

**Brain Hacks: Shortcuts
to
Learning, Health and Well-being**

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CEREBRAL CORTEX

I can handle this. (what)

Eye contact moves the brain up to executive function.

The Heart -Mind Connection

Dr. Barbara Stone

Sit or stand with your feet about shoulder distance apart, toes pointing forward. Hold both arms in a scarecrow position with elbows at a 90 ° angle. Move open right hand up the midline and lift or move your left leg. Count 1. Move open left hand up the midline and lift your right leg. Count 2. Repeat movements counting to 10. Repeat the same exercise humming 10x.

MIDBRAIN

I am calm. (how, why)

Emotions don't make you mad; you make you mad. You and only you can create your emotions. Once you have created them, you have two options: you can act on them or be acted on by them; master them or feel hostage to them. Feelings drive actions.

Just after we observe something and just before we feel emotion, we tell ourselves a story. We add meaning to the action as well as motive and judgment. Based on our stories, our body responds with emotion. We can take control of our emotions by telling a different story. Our stories are our interpretation of the facts; they are our theories to explain how, why, what. It's our stories that drive our emotions. If we always react, the story is hardwired.

BRAIN STEM

I am safe.

BREATH: The Gift of Life

“Conscious breathing is the best antidote to stress, anxiety and depression.”

Amit Ray. [Beautify your Breath - Beautify your Life](#)

Movement feeds (oxygenates), grows (neurogenesis) and organizes (integrates) the brain.

Spooning the feet helps establish a strong connection with the metal in the hemoglobin in the blood and activates the body's energy fields to correct the electromagnetic energy in every cell in the body.

Marjorie Fein. Neurolymphatic Points

<https://www.youtube.com/watch?v=UcXSfZuvBAQ&nohtml5=False>

Shortcut #1

**Words determine thoughts.
Thoughts determine feelings.
Feelings determine actions.
Actions determine habits.**

An expectation is a resentment waiting to happen.

Jon Carroll

It is hard to appreciate what is, when you hold certain expectations of what should be. Expectations are stories you tell yourself about what you want and how you would like it to be. Let go of what is expected and be open to what is being offered.

Shortcut #2:

**The best sources of stimulation for the brain are:
physical exercise, mental exercise and social bonding.**

Dr. Daniel Amen [Making a Good Brain Great](#)

- Stimulation makes brain cells grow.
- Repeated muscle activity is the single most important element of brain development.
- The more the brain is stimulated, the more it will increase in size, processing speed, connections and new synapses..

Integration Movements

Making Connections

Do 28 same-side movements. (touch the elbow of the right arm to the right knee and the elbow of the left arm to the left knee.) 28x

Do 28 crossover movements. (Crossovers: touch the right hand to the left knee left hand to the right knee. 28x

Do 14 same-side
Do 14 crossovers
Do 10 same-side
Do 10 crossovers

Crossover Shoulder Pull

Place the right hand on the left shoulder. Inhale. Push fingers into shoulder and massage. Exhale. Pull hand across chest toward the right hip. Repeat with left hand on the right shoulder. Inhale. Push fingers into shoulder, massage. Exhale. Pull hand across chest to left side. 3x

Four Thumps

1. Tap Stomach points on cheekbone – settles stomach, provides emotional stress relief
2. Tap K-27 points in the indent about an inch below the collar bone – relieves throat, chest and back pain, helps deepen breathe, calms body
3. Tap Thymus in the center of the sternum, about 2” below the K-27 points – stimulates immune system
4. Tap Spleen points straight down beneath the breasts, over the next rib – lifts energy level, balance blood sugar, boosts immune system

Donna Eden, Energy Medicine

Drink Water

Weight divided by 3 = number of ounces needed daily

of ounces divided by 8 = number of glasses of water needed daily

- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicated 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers; 5 glasses per day decreases risk of colon cancer by 45%, slashes risk of breast cancer by 79% and decreases bladder cancer by 50%
- Fruit juice, soft drinks, coffee and tea are all diuretics—they fail to provide neutral pH water because the sugars bind to the water and are treated as food by the brain.

Carla Hannaford, Ph.D. Smart Moves: Why Learning Is Not All In Your Head.

Water carried by plants is one of the highest quality waters. Eat plants.

Gina Bria Hydrationfoundation.org

If using tap or bottled water, add a pinch of high quality sea salt, a squeeze of fresh lemon or lime, a celery stick, cucumber or splash raw apple cider vinegar to enhance hydration.

3 Signs of Dehydration

1. Fatigue
2. Not sleeping well
3. Sense of defeat, irritable, at a loss, depression, anxiety, water is missing in the body's cleaning system to dissolve cortisol

Shortcut #3: Feedback

Feedback is a tool for repair.

- Feedback: describes the solution in concrete, action oriented terms.

P_____ f_____ is a major muscle group of achievement.

Feedback speed is critically important. The speed of consequences is more important than the strength of consequences.

Normalize error: failure is normal; when students are punished for a mistake or falling short of a goal, an environment of extreme caution is created

- Be open
- Be direct
- Use a strong voice: use fewer words, do not talk over people, stand still
The synergy of conscious problem solving and automaticity develop through practice. Rote learning works in synergy with deep thinking. Look for more complex and subtle skills that may respond to automation.
- Practice how to response when engaged in negative interactions:
 - **keep head up, eye contact engages executive function**
 - **focus on issue,**
 - **apologize if necessary,**
 - **respond immediately if a someone else is requested**
- Reflect after ample practice.

Lemov Doug, Erica Woolway and Katie Yezzi. Practice Perfect. 42 Rules for Getting Better and Better. Jossey-Bass. 2012.

Banks, Amy. M.D. and Leigh Ann Hirschman. Wired to Connect. The Surprising Link Between Brain Science and Strong Healthy Relationships. New York: Jeremy P. Tarcher/Penguin.. 2015.

Respect

This person can handle this situation and these feelings.

The Four Agreements

Don Miguel Ruiz

1. Be Impeccable with Your Word.

Speak with integrity. Say only what you mean. Refrain from using words to judge, indulge in guilt or shame, blame, criticize or gossip. Take responsibility for your actions.

2. Don't Take Anything Personally.

Nothing other people do is because of you. What others say and do is a projection of their own reality. Let go of the habit of feeling hurt because of what others do or not do and say or not say.

Q tip Q _____ t _____ i ___ p _____.

3. Don't Make Assumptions.

The mind needs to justify, explain and understand everything in order to feel safe.

We make assumptions about what others are doing or thinking, taking it personally. Then we blame them and react by sending emotional negatives with our word, creating our own drama. The way to keep from making assumptions is to ask questions until you clearly understand and say what you really want.

- We tend to believe that if people love us, they should know what we want or how we feel.
- We tend to believe that everyone sees life the way we do.

4. Always Do Your Best.

Your best is never going to be the same from one moment to the next. When what you do is less than what you're capable of doing, there's a gap. The gap is where depression, anxiety and disillusionment reside. Practice continuous improvement.

Brian Johnson www.experiencelife.com

Frumi Rachel Barr, MBA, PhD www.100mustreads.com

Immature EMPATHY

1. Sharing similar experiences from your own life.
2. Offering sympathy
3. Giving "fix-it" advice
4. Offering humor to lighten the situation
5. Reassuring
6. I told you.

Mature EMPATHY

- 1. Mirroring**
- 2. Validating**
- 3. Empathizing**

Let me see if I understand you correctly. You said....

What you are saying makes sense.

I can imagine that you might be feeling.....

Slow the buildup of amyloid beta and tau tangles!

Sleep

Exercise

Eat Healthy Foods

Drink water

Meet new people.

Read.

Learn new things.

Participate in new experiences

https://www.ted.com/talks/lisa_genova_what_you_can_do_to_prevent_alzheimer_s?language=en

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