



IF I KNEW

How my Brain Works,
I Could Use it to Maximize its
Potential

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IF I KNOW

- How my Emotions hi-jack my thinking ability
- How to push the pause button long enough to bring back my thinking ability
- I can develop my own unique way to do that
- I can 'RESPOND' rather than 'REACT' most times



IF I KNOW

- That chemicals mediate my moods
- How long it takes to mop up the mess
- That moods are contagious and how
- I could consciously turn around the mood I don't want to be in
- I can choose my 'default' mood
- I will spread positive moods and create positive atmosphere



IF I KNOW

- That the chemicals that cause moods have effects on other body functions
- That these chemicals can turn off or turn on Creative thought processes
- I can protect my body from the harmful effects of some mood chemicals and create the nurturing environment for my cells to thrive



IF I KNOW

- How I know what another person must be feeling
- How I know that I can trust somebody
- I can knowingly develop empathy and rapport and that will help me to get along better with people
- I would know how to gain the trust of others



IF I KNOW

- That the quality of my relationships affects the way I handle stress
- That both personal and professional relationships have an effect on health
- I will realize the importance of relationships at a physiological level and protect myself and those I care for more effectively



IF I KNOW

- What Stress is and how it affects my body
- I can PREVENT stress at its point of generation or nip it in the bud



IF I KNOW

- That Perceptions and Beliefs have effects on the chemical environment of my cells
- I can protect myself from my own thoughts



IF I KNOW

- Why Anger is an important emotion
- What anger does in my body
- I can make sure that what I get angry about is important
- I will regulate anger so that it does not harm me and becomes useful instead



IF I KNOW

- How my Thinking potential responds to challenge
- I can Maximize my Learning
- I can tune the challenge to my capability and prevent burn out



IF I KNOW

- What is Flow and how it feels
- Why work and performance gives me joy
- I can enjoy the process and keep raising the bar to better my own performance
- I can be self-rewarding



IF I KNOW

- That people have different thresholds for stress and what they perceive as threats
- I can manage and lead with awareness and bring out the best in my team



IF I KNOW

- That Decision Making is related with the Emotional Management in the brain
- I can be more aware about the role of emotional inputs, intuition and value systems and arrive at wholesome decisions and be more confident when consequences are uncertain



IF I KNOW

- That the ability to Delay Gratification is a function of the brain, and how this ability translates into real world success
- I can consciously develop this ability and look for it in others



IF I KNOW

- Which parts of my brain help me to tide over difficult periods of life
- I can develop this tissue during the good times to prevent breaking down in times of hard-ship



IF I KNOW

- How social pain, such as pain of rejection is felt in the brain and how it spurs reaction
- I can be mature in handling social setbacks and avoid indulging in behavior I would have to regret



IF I KNOW

- What Ego is and what effects ego problems have on the thinking brain
- I can continue to think constructively in the face of ego problems
- I can deal with ego problems effectively and move on
- I can understand why people react under ego threats and learn to take preventive steps



IF I KNOW

- What Fear is and what it does in my body
- I can recognize fear
- I can deal with the causes to minimize fear
- I can rise above fear when the situation requires it
- I can work on reducing fear



IF I KNOW

- What hampers and what nurtures creativity
- I can be my own motivator and developer
- I can create conditions conducive to creativity
- I can surprise myself



IF I KNOW

- How Meditation affects the brain
- What I can do if I don't want to meditate
- I can choose my own beneficial activity and nurture my brain



IF I KNOW

- What activities help my body and brain to manufacture the best chemicals for health and well-being
- I can carve my own road to positive health

Wishing You
Personal Empowerment
and
Positive Health

Thank You for your Time