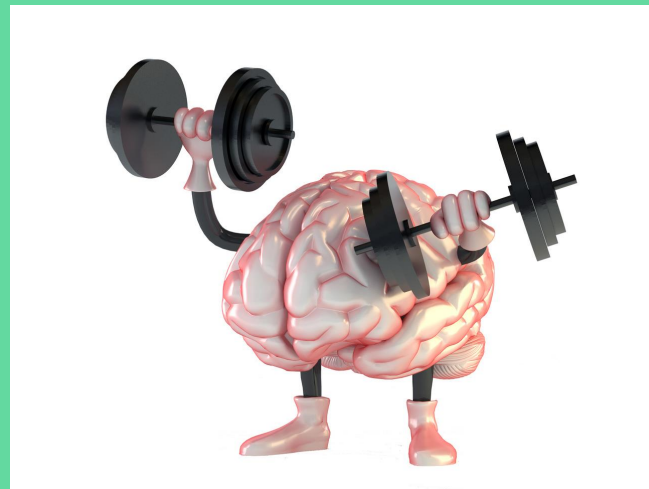


How to Create More Success with Less Stress

Build Mental Fitness with 3 Core Muscles



National Association of Benefit and Insurance Professionals (NABIP Georgia)

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What Causes you Stress?



What Actually Causes Stress?



***It's not the situation itself;
it's how you think about the situation.***





Mental Fitness

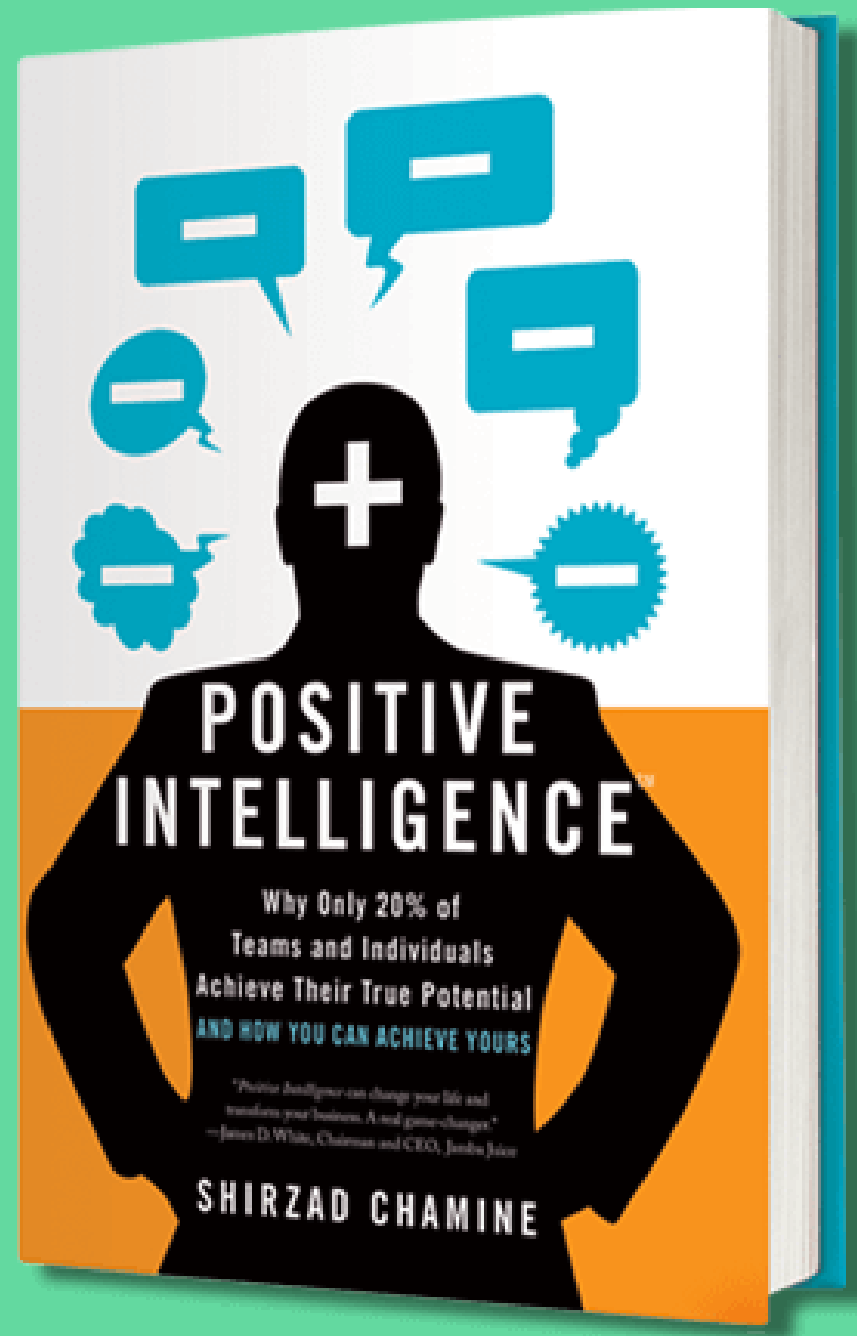
Definition

Your capacity to respond to life's challenges with a positive rather than negative mindset.



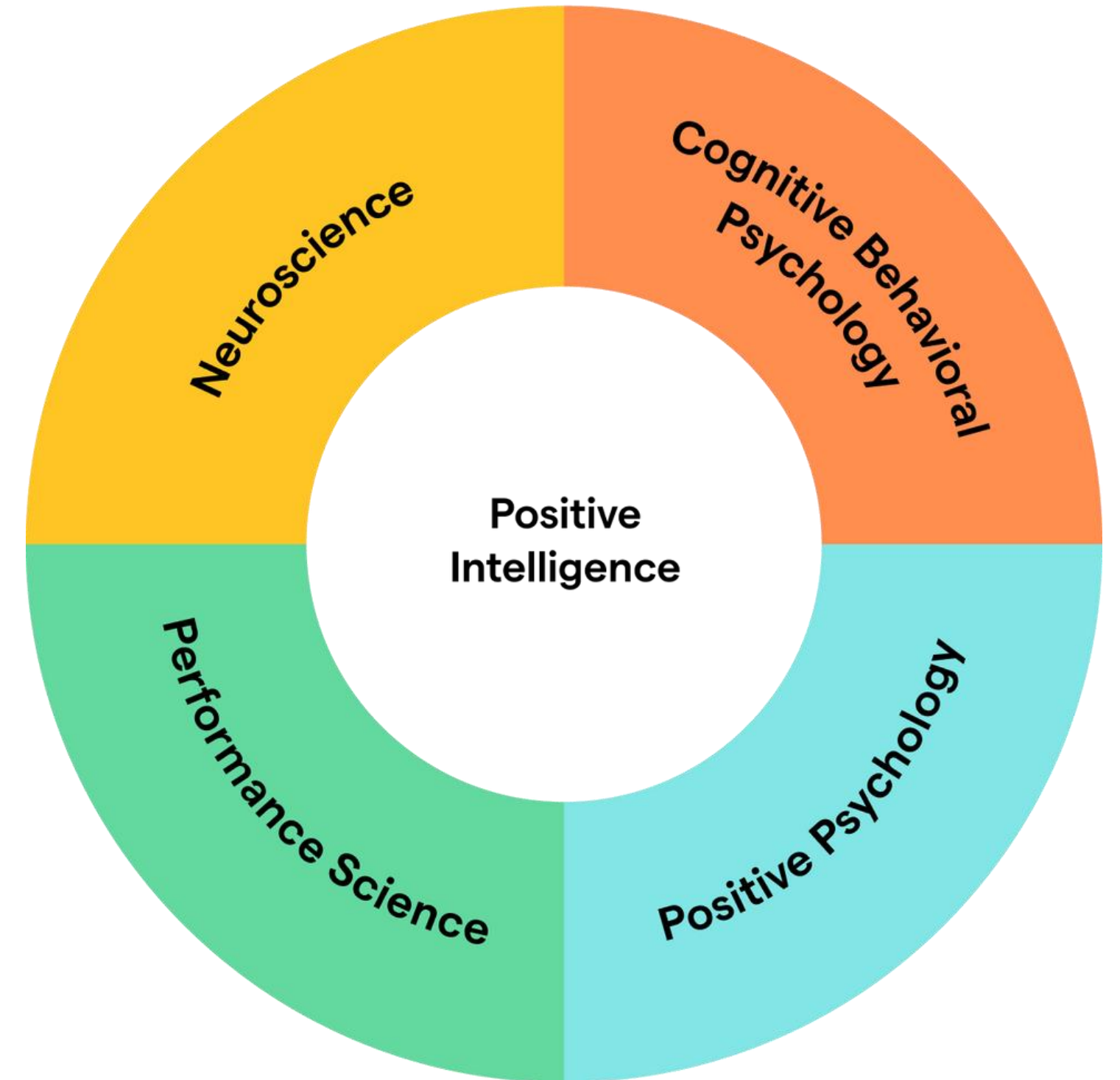
Impact

- Improved Performance
- Peace of mind/wellness
- Healthy relationships



Based on the work of Shirzad Chamine

Research Foundation: synthesis of recent discoveries across several disciplines and Factor Analysis



Factor Analysis

Discover the root levels of performance and wellbeing

Only 3 core muscles are at the root of mental fitness

Saboteur Interceptor

The ability to recognize, intercept and discredit the Saboteurs that generate negative emotions.

Self-Command

Exercises to quiet the Saboteur region and boost the Sage region.

Sage

Access the Sage powers to handle challenges with a clear, calm mind and positive emotions.

You have two
very different
regions in your
brain.

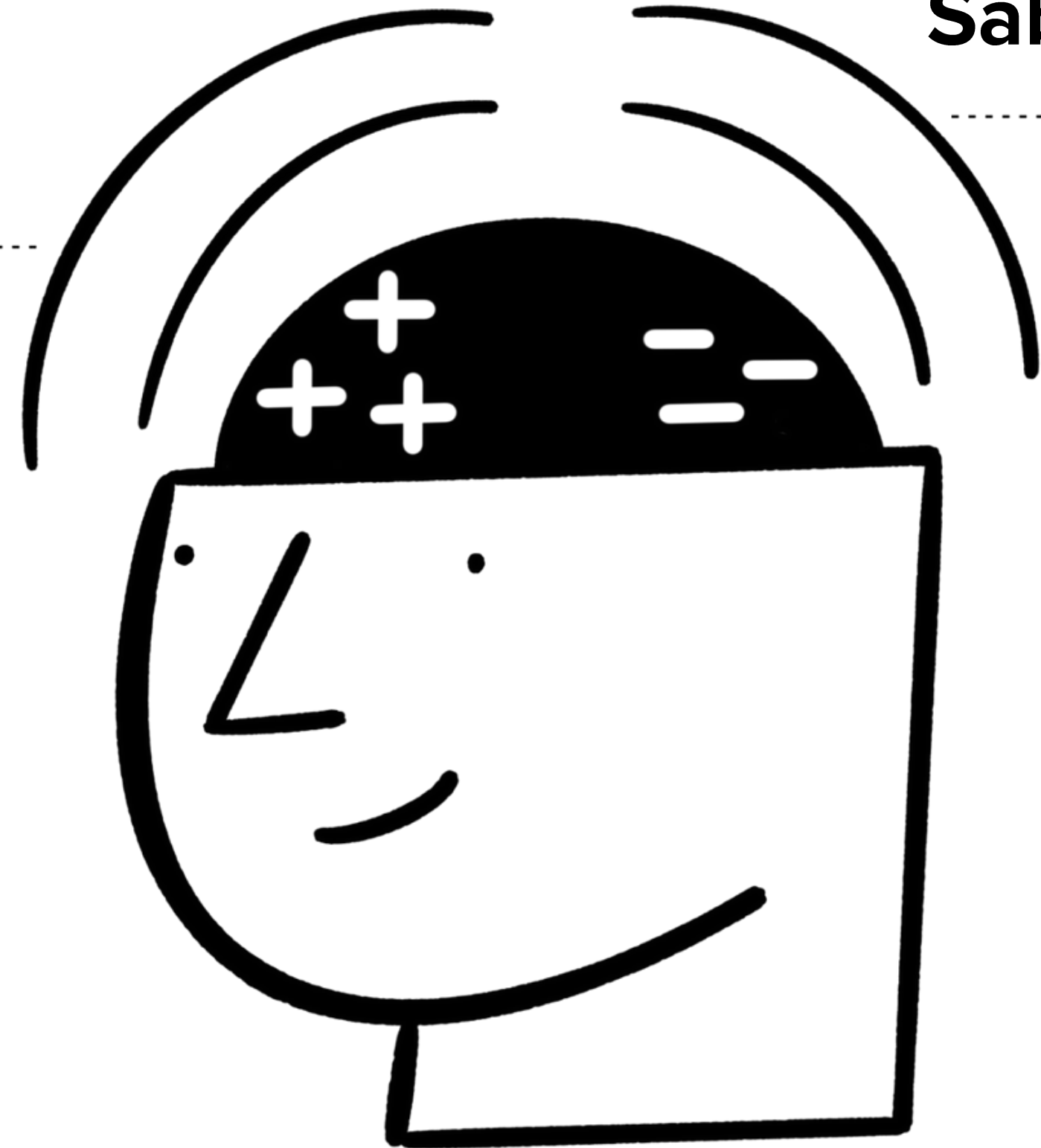
Sage

Thrive

Self Command

Saboteur

..... Survive



Saboteurs

Live in the part of the brain associated with:

- stress
- anxiety
- self-doubt
- anger
- avoidance
- procrastination
- insensitivity
- discontent



To strengthen the Saboteur Interceptor Muscle, you have to know who you're dealing with.

Meet the Judge, the Master Saboteur

- **Universal - afflicts everyone**
- **Focuses on what's wrong with**
 - **you**
 - **others**
 - **circumstances**
- **Activates the Accomplice Saboteurs**



Meet the Accomplice Saboteurs

- Differs by person
- Joins with the JUDGE to generate negative emotions
- Often misuses strengths

The Accomplice Saboteurs



Avoider Saboteur

Focuses on the positive and avoids the unpleasant.



Controller Saboteur

Anxiety-based need to control everything.



Hyper-Vigilant Saboteur

Continuous anxiety about what could go wrong.



Pleaser Saboteur

Tries to gain acceptance by pleasing others.



Victim Saboteur

An extreme focus on internal feelings.



Restless Saboteur

Constantly searching for busyness.



Stickler Saboteur

Perfectionism taken too far.



Hyper-Rational Saboteur

Exclusive focus on rational processing.



Hyper-Achiever Saboteur

Dependent on achievement for validation.

Saboteur Big Lies



without me,

PUSHING YOU

You'll get lazy and complacent.

MAKING YOU FEEL BAD

About the circumstances, you won't do anything to change them.

SCARING YOU

About potential bad outcomes, you won't work hard to prevent them.

PUNISHING YOU

For mistakes, you won't learn from them.

JUDGING OTHERS

You'll lose objectivity and not protect your self interest.

**Are negative
emotions good
for you?**



Is pain good for you?

**YES, but only for
1 second as
an alert signal.**

***Staying in negative emotion
longer hurts your ability to see
clearly and
tap into the Sage powers.***



Is pain good for you?

Sage Powers

Live in the region of the brain associated with:

- positive emotions
- peace and calm
- clear headed focus
- creativity
- big picture

Your inner Leader



Sage Perspective



Every outcome or circumstance can be turned into a gift and opportunity.

5 Sage Powers

Empathize



The power to offer gratitude, acceptance and kindness to yourself and others.

Explore



The power to tap into curiosity to discover new ideas or solutions to problems.

Innovate



The power to generate and build on ideas without judgments or biases holding you back.

Navigate



The power to sort out what is truly important based on values, purpose and meaning.

Activate



The power to take calm, clear-headed action without Saboteur interference.

You have two very different regions in your brain.

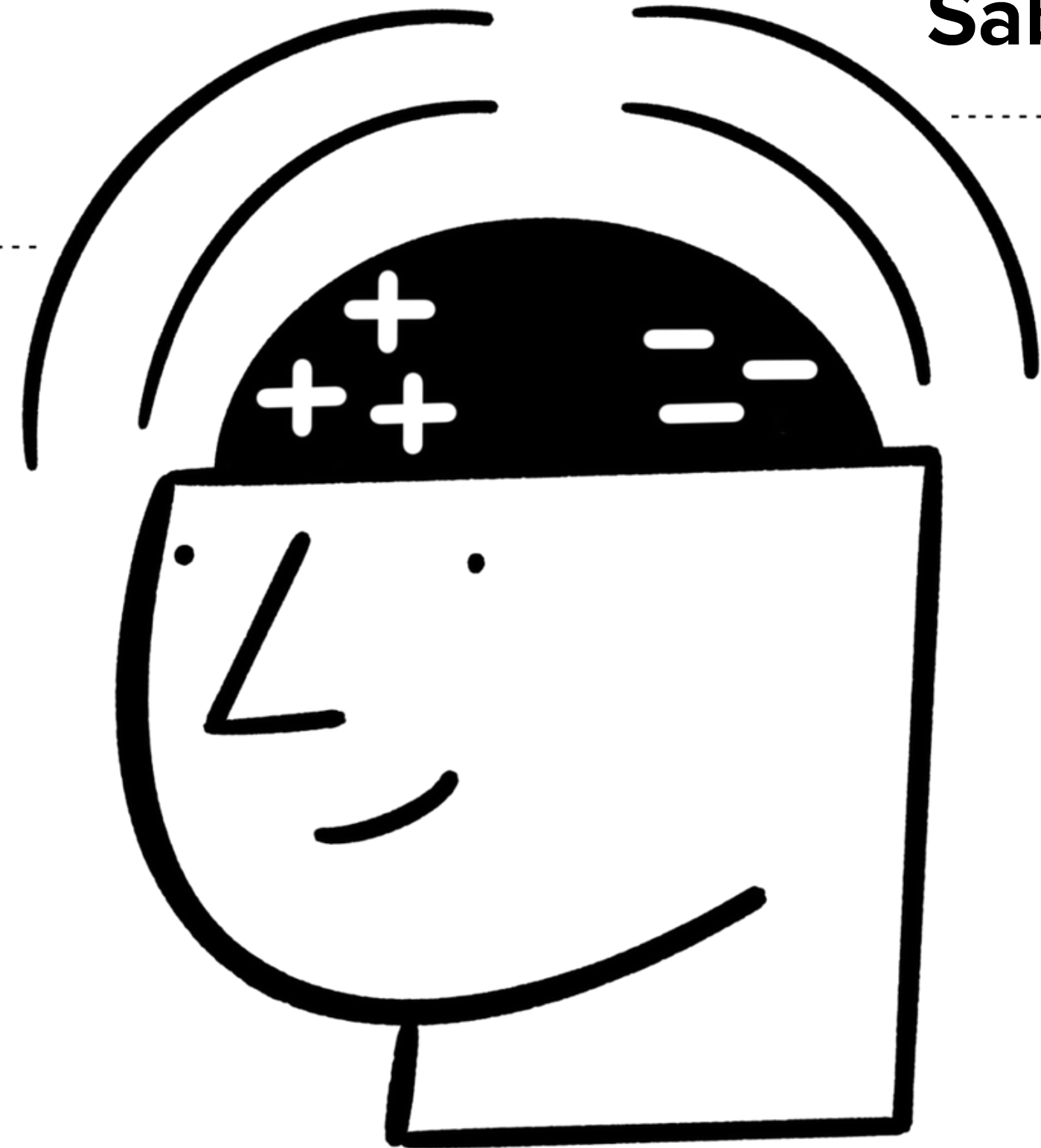
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Self Command

Saboteur

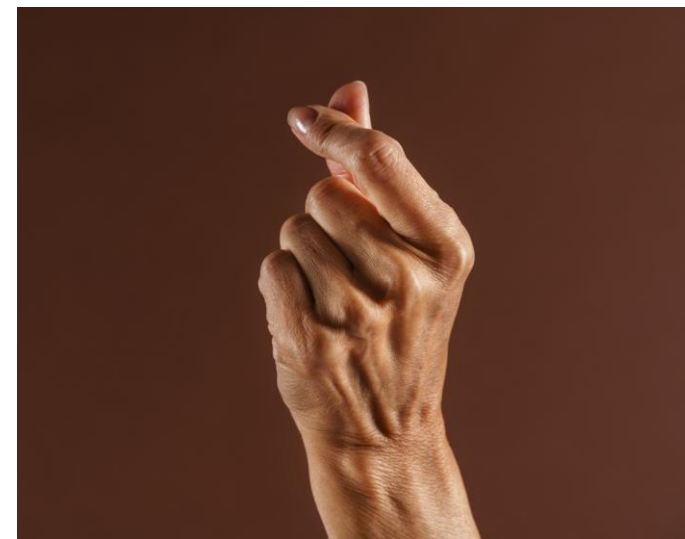
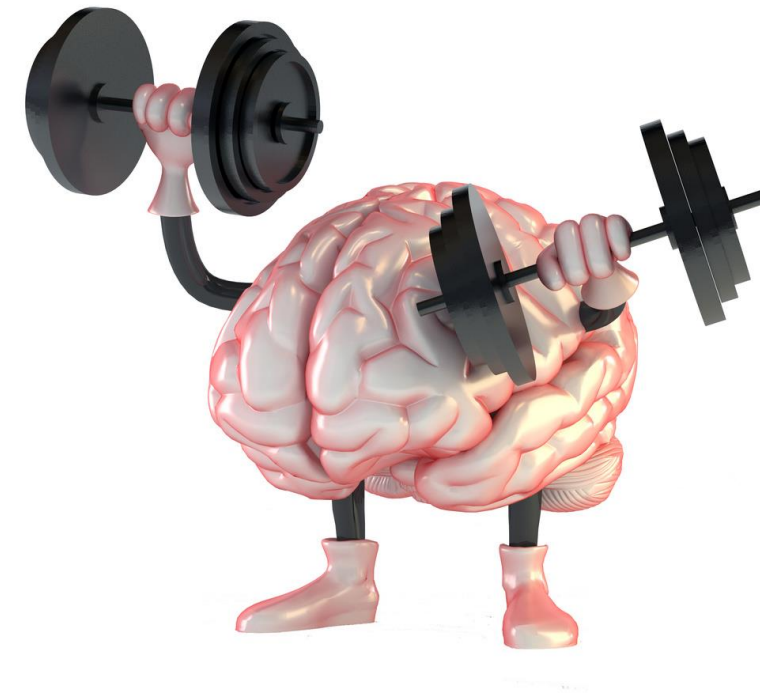
..... Survive



Self Command

Exercises to quiet the Saboteur region and Access the Sage region

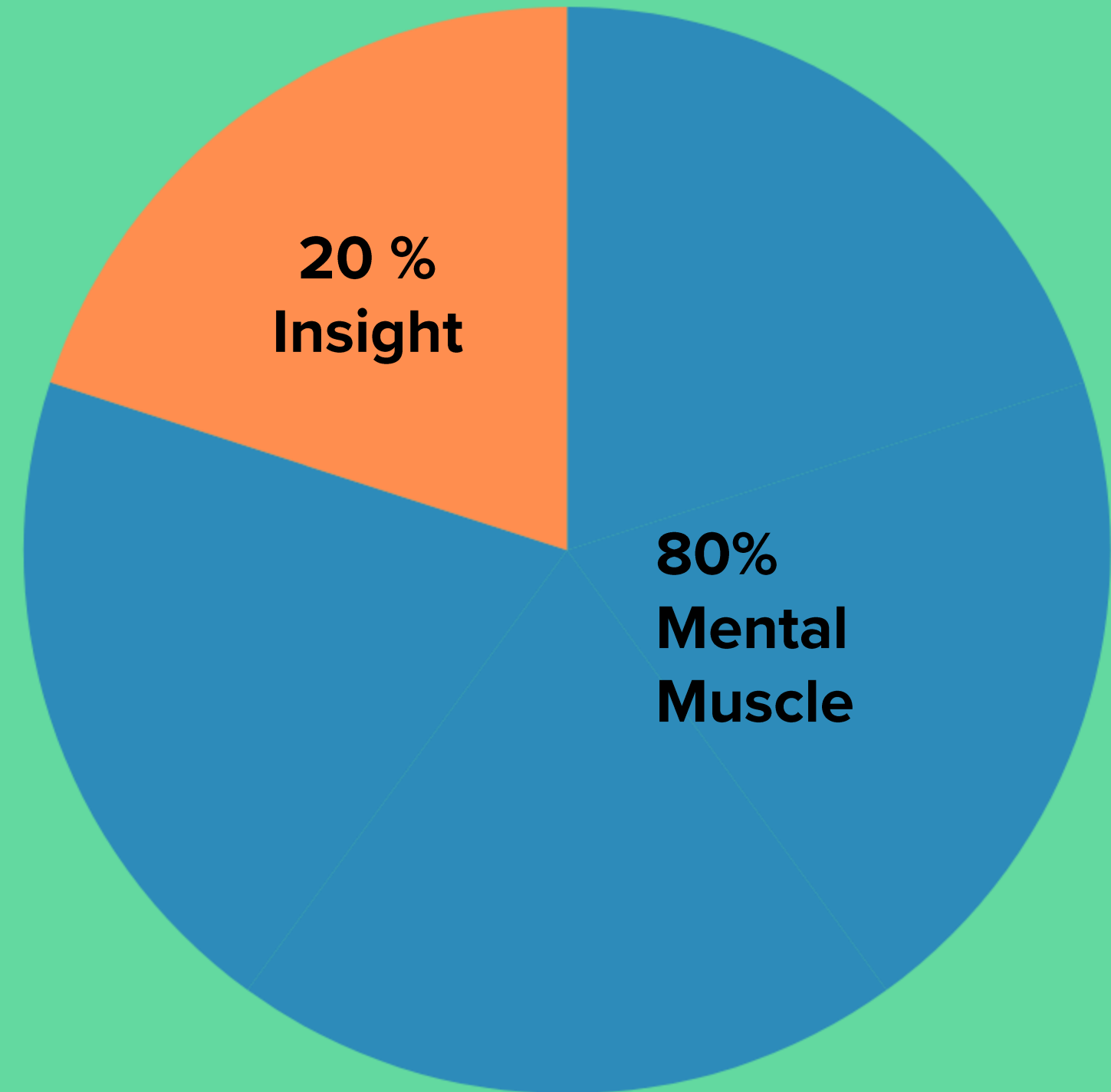
**10 Second PQ
Reps**



The Mental Fitness Operating System



**Lasting,
positive
change
requires...**



Mental Fitness Bootcamp

8 weeks to strengthen your core muscles

15 minutes/day
3 hours/week



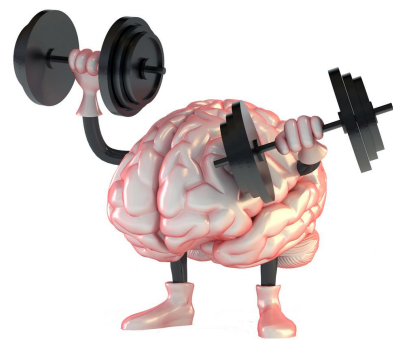
**Great for
Teams**

Takeaways

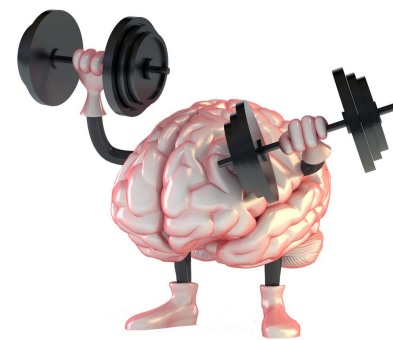
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Questions

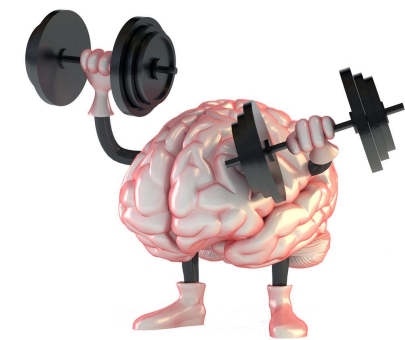
Saboteur Interceptor



Self-Command

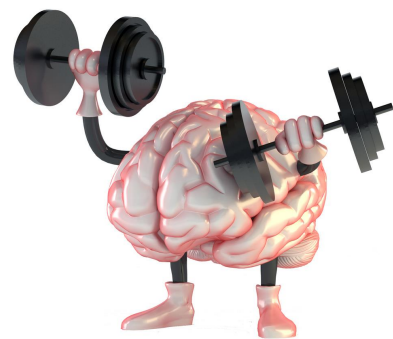


Sage

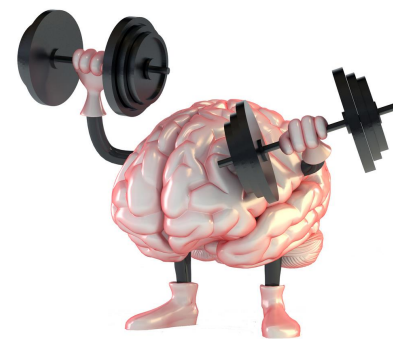


It's in your power to Create More Success with Less Stress

Saboteur Interceptor



Self-Command



Sage

