What Do We All Have In Common?

We Are All Human…

Yabba, Dabba Doo!
I didn’t get EATEN today!

Have We Evolved?

Which is Stronger… Logic or Emotions?
Emotional Hijacking

Temporarily Autistic

Dr. Keith Payne, Assistant Professor of Psychology, University of North Carolina.

“Normal” Healthy Brain

Brain With Reduced Blood Flow To The Frontal Lobes

Frontal Lobes: High Road Logic
- Further from Thalamus
- Loses Blood Supply in “Fight or Flight”

The Amygdala: Low Road Emotions
- Closer To Thalamus
- Retains Blood Supply in “Fight or Flight”
Low Road: 1/17,000th of a second

United Airlines Assisting A Passenger.
Emotional Hi-Jacking

We Are Wired ALL To Be EMOTIONAL CHILDREN!

High Road: 2 to 3 Times Slower

Conscious Mind
5% - 10%

Subconscious Mind
90% - 99%

The Mighty Subconscious

SLOW DOWN and THINK!

Bruce Lipton Ph.D.
When we do not STOP and THINK …
We have the mentality of an evil 6 year old child.

“Son, bad things don’t happen to you because you have bad luck; they happen to you … because you’re a dumbass.”

EMOTIONAL INTELLIGENCE
Can You Control Your EGO & EMOTIONS?

SLOW DOWN and THINK!

Are There Real Differences Between Us Because Of Age?

Age Perspective:
Beloit College Test
WHY DO DIVERSITY PROGRAMS FAIL?

Radio Babies
Born Before 1945

Baby Boomers
Born Between 1946 and early 1960s

Generation Xers
Born in the early 1960s and the early 1980s

Generation Years (Millennials)
Born in the 1980s and the early 2000s

Age Categories

Radio Babies: Born Before 1945
Baby Boomers: Born Between 1946 and the early 1960s
Generation Xers: Born between early 1960s and the early 1980s
Generation Yers: Born between the 1980s and the early 2000s

Are Today’s Kids Spoiled?
“The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. They contradict their parents, chatter before company, gobble up dainties at the table, cross their legs, and tyrannize their teachers.”

--- Attributed to Socrates by Plato

**EMOTIONAL INTELLIGENCE**

Emotional Intelligence IS Tolerance

What Do You Think Of When I Say …

“TOLERANCE” or “DIVERSITY”?

What Is Diversity?

**ANYTHING** THAT MAKES YOU DIFFERENT

What Is TOLERANCE?

**NOT** Persecuting Those Who Are Different!
Is It Good To Have …

“Older Workers”
&
“Younger Workers”

Working Together?

Does It Make You
UNCOMFORTABLE
When Others Challenge Your Opinions?

Is There
REAL DIFFERENCES
Between Us?

REAL DIFFERENCES
End and The
STEREOTYPES
Begin?
Are There Differences Between Men & Women?

How Many Pairs of Shoes Do You Own?

How Many Times Can You Reuse A Bath Towel?

STIFF
STAINED
STINKY
STICKY

More African Americans Are Good Basketball Players Than Whites

All African Americans Are Good Basketball Players
White Men Can’t Jump

Old people are boring and stuck in their ways!

National Epidemic

“Hey, There Kids. Don’t Sit In Grandma’s Lap, ‘Cause Grandma Ethel’s Got The Clap!”

Don’t Judge A Book By Its Cover!
"I'll never make the mistake of being seventy again."

What Motivates Us?

Empathy

Stephen Covey Says:

Seek **FIRST** To Understand…

THEN…

Seek To Be **UNDERSTOOD**!
Priming IN … (Implicit Bias)

How We View The World

Projection OUT … (Confirmation Bias)

Priming IN …

How We View The World

You’re Not Learning Anything If You Are Talking.

Do We All See Things Differently

What Do You See?

Do You ASSUME You Know What You Are Looking At … Or Do You Educate Yourself First?
Empathy

Do You ASK BEFORE You Form An Opinion …

Or

Do FACTS Only Get In The Way Of Forming An Opinion?

CONFIRMATION BIAS

Who Would You Hire?
Will They Be Treated Differently?

Who Will Make More Money?

Every additional an inch of height someone has is worth $789 a year in salary. In other words, a person who is six feet tall with identical credentials and demographics to someone who is five foot five inches tall will make on average $5,523.00 more per year.

The Mighty Subconscious

90% to 99% of ALL our thoughts and our decision making comes from our SUBCONSCIOUS BRAIN, NOT from our CONSCIOUS thoughts.
When we do not STOP and THINK …
We have the mentality of an evil 6 year old child.

SLOW DOWN and THINK!

Do You Want To Reveal Your Biases and Prejudices?

www.implicit.harvard.edu

Implicit Association Test (IAT)

“When It Isn’t Written Down … It Didn’t Happen.”

DISTURBING
What Stresses YOU?

Can You Care TOO Much?

Can You Damage Your Brain With Your Thoughts?

FIGHT OR FLIGHT

Why Do I Forget Things When I Am Stressed?
DO YOU HUNT FOR WITCHES?

Your Brain Is Very Fragile … It Feels Like Soft Room Temperature Butter.

SOCIAL EPIGENETICS

“Normal” Healthy Brain

Brain With Depression, OCD, & Panic Attacks = PTSD

Damaged Goods

“Normal” Healthy Brain

Brain With Depression, OCD, & Panic Attacks = PTSD

Damaged Goods
Can You Damage Your Brain?

My Program

• Getting as many jackasses out of my life as possible,
• My own diet program,
• An aerobic exercise program,
• A strength training program,
• A regiment of vitamin and mineral supplements,
• A meditation routine,
• Monthly massages,
• Water: Drinking ½ my weight in ounces everyday,
• Spending time on hobbies, such as photography &
• Getting enough sleep.

How Do You “Rewire” Your Brain?

Neuroplasticity
Neurogenesis

Two Types of Stress

Performance

Eustress

Distress

Stress

Distress Chemicals

Flooding of ...

Adrenaline

&

Cortisol

Eustress Chemicals

Oxytocin

Dopamine

Serotonin

Endorphins

Telomerase

Do Your Annual Health Check

Do Your Annual Health Check

Get Your Physical
Do Your Annual Health Check

Fasting
Blood
Work

Thoughts, Hobbies & Friends

Veterans Who Cared For Others Suffered Much Less Depression & Anxiety

Close and loving relationships prevent depression, anxiety, suicide, heart disease, infections, hypertension and cancer.

Do You Hunt ForWitches?

Dr. Dean Ornish

Diet

Do You Hunt ForWitches?

Do You Hunt ForWitches?

Do You Hunt ForWitches?
Your Brain Burns 25% Of Everything You Eat

Your Brain Has No Fat Deposits, So It Immediately Burns Whatever You Eat.

Does Food Make Me Crazy?

Ate McDonald’s Three Times A Day For 30 Days

Gained 24 lbs. Depression

Heart Palpitations Mood Swings

Liver Failure Sexually Dysfunctional

Consumed Approximately 30 lbs of Sugar

1 in 4 Americans Eat Fast Food Everyday.

In 1972, we spent 3 billion a year on fast food - today we spend more than $110 billion each year.

Fat China

A Modest Proposal
Water

Drink HALF Your Weight In Ounces EVERY DAY

Exercise

Exercise Releases EUSTRESS Chemicals …
Which DEFEAT Distress Chemicals.

Exercise

You Make BDNF When You Exercise.
(“Brain-Derived Neurotrophic Factor” protein)

Tryptophan, The Precursor for Serotonin,
Gets Into Your Brain When You Exercise.

Aerobic Training

150 minutes a week of moderate aerobic activity.
or
75 minutes a week of vigorous aerobic activity.
Strength Training

At least twice a week.

Sleep

Humans sleep in 1.5 hour cycles.

At the end of a sleep cycle, humans go into REM sleep. That is when we dream.

It is also when our brain cleans out the excess cortisol and adrenaline
In the 1900, Americans got an average of 9 hours of sleep each night.

Today, we average about 6 hours of sleep each night.

Less than 6 hours of sleep?
Reduced blood flow to the brain.

Sleep therefore rejuvenates the brain.
Without it, we can actually become psychotic.

When you sleep at night, that is also when you transfer short term memory into long term memory.

Can’t sleep?
Exercise
Meditate
L-tryptophan
Melatonin
See a Sleep Specialist

What Does YOUR Brain Look Like?