

BRAIN HACKS

TO WORK SMARTER AND BUILD RESILIENCE

NURTURE YOUR BEST ASSET

Your brain is only 2% of your body weight but takes up at least 20% of its energy.

Feed and hydrate it so it can perform.



MAKE SLEEP A PRIORITY

Your brain flushes out toxins while you sleep, making it essential for proper cognitive function.

TUNE INTO YOUR GUT

Your body, particularly your gut, is an early warning system for stress and potential burnout.

What's it trying to tell you?



FIND EXERCISE YOU LOVE

All exercise is great for the brain and when you enjoy it, it will become a habit. And there is a bonus: enjoyable exercise releases a special neurotransmitter, brain-derived neurotrophic factor (BDNF), which encourages neuron growth.

GET OFF AUTOPILOT

Setting mindful intentions forces your brain to focus on what's important and spot opportunities. It will also filter out irrelevant information so you make better decisions.



SPARK IT UP

New experiences promote neuroplasticity, the brain's ability to adapt, rewire itself and grow. Learning something new outside work will make you think better at work.

KEEP AT IT

Lay down new neural pathways with repeated practise and focused attention. Develop a growth mindset: the belief that basic abilities will develop with dedication and hard work.



SOAR WITH THE EAGLES

You are the sum of the people you hang out with, so build networks of people who support and inspire you.

FIND YOUR FLOW


Enjoy the power of doing deep work.

Neurochemical changes during a flow state increase creativity, motivation, and learning.

WORK ASYNCHRONOUSLY


Switch off messages, emails and notifications, hide your phone and do one thing at a time, without distraction.



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