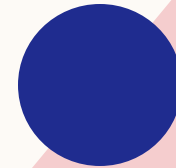


# Welcome!

Enjoy the *Lo-Fi* music before we begin.

**What is Lo-Fi?** A genre of music that has flaws or low hums that can also put the brain in the mindset to focus.

Take some deep breaths and settle in with intention and focus.



# **PROTECTING YOUR ENERGY**

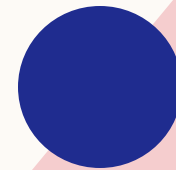
Kelsey Bumgardner

Manager Clinical Integration and Clinical Support

MNGI Digestive Health

# OBJECTIVE

Share my knowledge and understanding of **The Four Banks** and associated strategies to help protect your energy!

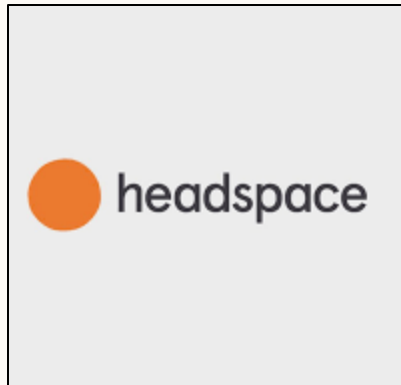


# Meditation

Meditation can strengthen the areas of your brain responsible for memory, learning, attention and self-awareness.

The practice can also help calm down your sympathetic nervous system. Over time, mindfulness meditation can increase cognition, memory and attention

## [Headspace Meditation](#)



This doesn't have to be 20 minutes twice a day

- Breathe *in* for five seconds
- Breathe *out* for five seconds



# MEET MY TEAM



**LOUIE AND FAMILY**



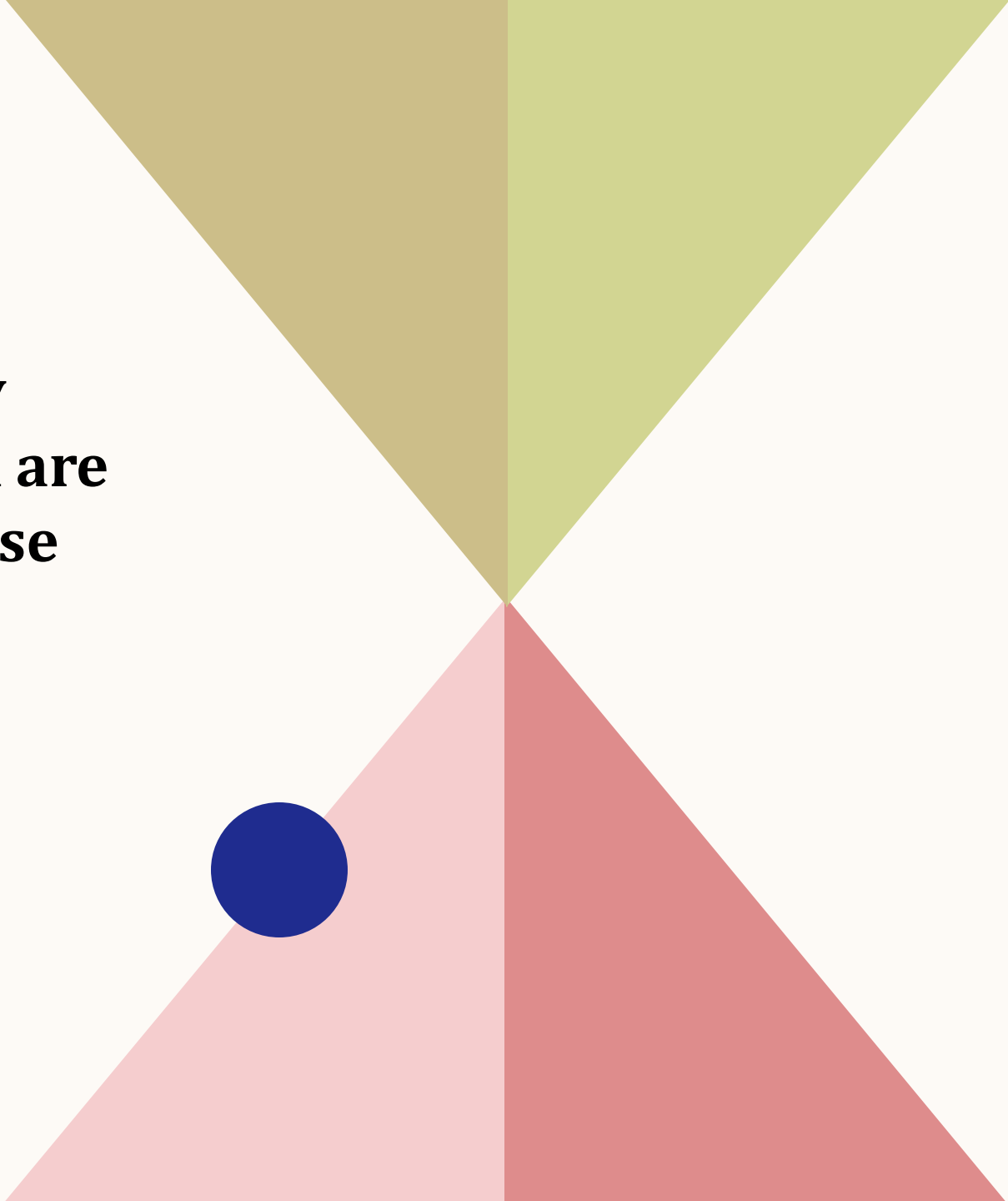
**BURKE  
AGE 9**



**BEATRIX  
AGE 7**



**DAVID BOW-IE**



**“Sometimes you want to have a very productive Saturday to feel that you are in control of your life, which of course you are not.”**

**- Tina Fey**

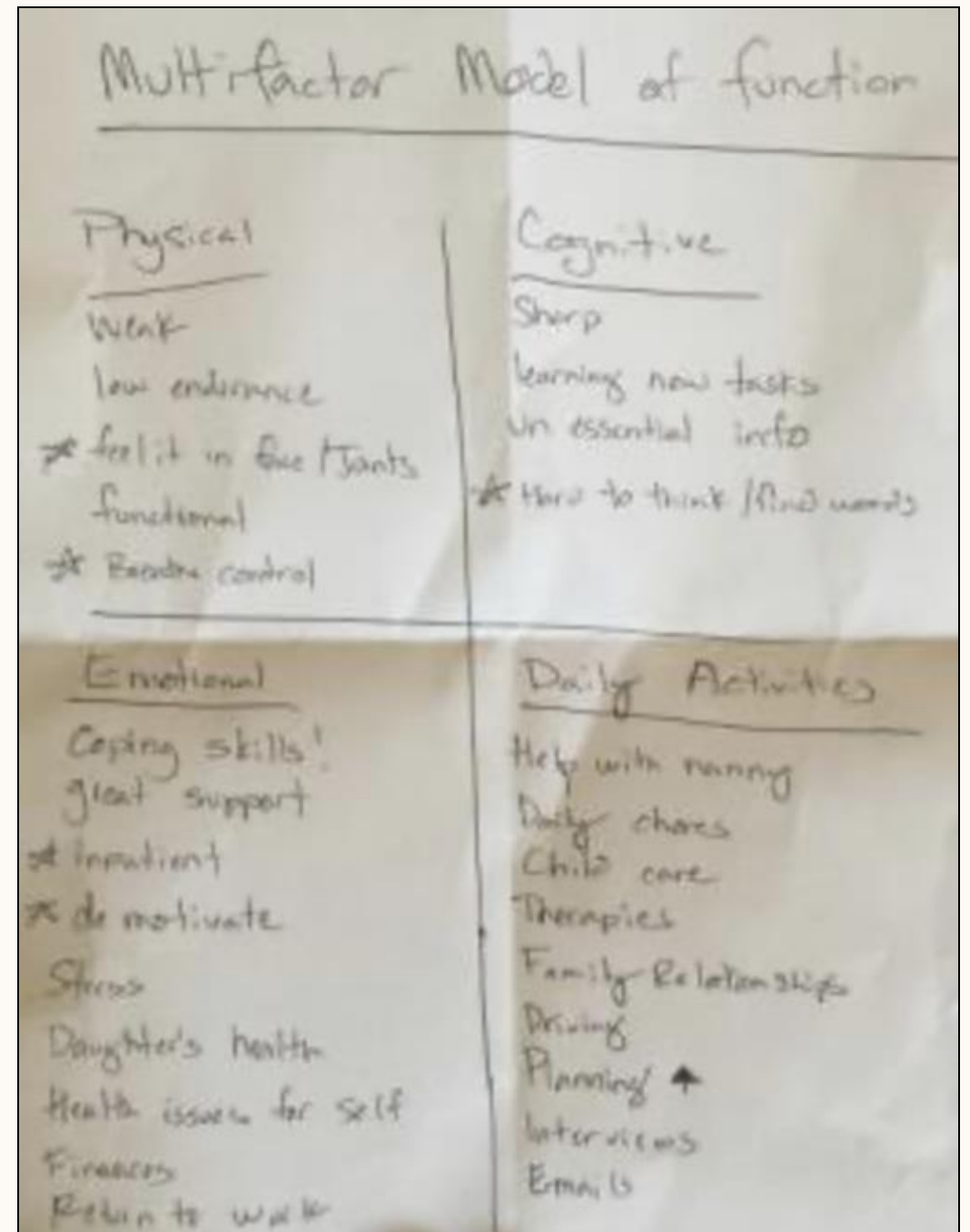
# THE FOUR BANKS

Consider the amount of physical and/or mental energy that a person has available for daily activities and tasks.

Think of your efforts as a banking system with units of energy. This can help plan your days so you don't run out of energy. These banks are limited!

**What really matters to you?**

**How can you make sure your banks are full to do it?**



# THE FOUR BANKS

Take five minutes to fill in ***your own*** four banks.

- How do you fill your banks?
- What drains your banks?
- How do you show your signs of fatigue in each bank?

Physical	Cognitive
<b>Deposits</b> <ul style="list-style-type: none"> <li>- Going for a walk</li> </ul> <b>Withdrawal</b> <ul style="list-style-type: none"> <li>- Lack of sleep</li> </ul> <b>Sign of Fatigue:</b> <ul style="list-style-type: none"> <li>- Unmotivated to get up from my chair</li> </ul>	<b>Deposits</b> <ul style="list-style-type: none"> <li>- Reading a book</li> </ul> <b>Withdrawal</b> <ul style="list-style-type: none"> <li>- Solving challenging problem</li> </ul> <b>Sign of Fatigue:</b> <ul style="list-style-type: none"> <li>- Foggy thinking</li> </ul>
Emotional	Daily Activities
<b>Deposits</b> <ul style="list-style-type: none"> <li>- Talking with a friend</li> </ul> <b>Withdrawal</b> <ul style="list-style-type: none"> <li>- Deescalating tantruming kid</li> </ul> <b>Sign of Fatigue:</b> <ul style="list-style-type: none"> <li>- Impatient</li> </ul>	<b>Deposits</b> <ul style="list-style-type: none"> <li>- Gardening</li> </ul> <b>Withdrawal</b> <ul style="list-style-type: none"> <li>- Laundry</li> </ul> <b>Sign of Fatigue:</b> <ul style="list-style-type: none"> <li>- Talking takes effort</li> </ul>

***What really matters to you?  
How can you make sure your banks are full to do it?***



# MAKING DEPOSITS

How do we make deposits into our banks?

Science! Lots of smart people have done the research for us on how to change our brain chemistry to benefit us.

***BUT*** we have to be self aware enough to use the tools to:

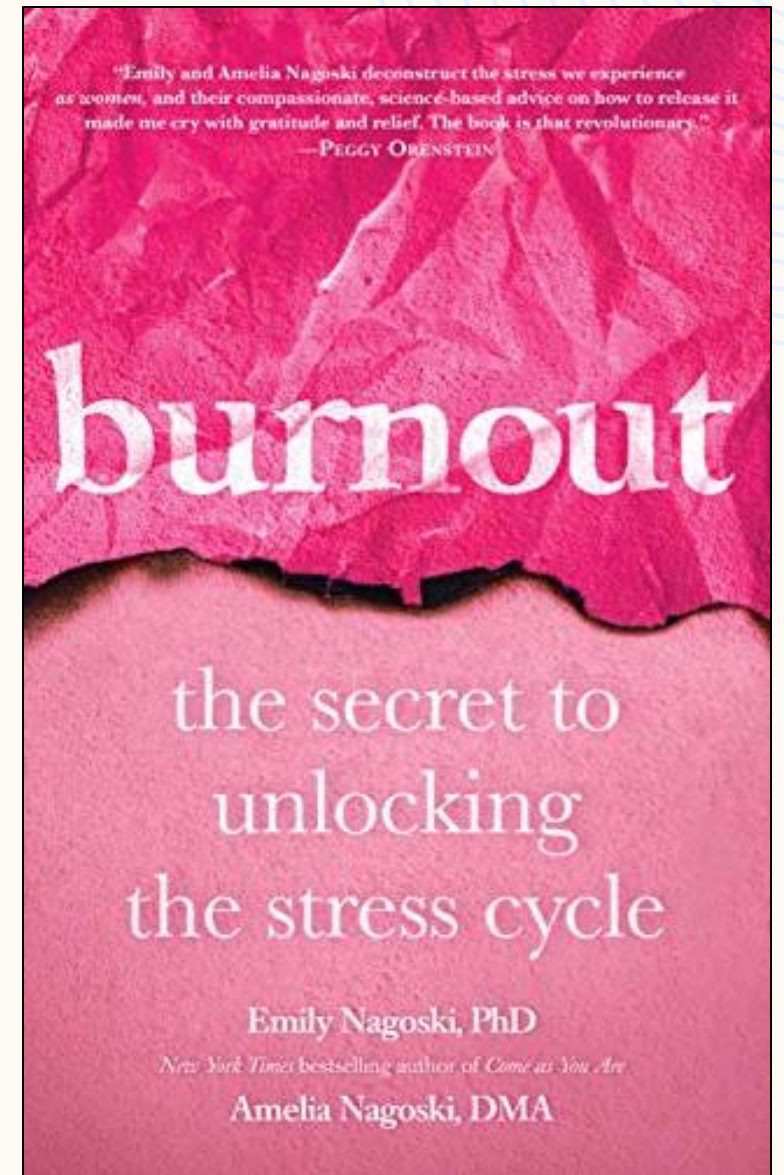
- Increase confidence
- Help our brains focus
- Work smarter not harder
- Find joy & meaning

# Completing the Stress Cycle

Some of us function in fight or flight stress response continuously. Do a self check.

When you need to complete the stress cycle try one of these:

- Physical activity - Since stress is physical, activity is a big part of ending stress cycles. Dancing counts!
- Laugh
- Cry
- 20 second hug
- Cuddle an animal
- Pause and breathe



# Power Pose

*Question:* We know that our minds change our bodies, but can our bodies change our minds?

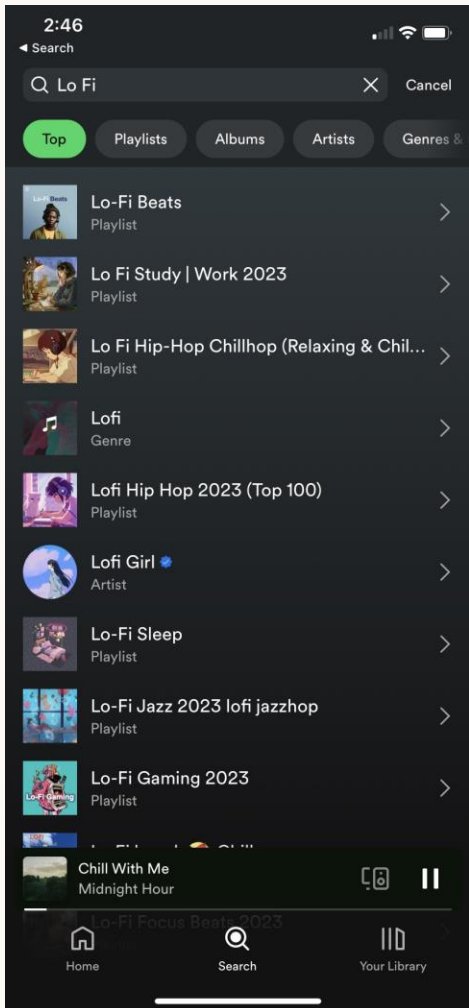
A “power pose” for two minutes before a meeting or interview can decrease your cortisol and increase testosterone.

*Answer:* Yes!



**“Don’t fake it ‘til you make it, fake it ‘til you become it”**

# Best Practices



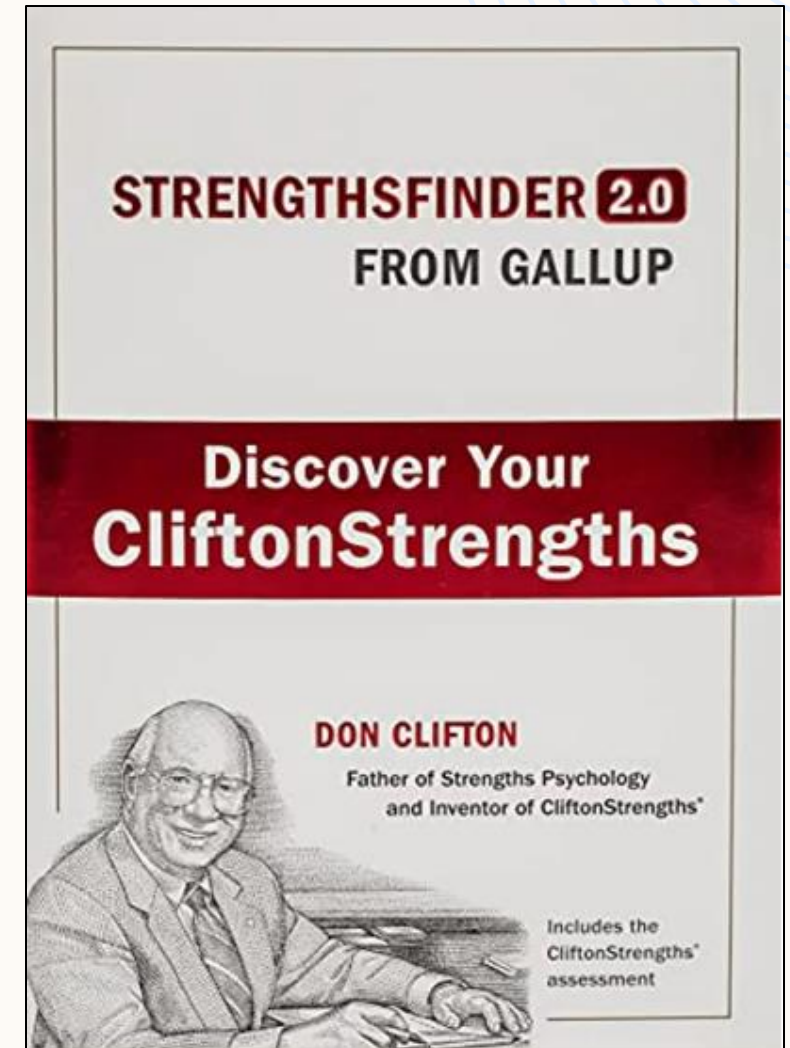
- Mornings are for decision making
- Eat the frog first
- Pair Low Fi music with work
  - Set a timer for 20 minutes to (it can take 20 minutes to get into a flow state)
  - Turn on Lo Fi music
  - Turn off incoming messages
  - Get it done!
- The Power of Saying “No”
  - When you say “Yes” to something, you are saying “No” to something else

# Finding Joy

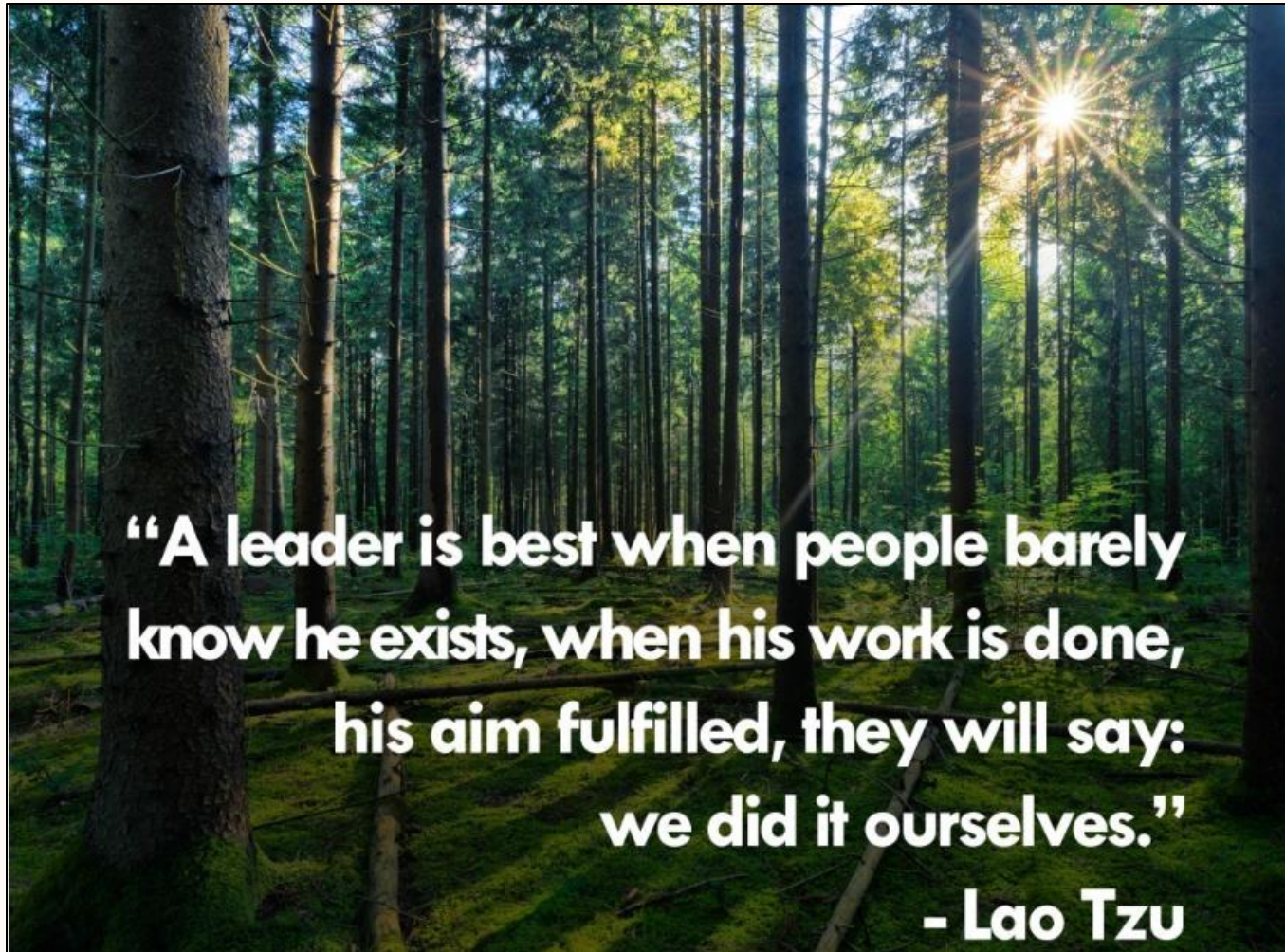
## Strengthfinders

- Take a 30-minute online assessment to discover your Top 5 strengths
- How can you incorporate more of your strengths at work and home?
- Have colleagues complete the assessment too
- Surround yourself with people who compliment your own strengths to bring differing viewpoints

**Find joy in what you do!**



# Delegate with Purpose



## Remember

You are one person!

It's okay to ask for help!

# What *REALLY* matters to you?

5 minute breakout room:

How will you create the space and energy to make sure you're filling your cup with what *really* matters?

<p><b><u>Physical</u></b> (Kelsey's least favorite)</p> <ul style="list-style-type: none"><li>○ Walking during lunch</li><li>○ Standing workstation</li><li>○ Gardening</li><li>○ Getting a good night sleep</li><li>○ Nutrition</li></ul>	<p><b><u>Cognitive</u></b></p> <ul style="list-style-type: none"><li>○ Low Fi music</li><li>○ Power Pose</li></ul>
<p><b><u>Emotional</u></b></p> <ul style="list-style-type: none"><li>○ Beware of energy vampires!</li><li>○ Meditation (Insight Timer, Headspace)</li><li>○ Completing the stress cycle</li></ul>	<p><b><u>Daily Activities</u></b></p> <ul style="list-style-type: none"><li>○ Eat the Frog First</li><li>○ Mornings are for decision making</li><li>○ What <i>really</i> matters. Again, does it <i>really</i> matter?</li><li>○ Delegate!</li></ul>

# WANT TO KNOW MORE?

## Read:

- *Strengthfinders* from Gallup – available on Amazon or other bookstores
- *Start with Why* by Simon Sinek
- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski, PhD & Amelia Nagoski, DMA

## Listen:

- Podcast: Terrible, Thanks for Asking with Nora McInerny
  - Episode: Don't Should Yourself
- Podcast: The Happiness Lab with Dr. Laurie Santos
  - Episode: Poet Ross Gay on Finding Delight Every Day
- Meditations on Headspace or Insight Timer apps
- Lo Fi music available on Spotify or other music streaming apps

## Watch:

- Ted Talk by Brene Brown, [The Power of Vulnerability](#)
- Ted Talk by Amy Cuddy that includes Power Posing: [Your body language may shape who you are](#)