

NeuroHacks for High-Performance Care

Practical Brain-Based Strategies for
Energy, Focus and Calm Under Pressure





Running Was My Mental Health Support

I HAD 6 WEEKS TO PREPARE





**A POSITIVE MINDSET IS GOOD
BUT A PLAN
ALLOWS FOR CALM FOCUS**

I MAPPED THE MARKERS





THE BRAIN

PERFORMS BETTER

WHEN IT CAN SEE

THE PATH



We Are Operating From Chronically Unstable Levels Of Stress!



Maybe You Know What That Feels Like



THE PRODUCTIVITY LEAKS™

WHERE IS PRODUCTIVITY LEAKING?

1 ACTIVATION —
CAN I START?

2 REGULATION —
AM I STEADY ENOUGH?

3 DESIGN —
IS THE ENVIRONMENT
HELPING?

4 DECISION —
DO I KNOW THE NEXT
RIGHT ACTION?

5 MOMENTUM —
CAN I KEEP GOING
OR RESTART?

6 CONNECTION —
AM I CONNECTED TO
PURPOSE, PEOPLE
AND SUPPORT?



NEUROHACKS
PLUG THE LEAKS.

LOST CAPACITY. LOST CLARITY. LOST ENERGY. LOST CONFIDENCE.



How do we sustain
the people who
sustain care?



Download Your Workbook





**The brain needs
three conditions to
perform under pressure:
Energy. Focus. Calm.**

ENERGY FOCUS! CALM!







ENERGY

HOW DO WE PROTECT YOUR CAPACITY?

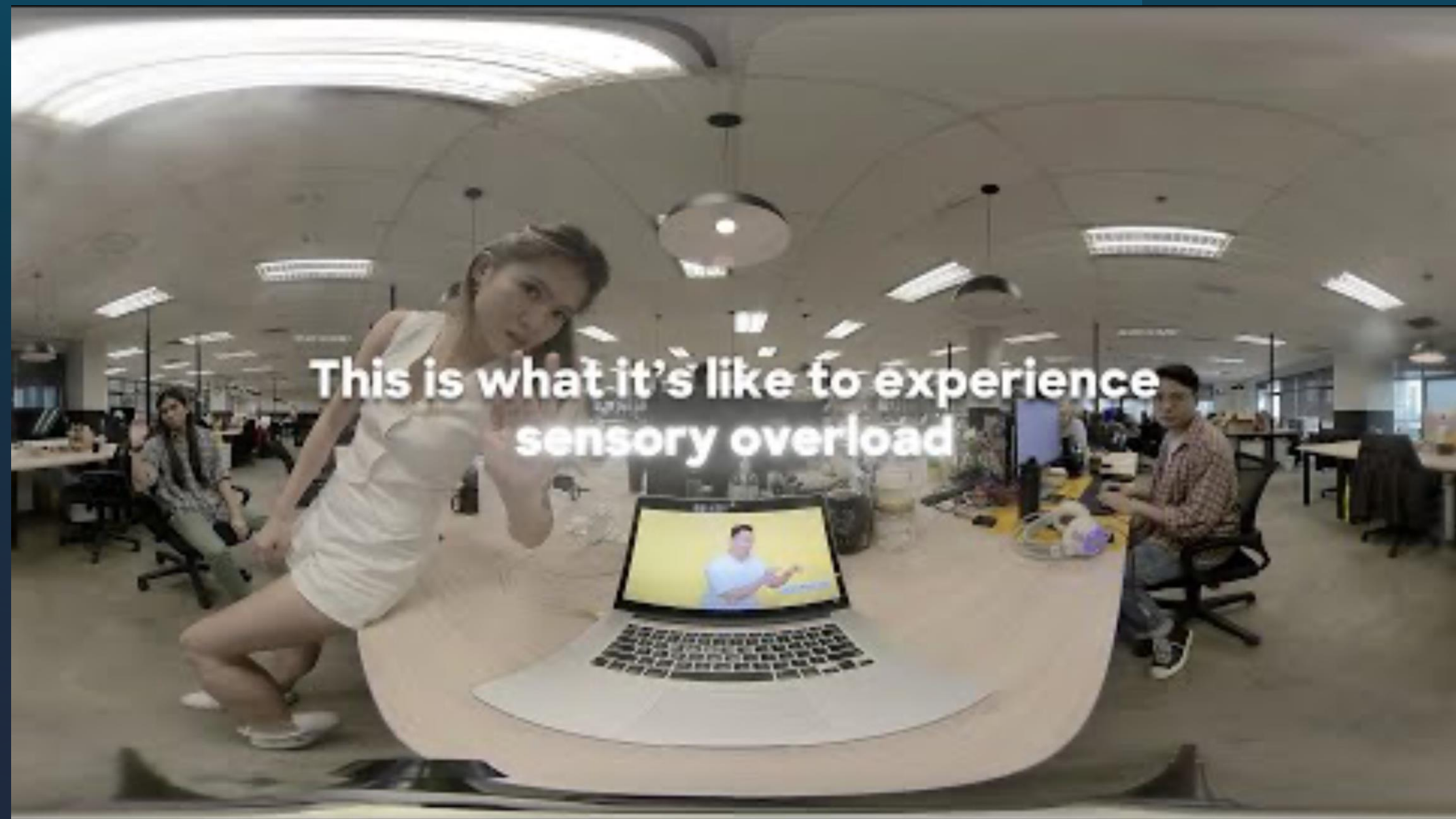






How Does Your Environment Impact your Energy?

**This is what it's like to experience
sensory overload**



What Impact Did That Have?



The Invisible Load Is Heavy



Stress Changes The Brain YOU Bring To Work





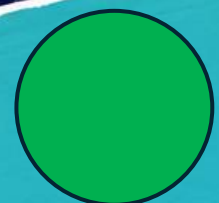
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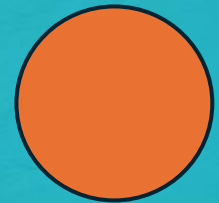


ENERGY TRAFFIC LIGHT™

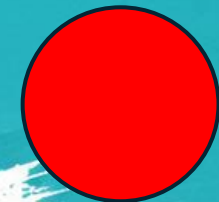
= WHAT STATE ARE WE IN? =



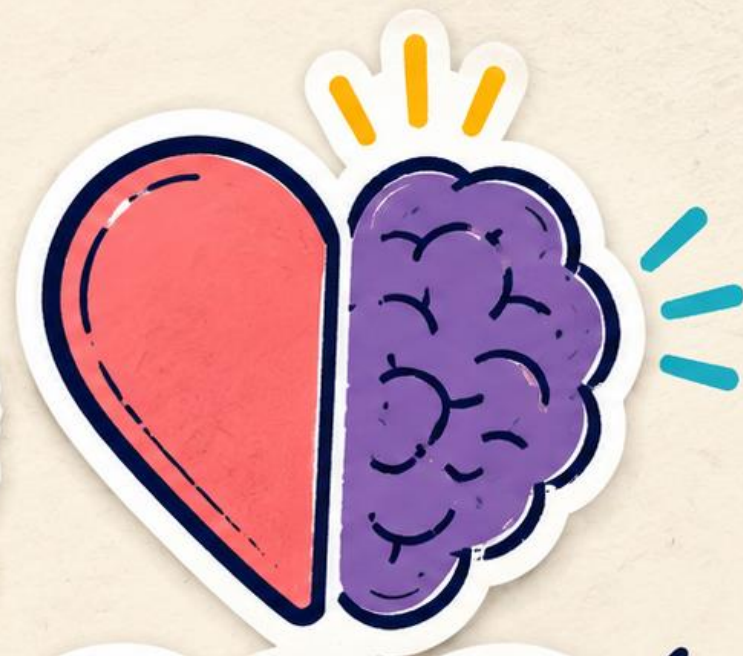
Green means:
 I have capacity.



Amber means:
 I am stretched.



Red means:
 I need support.



What colour am I?
 What colour is my team?
 What support does this colour
 need?





The Question is NOT,
 "Why can't you cope?"
 The Better Question IS,
 "What does this colour need?"







Change Your State



30 Seconds on Power Poses





Change Your State



What Impact Did That Have?



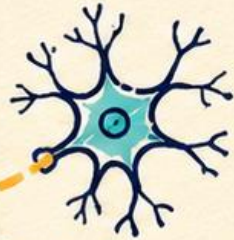
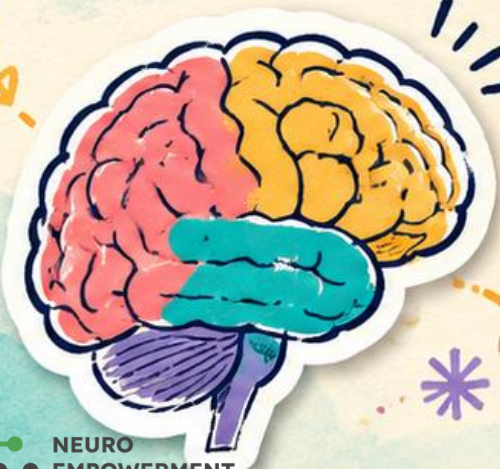
FOCUS

HOW DO WE CREATE CLARITY?

HOW DO WE MAP THE MARKERS?



Everything Cannot
Be Most Important.



The Brain Panics At A Mountain. But it Can Start Work at A Marker.



The Task List Must Not Swallow The Older Person.





Focus Protects Care.
**Care Is Communication Across
Difference.**

Don't Just Visualise
The Finish...
Rehearse The Path!







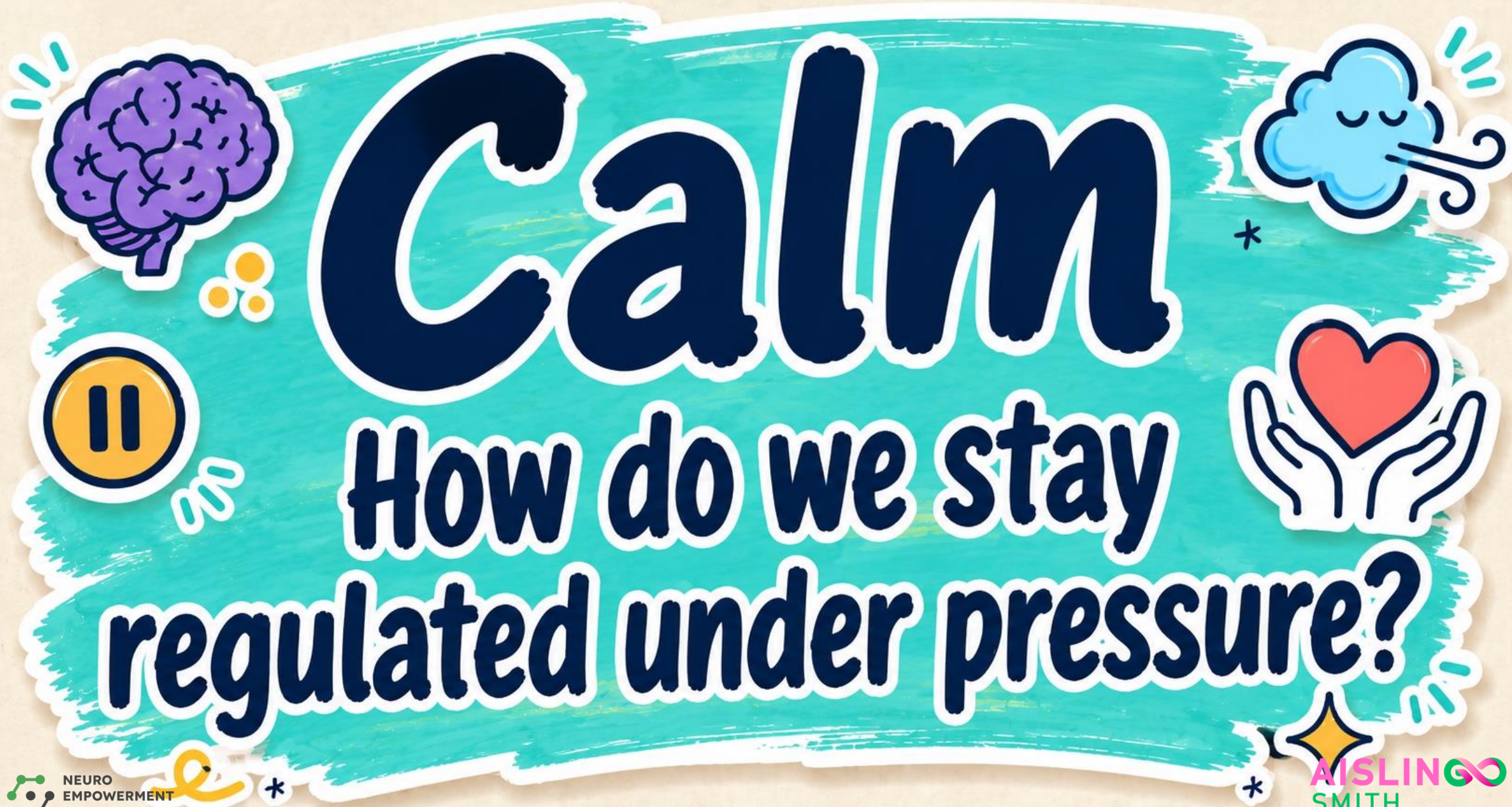
MAP THE MARKERS™

= HOW DO WE MOVE THROUGH THE TASK? =

5 Steps to Move Through A Task











Pressure Changes The Story,
We Tell Ourselves

What If The People Carrying The Most Could Hear They Were Not Alone?





SYMPTOMS

— Shortness
of breath

— Irregular
heartbeat

SYMPTOMS

— Panic attacks

— Flashbacks

— Insomnia

— Night terrors

— Depression

— Chest pains

— Trembling

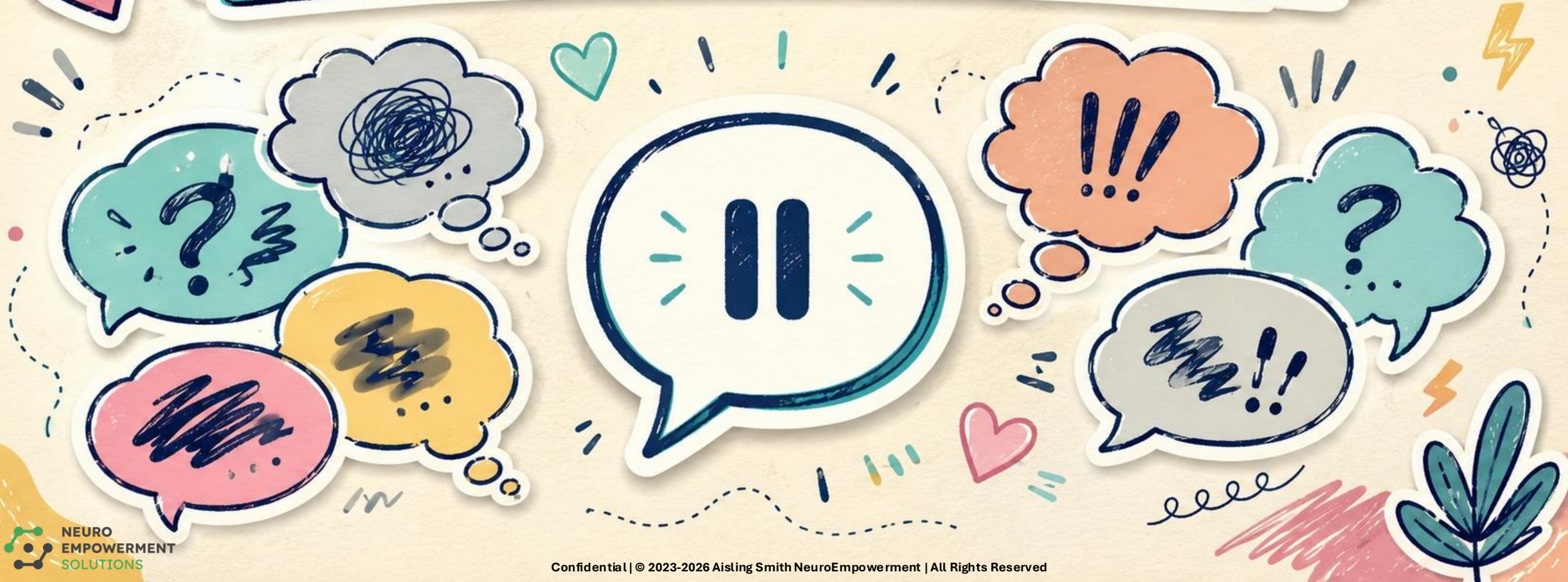
With half of NHS staff suffering from poor mental health, often they are sicker than the patients.

Donate at frontline19.com
to help provide the therapy
they desperately need.

Frontline 19
Emotional support for the frontline



Recognition Is Regulation.





Seen People Stay.
Steady People Think.

MicroCompliments







PRESSURE PAUSE™

HOW DO WE STAY STEADY UNDER PRESSURE?

Four Steps.



AISLING
SMITH

First: Exhale First.

Second: Name The State

Third: Find The Next Safe Step

Fourth: Check The Story





**When you Change
the Way you Look
at Things
The Things you Look
at Change!**







Diversity is Difference & Diversity is Connection



I Know This Is A Lot.



I Can See How Hard
You Are Working.



Let's Find The Next
Safe Step Together.

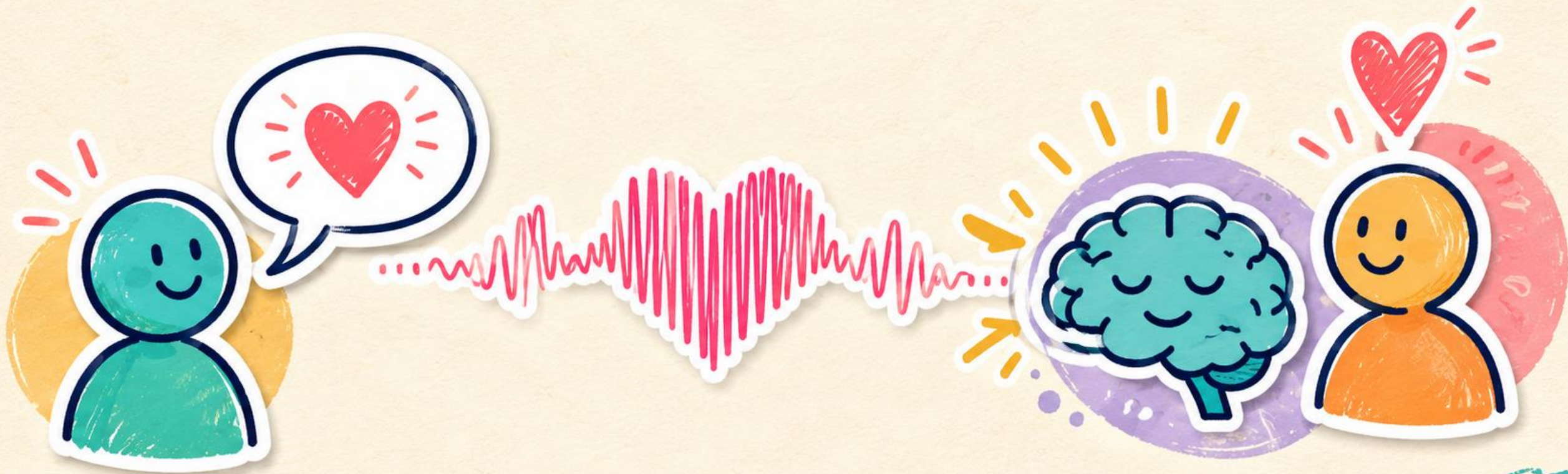
Most Conflict Is A Map Problem.



MicroCompliments



"One thing I wish people understood about the pressure in my role is..."





Listen, Don't Fix!

A Problem Shared Is A Problem Halved







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LOST CAPACITY. LOST CLARITY. LOST ENERGY. LOST CONFIDENCE.

Check For The Holes In Your Bucket

AILSLING
SMITH





What Will You
Take Back to
your Team?

☐

What Colour
are You?

☐

Let's Break
Down the Task!

☐

Start with a
Deep Breath

☐

Connection Cues





ENERGY TRAFFIC LIGHT™

WHAT STATE ARE WE IN?



PRESSURE PAUSE™

HOW DO WE STAY STEADY UNDER PRESSURE?



MAP THE MARKERS™

HOW DO WE MOVE THROUGH THE TASK?



CONNECTION CUE™

HOW DO WE HELP EACH OTHER FEEL SEEN AND SUPPORTED?

Change Your State





REMEMBER

The People who
Sustain Care
Must also be
Sustained



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