STARTUP yoga

Work hard, rest hard!

Noraly Meeuwisse

- 10 August 2022 -

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From *Zuidas* lawyer to fulltime yogi.

From RSI to burn-out.

From running "the rat race",
to running a mission:

creating stress awareness and
reducing stress within corporates.

Two stage track burn-out prevention:

Track 1:
knowledge about stress

Track 2:
experiencing how you can decrease your stress level

Wat is stress?

Reaction to a trigger

emotional, behavioural, mental, physical

HPA-axis:

reaction between hypothalamus, pituitary glands & adrenal glands

adrenaline: direct effect, active & alert

cortisol: >30 min, fuel for brain & body

short term vs.

chronic stress

less creative

less productive

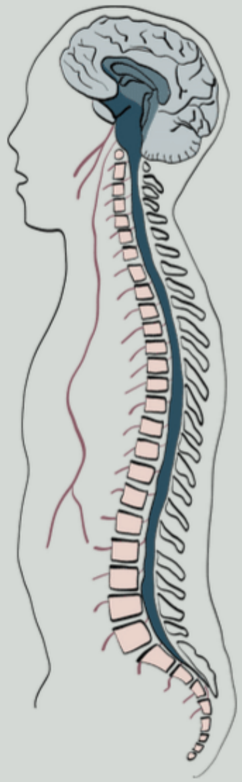
less concentration

burn-out

alzheimer's;

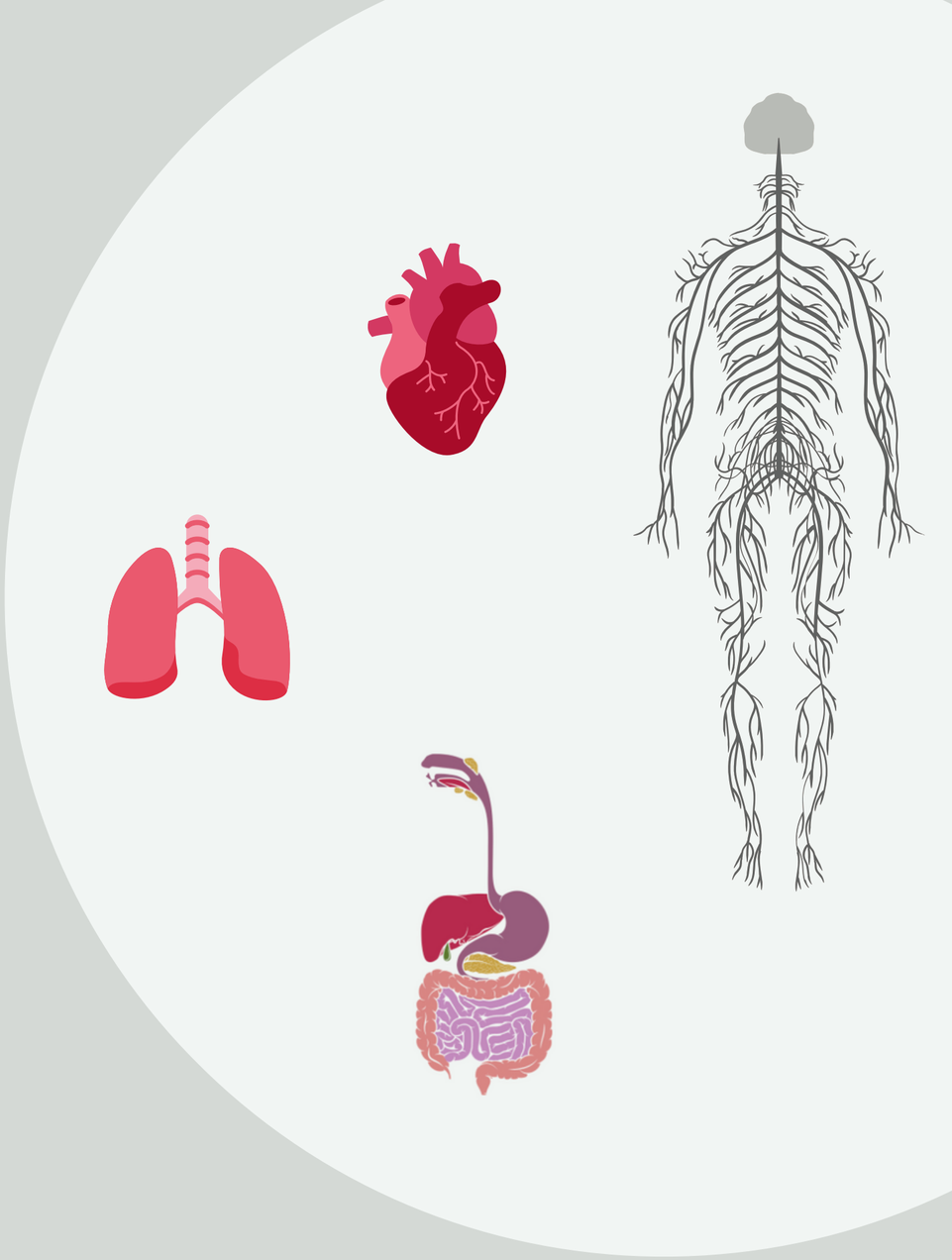
loss of connections between neurons & fewer brains cells being made

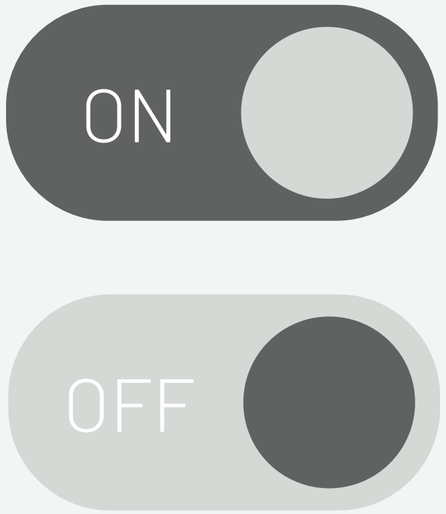
The nervous system



« *central*

autonomic »

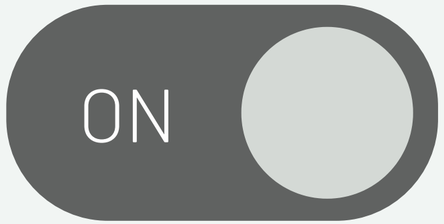




The autonomic nervous system

sympathetic part

parasympathetic part



Fight & flight

sympathetic part

Fight & flight

non-essential systems shut down:

digestive & immune system

sick more often

ON

brain's fair centre (amygdala) raises the alarm faster and faster:

stress level builds up

downward spiral

overstimulation of brain:

more alert (overprikkeld)

more sensative to noise

Physical reactions & stress signals

vaque symtoms / complaints

increased muscle tension

RSI

adrenaline: makes you active and alert

cortisol: creates fuel for brain & body

higher heart rate:

blood pressure increases

rushed feeling

shallow breathing

pressure on chest

Fight & flight

isolating oneself

insomnia

exhaustion

headaches

psychosomatic / emotional

running away (verdoven) by:

smoking more, drinking (coffee), eating fast food, etc.

behavioral signals

less emphatic

short fused (kort lontje)

reduced ability to think

never in the "now"

tunnelvision

easily distracted

reptilian brain

less in touch with intuition

mulling (piekeren)

social problems

foggy mind

seeking tension & excitement

forgetful

indecisiveness

So... do you recognize your stress signals ?

make a (mental) note of your top 3 stress signals

Switching to "on" is fully automatic

(used to be) useful!?

culturally evolved, yes!

physically evolved, not so much...

jungle vs. office jungle?

your brain doesn't make the distinction between real danger and fake danger

after surviving, our ancestors:

could rest, restore & recharge ,
while we have a to much to do in to little time and a lot of stressors...

What causes you stress?

caring about what others may think of you

comparing yourself to others

negative judgments about yourself
(your body, behavior, achievements)

feeling the responsibility to live your best life

fear of missing out

overchoice (keuzestress)

private matters
(e.g. divorce, grief, illness, moving
financial problems, getting married,
having a newborn / raising a child)

having a conflict
(e.g. with a supervisor, colleague,
client, friend, relative)

experiencing severe responsibilities at work / home / social live
(feeling you are irreplaceable)

not enough time to do all your work (well)

unclarity re expected work tasks

extrinsic ambition (based on others' expectations)

notifications of phone, mail, whatsapp, etc.

unrealistic targets and deadlines

multitasking

(unhealthy) perfectionism

little influence on tasks to be performed

So... do you recognize your stressors ?

make a (mental) note of your top 3 stressors

Fight & flight

ON

overexploiting your body like an elastic band

the stretch goes out eventually

base stress level increases

downward spiral

harder to reverse due to tunnel vision

Your stresslevel keeps builds up...

without a proper stress antidote

like breathing techniques, yoga or nature walks

cortisol level increases

running on spare energy, powered by adrenaline

burn-out numbers: 17% of working population

Rest & digest

parasympathetic part

Rest & digest

OFF

better sleep

recharge

Inhibits the production of stress hormones:

recover

cortisol

reset

adrenaline

beginners mind / curiosity

Physical reactions

making fun

& positive consequences

heart rate decreases

deeper breathing

connecting with yourself and others

productivity & focus

creativity

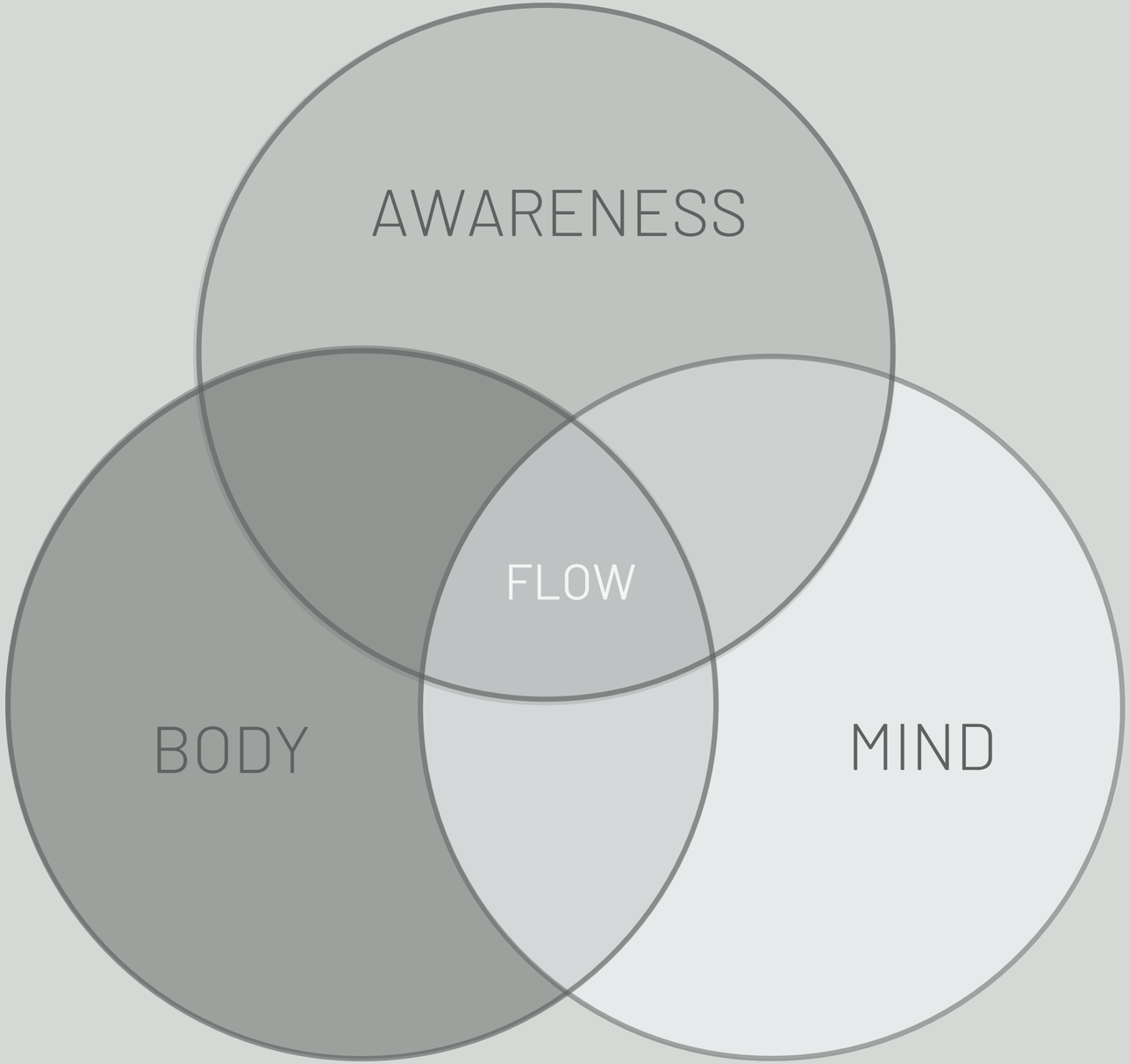
less change of depression & anxiety

>20 min. of relaxation

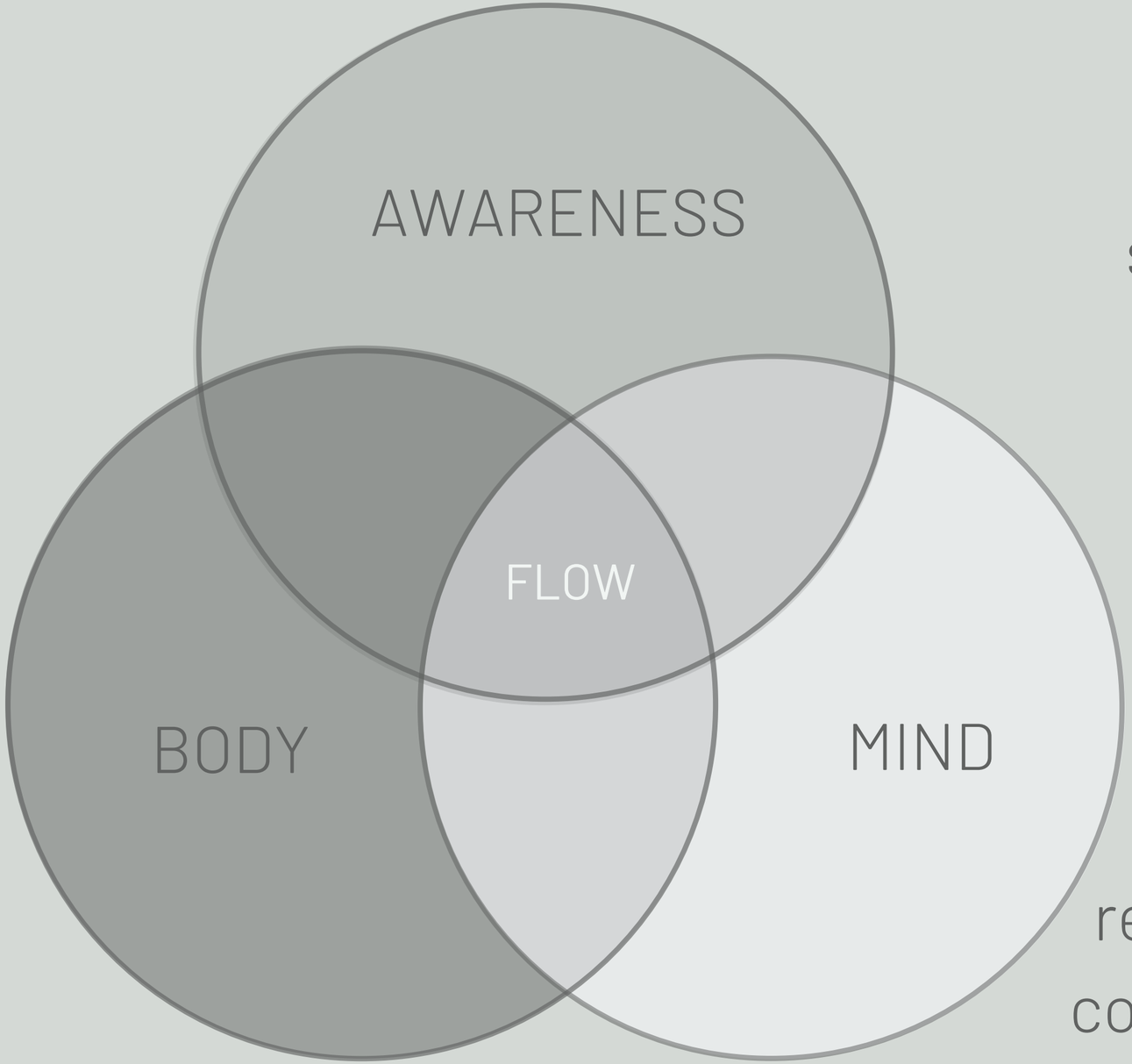
Rest & digest

What does (not) work?

Balance



Balance



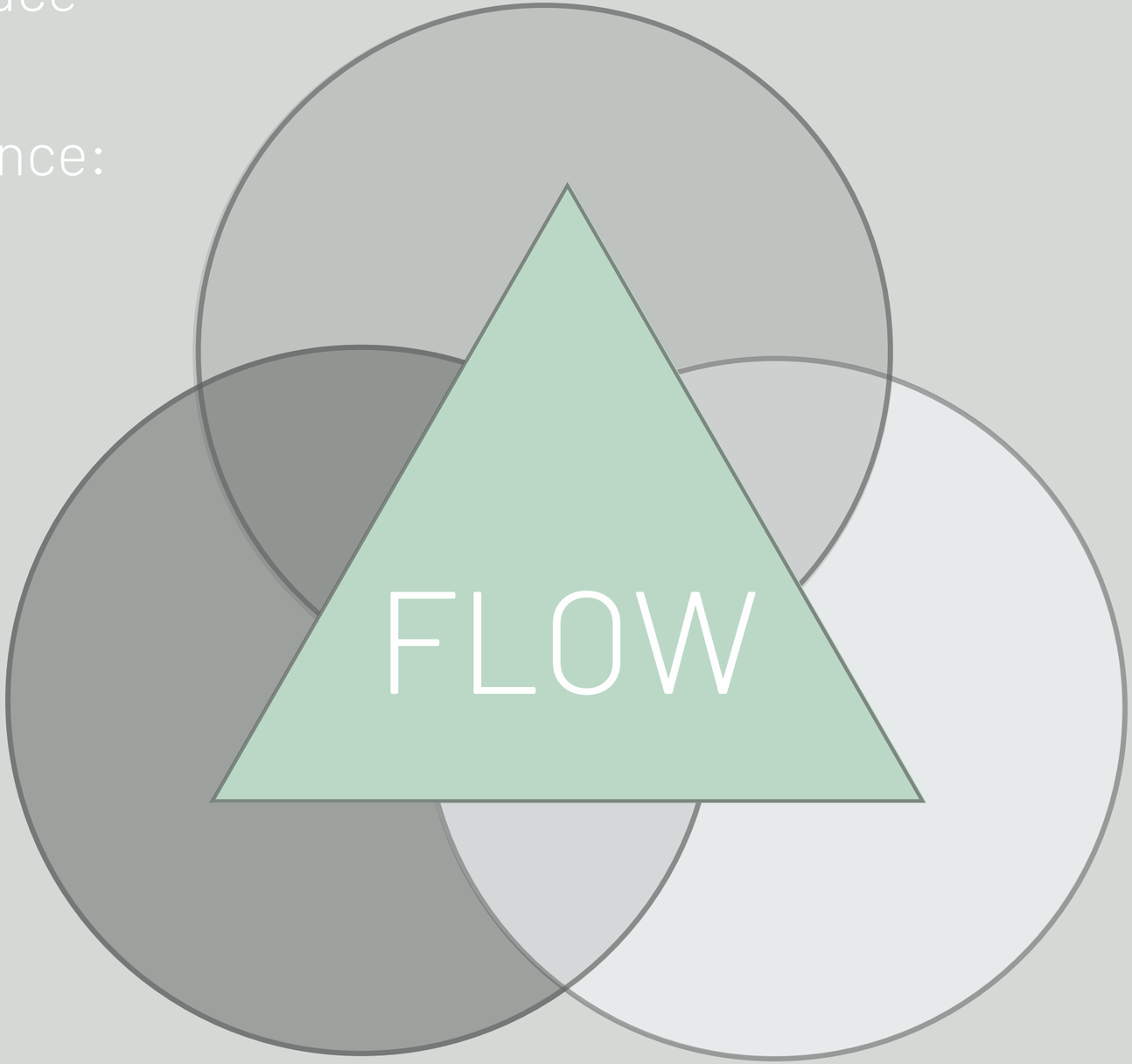
awareness of:
monkeymind &
signals of body

exercise
healthy nutrition
& sufficient sleep

working
reading & studying
coach & psychologist

Tips & tricks to reduce
your stress level,
based and find balance:

- body
- awareness
- & mind (at work)



Body

BREATH

Body

oxygen vs. carbon dioxide

15 vs. 6

nervus vagus

fight / flight
to
rest / digest

Breathing technique:

4 - 7 - 8

EXPERIENCE
YOURSELF

MINDFULNESS

Awareness

FUTURE!

NOW!

NOW!

NOW!

NOW!

"The best and happiest of living is like playing music in a way that is enjoying each note, not playing to get to the end of the piece."

- Alan Watts -
philosopher

PAST!

Benefits of mindfulness

to be practiced in every moment

no need for a break or silence

more concentration

more productive

more creativity

more positive

"Pay attention to your attention,
so your attention grows."

- Wouter de Jong -
mindfulness expert

less stress

less anxiety

less reactive

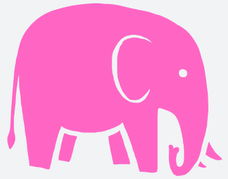
less mulling thoughts

Awareness

monkeymind;

suppressing or distracting?

> 50,000
thoughts per day



monkeymind:

- To-do lists, judging & doom scenarios
- Default network runs automatically, continuously searching for tasks and problems

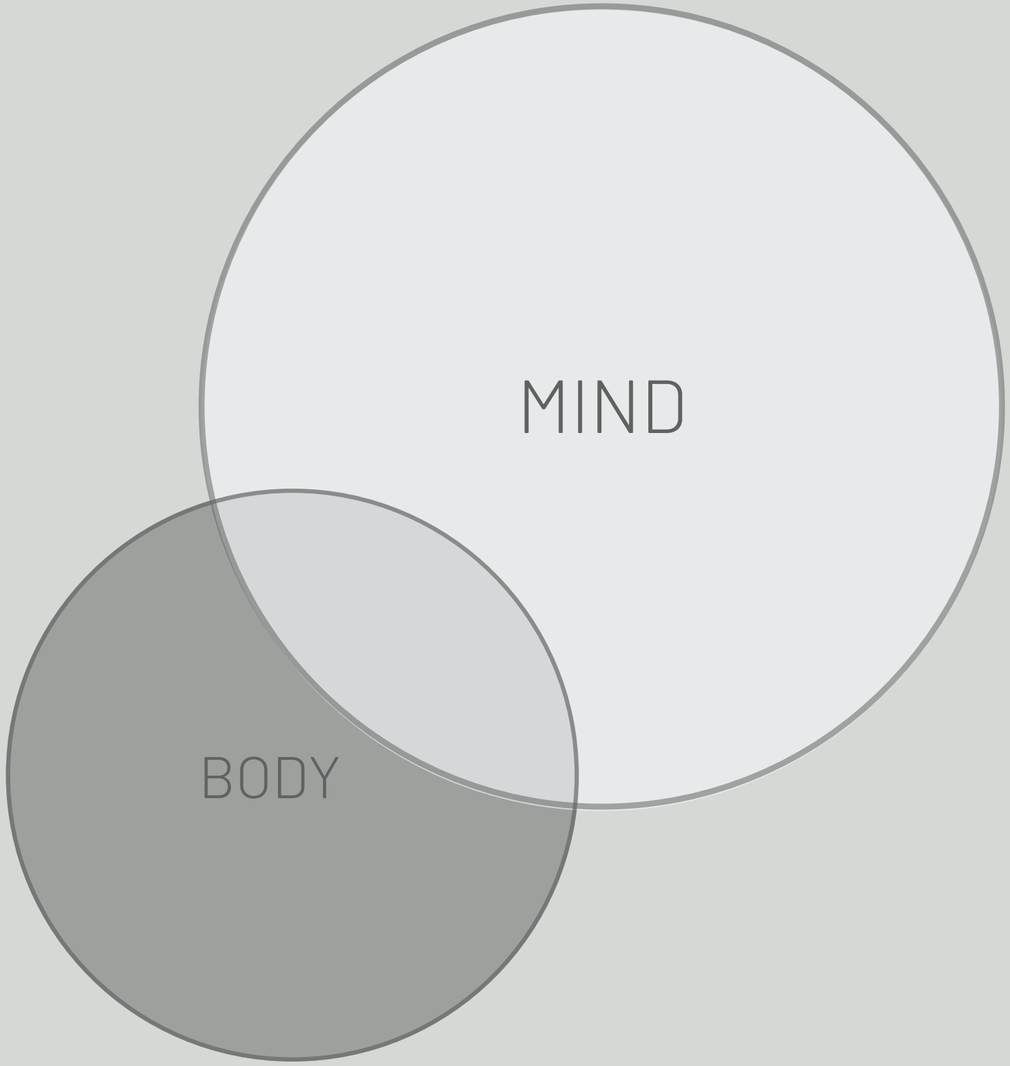
less awareness:

- more mistakes, less focus & less productive
- more reactive to internal & external stimuli
- missing out on the fun
- running on autopilot; more destructive patterns

Mindfulness technique: meditation

EXPERIENCE YOURSELF

"Walking Head"



Mindfulness technique:
bodyscan

EXPERIENCE
YOURSELF

Training awareness by doing yoga and ...

yin yoga is a combination of:

observing thoughts, physical sensations and boundaries

practice small (on the yoga mat) as preparation for normal daily life

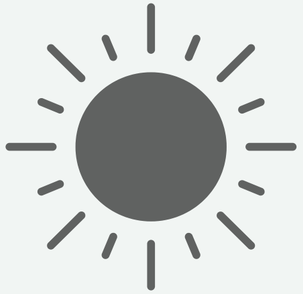
mindfulness (as each pose is hold for 3/5 min)

breathing techniques, mediation and bodyscans

radical rest and stress releasement

experiencing the difference between stress, tension and relaxation

conscious coffee breaks



enjoying a sunray on your face

reading a book, but: with your phone in another room

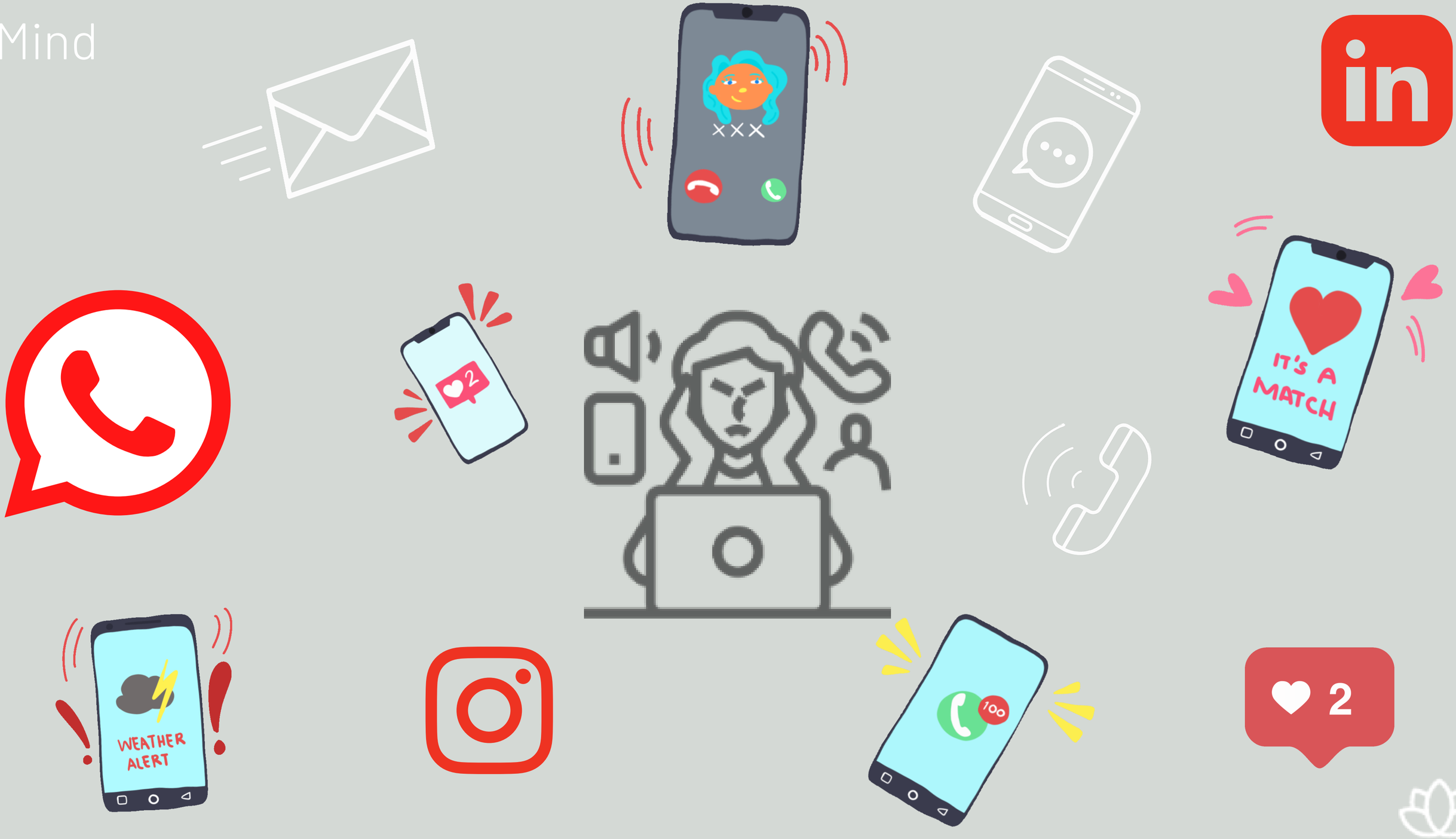
walking in nature, but: without music, podcasts, calls, etc.

cuddle a pet

MIND AT WORK

attention

Mind



Mind

Switching costs mental energy

Challenge?! check your email only 3 times a day

So...,

get rid of your notifications!

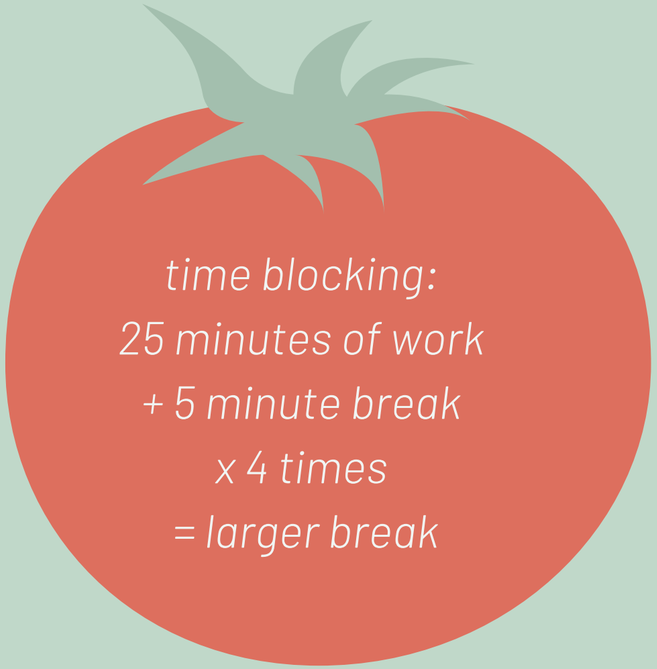
brain neurons need oxygen and glucose to survive

Free yourself of the cognitive loop

18 times per hour vs. 37 times per hour

Mind

Pomodoro



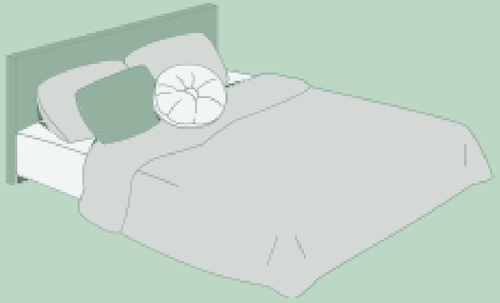
Eat that frog

2 - minute rule

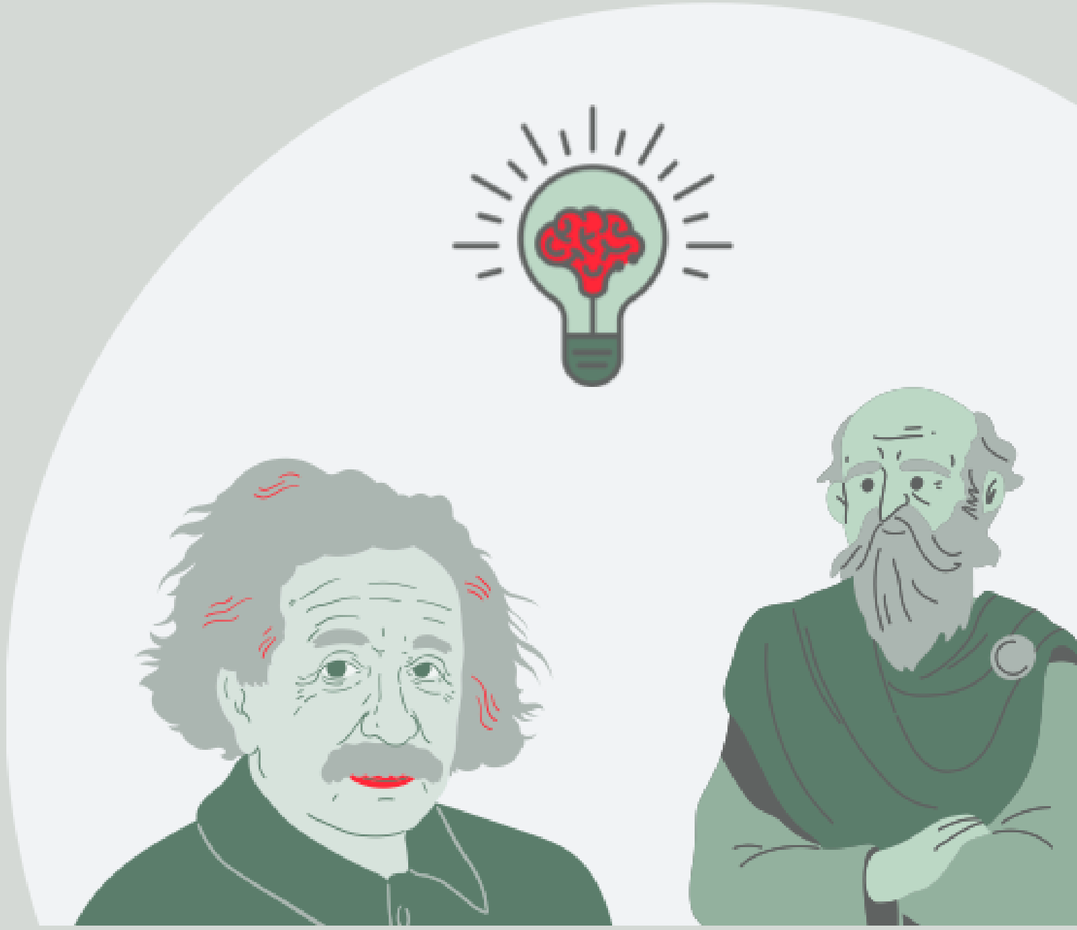
MIND AT HOME & WORK

Mind

The 3 B's



of creativity



Morning routine

less rushing
more me-time / selfcare
more mental energy
less overchoice

Prioritize

Do I need to do this now?
Do I NEED to do this now?
Do I need to do THIS now?
Do I need to do this NOW?

after work routine & *evening routine*

So... what do you want to include in your daily routines ?

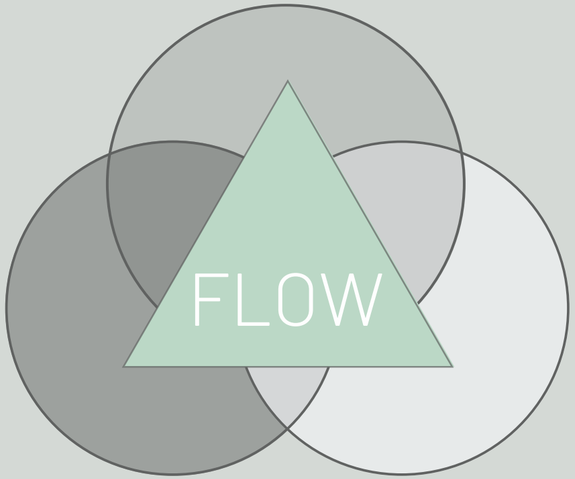
make a (mental) note thereof

FINAL PRACTICAL TIPS & TRICKS

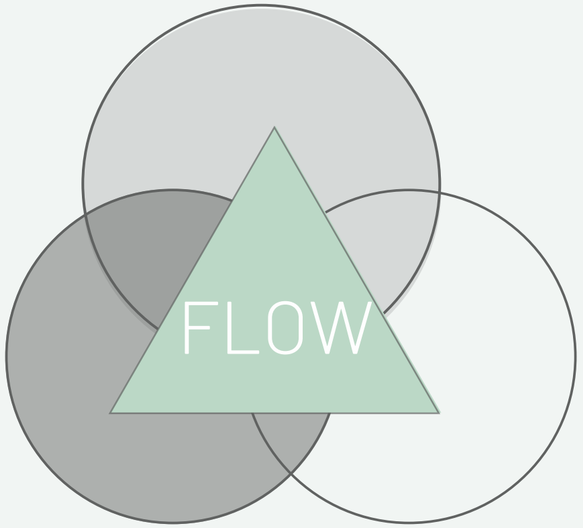
Final practical tips & tricks

Apps:

- Breathe
- VGZ Mindfulness coach (NL)
- InsightTimer (NL & EN)
- Online Bieb (*www.startupyoga.nl*)
- Pomodoro



Final practical tips & tricks



integrate one "new-to-be" positive habit at the time

practise gratitude

schedule me-time, be a rebel and cancel some appointments

enquire on your stressors, stress signals, energy givers and go-to relaxations

keep checking in during the day

take a breath-break

STARTUP yoga

Q&A

1:1
coaching

: hello@startupyoga.nl