

Appendices for Parental Focus Group – March 2019

Action Your Potential Workshop - 12th February 2019

The power of neuroscience.

Toxic culture or weaker humans?

600 million people worldwide suffer depression and anxiety.

Social shallowness - social media.

Are they a snowflake generation - no.

We are more robust than we think we are.

1:4 children is dealing with stress, anxiety, depression.

Self-care is the partner of productive, effective work.

Well-being is a skill.

Our brains need us to take care of ourselves.

Treat well-being as a skill you will experience a more positive mood, motivation, productivity and resilience.

Joy of life - prioritise the things that make you okay.

Do the rocks every day and you will feel good.

Rock 1: Sleep

Less than 6 hours sleep and you will be anxious the next day.

Which chrono-type are you? Owl or lark or in-between?

Memory improves if you leave a little gap between the learning.

Sleep space - dark - cool - no distractions.

Wind down before going to bed.

Maximise sleep - have a hot bath / regular routine / avoid caffeine - at least 6 hours.

Sleep restores memory / clears brains.

Rock 2: Exercise

15-20 minutes a day.

Exercise helps memory and thinking direct and indirectly.

Joe Wicks HIIT - 10 minute Youtube.

Nike training app on your phone.

Rock 3: Eating the right food and **drinking** enough water.

Rock 4: Mindfulness

10 minutes a day.

Focus on your breathing.

Use an app or focus on something as you walk.

Mindfully eating.

Rock 5: Mind Wandering

Rock 6: Emotions, notice, accept and share.

Accept and share emotions.

Anger - fear - sadness - disgust - surprise - happiness

It is alright to have negative emotions.

Para-sympathetic nervous system.

Healthy nervous system.

Unhealthy nervous system - sees threats everywhere. Alternates with ...

Get the balance right.

Find your physiological brake.

Listen to calm music.

Visualise a restful scene.

Rock 7: Walk outside in nature

Get up and walk outside.

Rock 8: Listen to music

Music does amazing things to the brain. Helps to manage mood.

Alive inside - a story of music and memory 2014 Sundance Festival.

Rock 9: Connect meaningfully with friends and family

Rock 10: Gratitude and kindness every day

Count your blessings.

Be grateful each day.

Random acts of kindness.

Rock 11: Engage with your life's purpose

Hobbies

Put more of what you enjoy in your life.

Rock 12: Learn - Play - Create

Everybody does, but not everybody loves.

No such thing as a

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Video on Perfection.

No such thing as perfection.

Be real and be loved - try not to live up to something you are not.

Embrace your mistakes.

True success is being yourself.

Being authentically you.

Small steps / big changes.

Fear and avoidance = anxiety.

'Authentically you' - authenticity is the daily practice of letting go who we think we are supposed to be and embracing who we are'.

60-70% of our thoughts are negative.

Neuroplasticity means we can grow and change our brains.

Be kind to yourself.

Change begins with some failures.

Empathy is the secret sauce that helps us understand anxiety, delve beneath it and help people.

Anxiety tries to keep us safe.

600 million people worldwide suffer from depression and anxiety - 'you are not alone'.

60/70% of our thoughts can be negative.

When anxious you think badly and therefore make poor decisions.

Fear and avoidance - anxiety.

Need to help pupils learn how to cope.

You can snowplough - clear a path for them.

Grow coping skills.

13 habits

Negative emotions should be avoided and pushed away.

Building our emotional palette

- use music

Build the neural architecture of mindfulness.

Engage with your emotions.

Habit 2

Note noticing sensory overload and cognitive load.

Be kind to yourself when you feel challenged.

Know where your overload is - rate days.

Habit 3

Niche construction.

Anxiety extends beyond the person and starts to control people in the environment. This niche construction stops natural development of coping skills.

Habit 4

Unhelpful expectations

Don't go into the day with unhelpful expectations otherwise you become anxious.

Habit 5

Hypervigilance leading to catastrophizing - sees threats everywhere. Be vigilant of this - don't overthink. Record the worry - rationalise it away. Write the problem down then their brain can look at it. Most worries are solvable.

Habit 6
Rumination - over-think.

Habit 7
Cognitive rigidity - says no to everything.

Habit 8

Habit 9
Very poor problem-solving.

Habit 10
Blame - blame gives us some semblance of control. Discharging of comfort and blame.
Discharging of emotional pain.

Habit 11
Toxic self-blame and shame.

Habit 12
Exceptionalism - why does it only happen to me? Can be quite full of self-pity.

Habit 13
Change is bad (cognitive rigidity in disguise).

Deliberate practice - deliberate rest.
12,500 hours of rest
30,000 hours of good sleep.

7 practices

1. Do your rocks.
2. Use music to develop your emotional palette.
3. Use noting to track emotional ups and downs and trigger spots.
4. Go low brain response spotting.
5. Map your zones - comfort.
Where do you feel fine?
Where do you feel underwhelmed?
Where do you feel overwhelmed?
When you feel like giving up - stop and rest
Bridge between despair and hope is sleep
6. Measure your daily events.
7. Develop calm down routines.

Identify a challenge
- set a goal in relation to it
- what will success look like

Curiosity
Awareness
Kindness
Expectations

You are stronger than you can possibly imagine.

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Video - are you a chicken or an eagle?

Character is the ability to carry out a resolution once the excitement has gone.

Sin is to miss your mark - don't be the chicken, be the eagle. Story of Icarus.

Don't be too humble - don't aim too low.

Are you in the comfort zone too much? Fortune favours the bold. The cave that you fear that holds the treasure.

Be authentically you.

Don't blow opportunities.

Don't be mediocre.

'New Year ... New Me'

Low brain zone when you start being negative.

Ch 1 - Your in-cranium kit

What's in your head?

Hundred billion neurones in your head.

A Glia cell - nerve cells - wash the neurones out.

When you learn something new, your neurons are going slowly. If you want to get better at something practise each day. Skills and learning result from huge collections of neurons firing and wiring together.

Learning is ... the movement of skills and information from short term memory to long term chemical mastery.

Ch 2 - types of learning

Your brain is wired to learn highly complex tasks instinctively.

We are all master instinctive learners.

Non-instinctive learning takes place in school.

Selective attention - video clip.

Ch 3 - Neuroplasticity

Our brains change all the time - adaptable like plastic.

All have the ability to learn and change.

Repeated direct attention to rewiring your brain - you can.

Practice makes progress not perfection.

Naïve practice - getting good enough. OK at something.

Purposeful practice - choose something to work on every day (marginal gains).

Deliberate practice - great for exams.

Must have rest - 30,000 hours of good sleep.

We can all re-organise our brains.

We all need to be emotionally agile.

'There are plenty of difficult obstacles in your path. Don't allow yourself to become one of them'.

Low brain to get your own way.

We respond to emotional experiences in one of three ways:

- Bottlers (men/males)
- Brooders (women)
- Being able to move on / accepting

Discomfort is the price of admission for a comfortable life - need to become OK with difficult emotions.

All have to experience stress and discomfort.

Be compassionate with yourself - more forgiving.
Develop your emotional palette - what went well today / why / how did I feel? What didn't go well?
Remember the 13 habits of anxious minds (last seminar).

Belief and passion are the Duracell bunnies of change.
Stress is / can be good for you.
Change your mind about stress.

Scripts common to all human-beings:

- I am not good enough (remember we are all imperfect).
- I always make these mistakes (mistakes are opportunities for learning).
- I am unlikeable or unlovable (we all have strengths and weaknesses). Care for yourself.
- Everyone is doing better than me. (Everyone fights battles). Comparison is the thief of joy.

Power of Belief

Building the best you.
'The future has already arrived. It's just not evenly distributed'.
Processes of deliberate rest (your 12 rocks).
Processes of deliberate practice.
Processes of deliberate development - where am I going next - mindset.

Our days should be filled with the above.

Identify a challenge.

Teenage brain.
Between 12 and 21 bits of development - sprouting and pruning.

Worries - the dark side of neuroplasticity - amplified by the low brain.
Problem catching sheet (proforma on website).
Helps you solve your worries.
Exercise daily - eat well - practise mindfulness - 12 rocks to help develop neuroplasticity.

Ch 6 Habits [4 and 5 are not labelled]

Do a habit audit.
Choose a bad habit and replace it with a good one.
Use flashcards to learn key words.
Do the hardest things first.

Ch 7 Building study habits

Study daily inside and outside of school.
Learning is a marathon - bits at a time.

Don't be a procrastinator.
Don't be a perfectionist.
Be a climber - work steadily - a little bit each day.
Goal - focused tasks.
'Have to' tasks.
The 12 Rocks of Well-Being.
Create study habits - manage time - the curse of 'can't be botheredness'.
Build memory - elaborate and engage with material.

Brain management for successful study.

Right attitude for learning.

Motivation and mindsets - normalise struggle.

Get the high brain in the right place.

'These Little Wonders' video clip.



Teen Sleep Tips

AVOID

Screens of any kind in the hour before bed



Overly stimulating bedroom environments

Sugary foods or heavy meals



Caffeine or energy drinks - ideally from lunchtime

High intensity exercise in the hour before bedtime



Hot chocolate can also often be sugar-loaded!

TRY



Reading books or a magazine

Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar



Warm milk, water, or herbal tea such as camomile

Invest in an alarm clock rather than using the alarm on your phone



Exercise during the daytime, and have an hour of relaxation time before bed

Keep your bedroom environment calm and device free

