

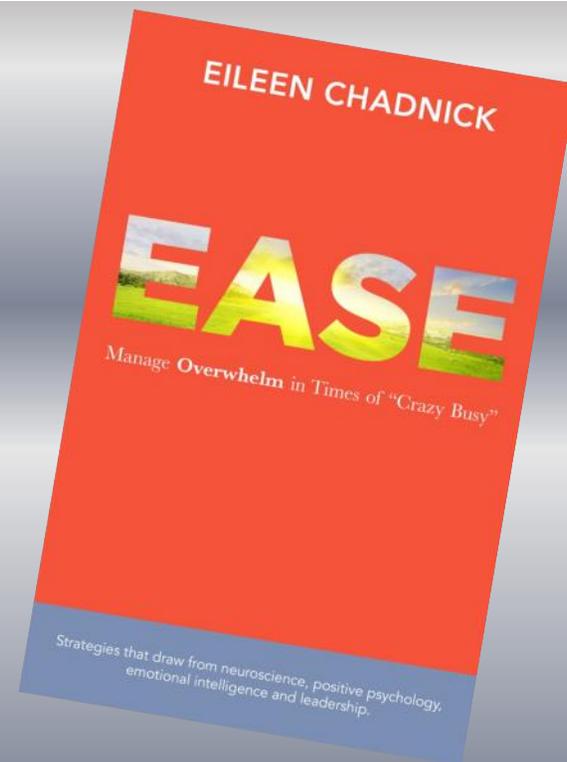
Finding Ease in Times of “Crazy Busy”

- ✓ Think Better
- ✓ Perform Better
- ✓ Feel Better
- ✓ Live and Work Better

Charity Village, March 5, 2015

By Eileen Chadnick, PCC, ACPC, ABC

Big Cheese Coaching

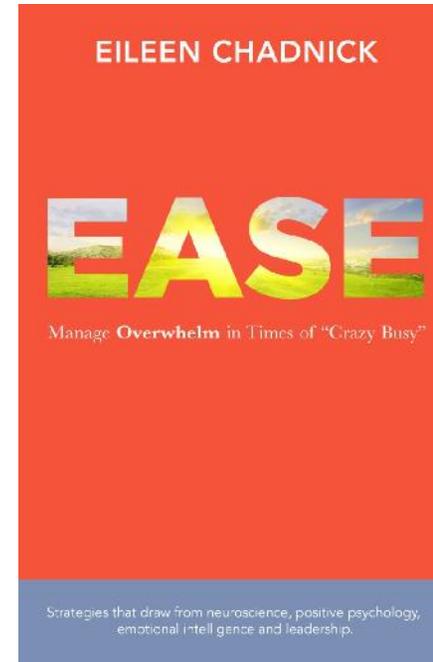


www.EaseRX.com

Hello!



Knows Crazy
Busy!!



Eileen Chadnick: Coach, trainer, writer –
passionate about personal + professional well-being!

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THE HUFFINGTON POST

THE GLOBE AND MAIL 

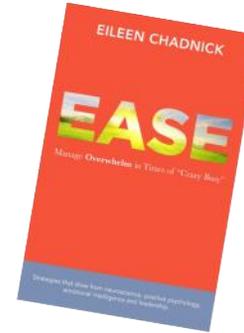

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Brain-friendly Ways To Get The Most Out of The Webinar

1. Focus / don't multitask
2. Set the intention to find your 'nuggets'
3. Write them down
4. Create a goal and an action commitment from your 'nugget'

Agenda

1. Overwhelmed? Or at Ease?
2. A Little Neuroscience (primer)
3. 4 Brain-friendly Strategies to Live and Work with More Ease
4. Q&A



Hello!

HOW'S WORK???
...HOW'S LIFE...??

If a Picture Says a 1,000 Words...





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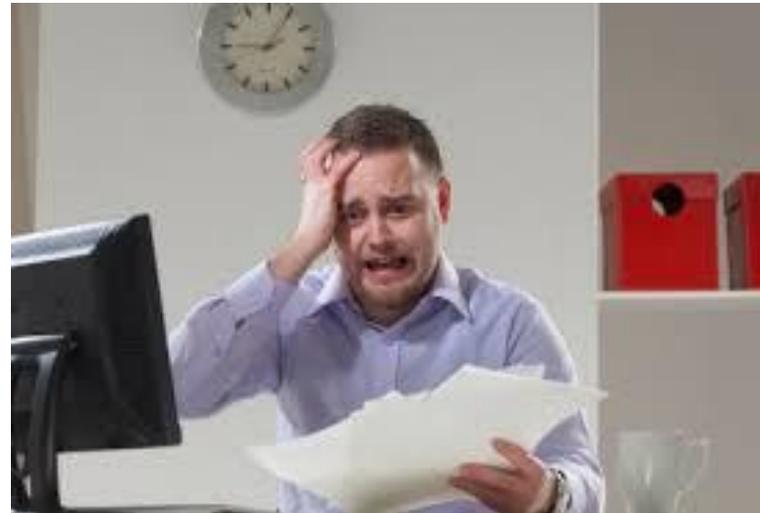


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Welcome to Times of “Crazy Busy”

Always too much to do and not enough time....



OVERWHELM

AN EQUAL OPPORTUNITY PLAYER

Question for you....

**WHAT DOES OVERWHELM
LOOK AND FEEL LIKE TO YOU?**

WHAT'S EASE?

Not What I Meant...



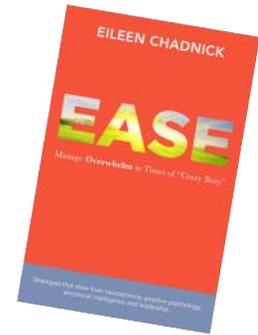
Live and Work with More
Ease...Freedom to Thrive!



Tools: Knowledge + Strategies....

- **Manage stress** even in times of ‘crazy busy’
- **Maintain energy** even when pace is fast and the loads are so heavy.
- **Ensure your best ‘brain-ability’**
- **Mind Your Mood** even when times are a bit tough

Embarrassingly Ease-y Toolkit



**We know many
of the practices.
But don't
always use
them.**

Neuroscience Savvy: The New “Killer App”

A little neuroscience savvy gives us all the power to understand ourselves, manage ourselves and adapt behaviours to work with our brain, not against it.



Meet Two Central Brain Characters

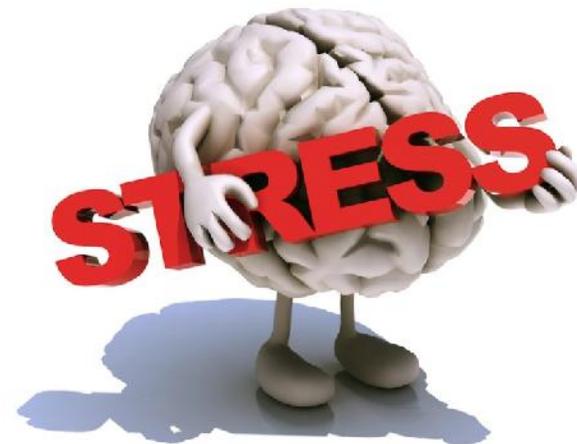
“Higher Thinking Brain”

Prefrontal Cortex (PFC)



“Survival Brain”

Amygdala



PFC: The “Thinker”

“Higher Thinking Brain”

Works best with....

Prefrontal Cortex (PFC)



- Moderate stress
- Quality sleep
- Positive mood

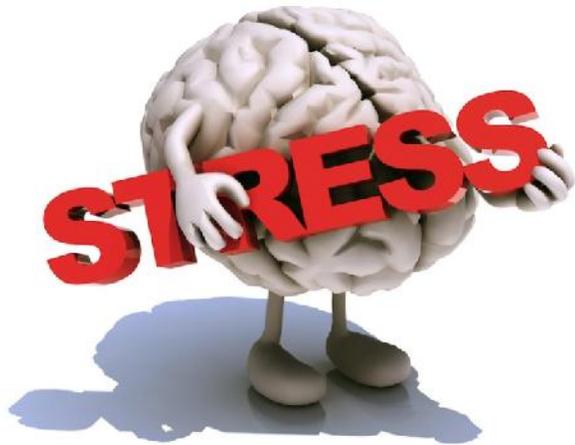
....and sense of calm + control + order; focus, thinking activity; more

Amygdala: Stress Brain

Threat Detector + Protector!

The 'fast brain' loves....

FAST, Fast, fast.....



A good threat but an imaginary one will do just fine.

Hones in/takes over; PFC gears down.

“Fast Brain” Doesn’t Discern

Lion or.....

- Crazy deadline
- Immense pressure
- Tough conversations
- Pressure at work/home..



POLL

Which of the following are **CHALLENGES** for you during the ‘crazy busy’ times of today’s work-life ? Choose one that represents the **BIGGEST** challenge for you.

- 1) Managing stress
- 2) Getting quality sleep
- 3) Managing your mood
- 4) All of the above!

#1

**ORGANIZE + WORK
WITH THE BRAIN IN MIND**

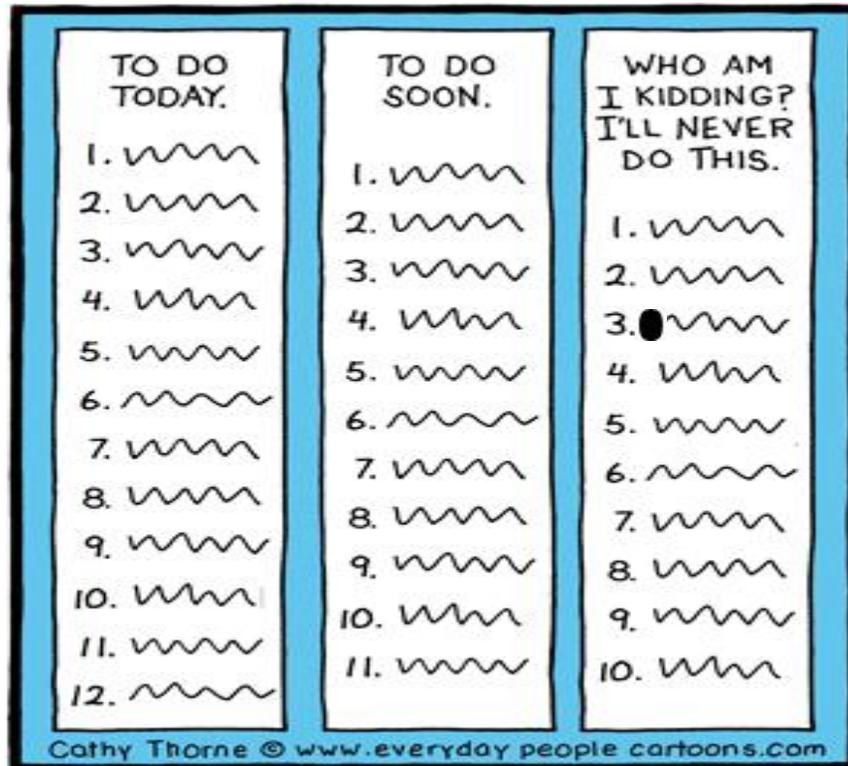
Get it Out of Your Head...But Keep it Top of Mind



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The Neuroscience of To-Do Lists



Mind FULL
or
Mindful?

Be Kind To
Your PFC.
Work *with* it!

The “PFC” Loves a Sense of Order



- Organize your thoughts
- Prioritize & TRIAGE!
- Clean up
- Make a plan



Enjoy the rewards of “good thinking” with a dose of Gaba

- Organizing/cognitive activities can stimulate the brain to emit a natural spritz of ‘GABA’
(calming hormone)
- It’s like “antacid for the brain”
- And promotes more good thinking!



Make it Actionable

Kick the tires on your “system” and see if you can improve. Even a 1% improvement can have a powerful result.

- Lists for daily? Longer term?
- Organize for all facets of life (home, work, other)
- Be generous - Notice a colleague or report struggling...coach them....

The Pay-off:

- Less Frazzle
- More Energy
- Better thinking
- Improved productivity
- More Gaba...
- **Better mood??**
- **Maybe even better sleep?**



#2

INCREASE FOCUS TIME



Tame the Multitasking Beast



Make it Actionable....

The Power of Focus Time



1. Rein in *gratuitous* multitasking
2. Get a grip on distractions
3. Build in focus time – even if for short periods (20 mins)
4. Use your schedule wisely – build in time to think, plan
5. If your day was ‘shifty’ – spend some focus time after work

#3

EMPOWER YOUR THINKING

Mindfulness: Develop Conscious + Empowering Mindsets

100 *Benefits of Journaling*



*Climb Your
Mountains One
Step at a Time*

**Ask self
empowering Qs**

My Favorite Tool (a Powerful Q)

Tool #10: Ask, "What Can I Do Now?"

So you've practised many of the strategies in your toolbox, such as chunking down your mountains into smaller-sized tasks, and you've done your best to organize yourself so that you are more in control of your schedule and workload. And you know the difference between your inner critic and your voice of reason.

And yet, oh dear, you still find yourself in a moment of Stucksville and frustration. Oh, what to do?

The Story at a Glance

We all have those moments of feeling stuck.

#4 GET SERIOUSLY POSITIVE



Poll: How Happy Are You When...

....Times are **stressful** and 'crazy busy':

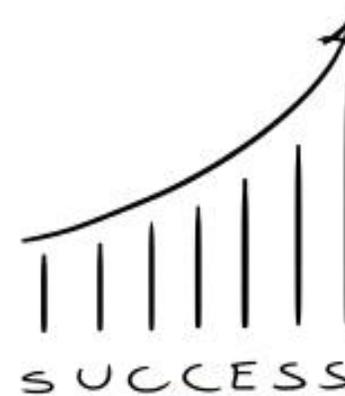
- Somewhat moody and cranky (feel bogged down)
- Neutral – doesn't bother me
- Fairly happy – there's always something to feel happy about

Negativity Limits Brain-ability



Positivity Broadens and Builds*

- What you can see
- What you can think of
- What you can achieve
- How you feel (physically, mentally)



*Barbara L. Fredrickson (Univ. North Carolina)

Expert on the science of emotions, author of *Positivity*; and *Love 2.0*

RX Daily: How to Get More Positive Emotion Into Your Day?



RX for Positivity

1. Get lots – ad hoc won't do
2. Variety – plethora of positive emotions that fuel
3. Micro Moments every day



Infinite Possibilities

Great Job!
😊



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Emotions That Fuel

1. Joy
2. Gratitude
3. Serenity
4. Interest
5. Hope
6. Pride
7. Amusement
8. Inspiration
9. Awe

10. “Positivity Resonance”
/ Connecting with Others--
Any of these emotions
shared with another person



*Barbara L. Fredrickson (Univ. North Carolina)
Expert on the science of emotions, author of Positivity; and Love 2.0

Positivity “Resonance” With Others



Get a dose of Oxytocin!

Sharing a micro moment of positivity with another – BIG Positivity boost.

Make it Actionable

- Count your blessings
- Incorporate a positivity experience into daily meetings
 - E.g. share one good thing that happened this week
- Show appreciation and give thanks to others
- Celebrate the wins – large and small – and instill pride in the things you and your team do every day
- AND MORE.....

In Sum...

- 1) Organize + work with the brain in mind
- 2) Focus time (tame the multi-tasking)
- 3) Practise more empowered thinking
- 4) Develop positivity habits
- 5) AND BRING ALL THIS TO WORK....

Stay in Touch

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