow in the dark** – no blue screens in the room – leave outside and switch off at least one hour (two is better) before bedtime. An eye mask will prevent light disruption.
- **Too noisy, too quiet** – ear-plugs or have a fan running if too quiet for you.
- **Sharing your bed with unwanted guests** – change mattress after 10 years, bed bugs and others can make sleep difficult for those with allergies and other problems.
- **Sharing your bed with wanted guests** – make Fido or Felix sleep in a box by the bed. Over 50% of pet owners said their little darlings interrupted their sleep.

General Tips



- **Drink lots of water** during the day. The water in the system supports the liver at night to help flush out toxins; especially if you have an excess of processed and/or rich foods, alcohol, caffeine and other stimulants.
- Exercise by walking around the office/place of work during the day whenever possible eg trips to the water dispenser (tap?). Keep high-intensity exercise for mornings or early afternoons. Practice yoga, Pilates, swimming or walking after 5 pm.
- Learn the HeartMath Resilience Tools and Techniques when you are not so stressed or before you know you are facing intense and/or prolonged periods of pressure and challenge. Sometimes it is just too difficult to turn the racing mind off during the times when you are highly stressed leading to more frustration and anxiety. By practising the technique(s) when you don't need to, you will find it easier when you do.
- Having less than 7-8 hours sleep per night (optimum for many people is 9 hours) for a week takes two weeks for the body to catch up, not just a couple of lie-ins over a weekend. (Study at Walter Reed Army Institute of Research) **The human body cannot be trained to do with less sleep.**

Make a conscious decision that whatever you have to deal with, you are going to focus on taking the time for yourself to restore, recover and have a good night's sleep.

Dietary Tips

Foods to help lower blood pressure and support the heart:-

- Berries
- Unsalted sun flower seeds
- Spinach
- Beans
- Baked potatoes
- Bananas
- Soya Beans – NB Organic if possible
- Beetroot

Foods to help the brain perform better:-

- Oily fish such as mackerel, salmon, herring and anchovies
- Blueberries (organic)
- Nuts
- Avocado
- B Complex and Vitamin C – natural, not DNA petrochemically derived copies
- Sage
- Turmeric
- Gingko Biloba
- Turmeric

Foods to help keep the liver healthy;-

- Grapefruit**
- Garlic
- Green Tea
- Leafy Green Vegetables
- Avocados
- Walnuts
- Turmeric

**do not eat certain citrus fruit when on cancer medication, speak to specialist/consultant

NB Always buy organic whenever possible. Supermarkets usually have a chuck out shelf; organic can be up to 3 times to the price. Organic fruit, veg and meat are produced minus the huge amount of chemicals which are known to be harmful. Never have margarine or "butter" type spreads as the process used includes acid, bleaches and other toxic chemicals. If you want the fact sheet on margarine and transfats, email me below.



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