Avoid Burnout and Beat Stress Addiction
A Brain Based Approach to Health and Performance
The Human Energy Crisis
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Energy Capacity Chart

Volume

Age (Time) 30

Demand Capacity
Got Stress?
What is Stress?
Fight or Flight?
Types of Stress

Acute Stress
- Increase in adrenaline
- Increase in heart rate
- Increase in blood glucose
- Improved immune system
- Improved short-term memory
- Hyper-sensitization

Chronic Stress
- Increase in cortisol
- Continued stress on heart & arteries
- Excess glucose stored as fat
- Decreased immune functioning
- Poor decision making
- Desensitized to stressors
The Brain Recharge Process

1. Balance
2. Build
3. Boost
Step 1: Balance
Step 2: Build
Step 3: Boost

Train Your Brain
Endurance
Got Rhythm?
Got Rhythm?
Got Rhythm?
Got Rhythm?
Got Rhythm?
Create Your Optimal Performance Pulse

What one shift will you incorporate immediately?
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