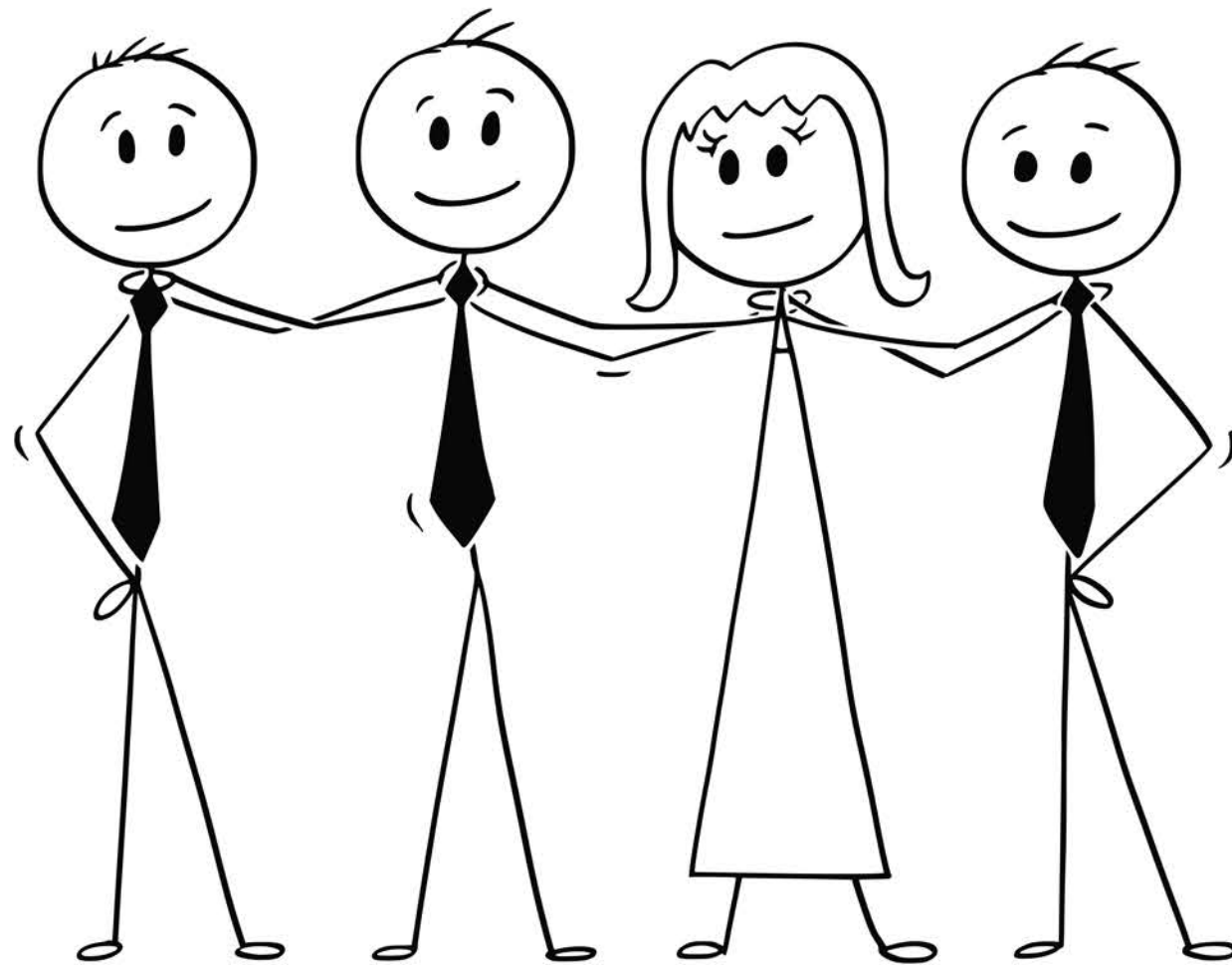


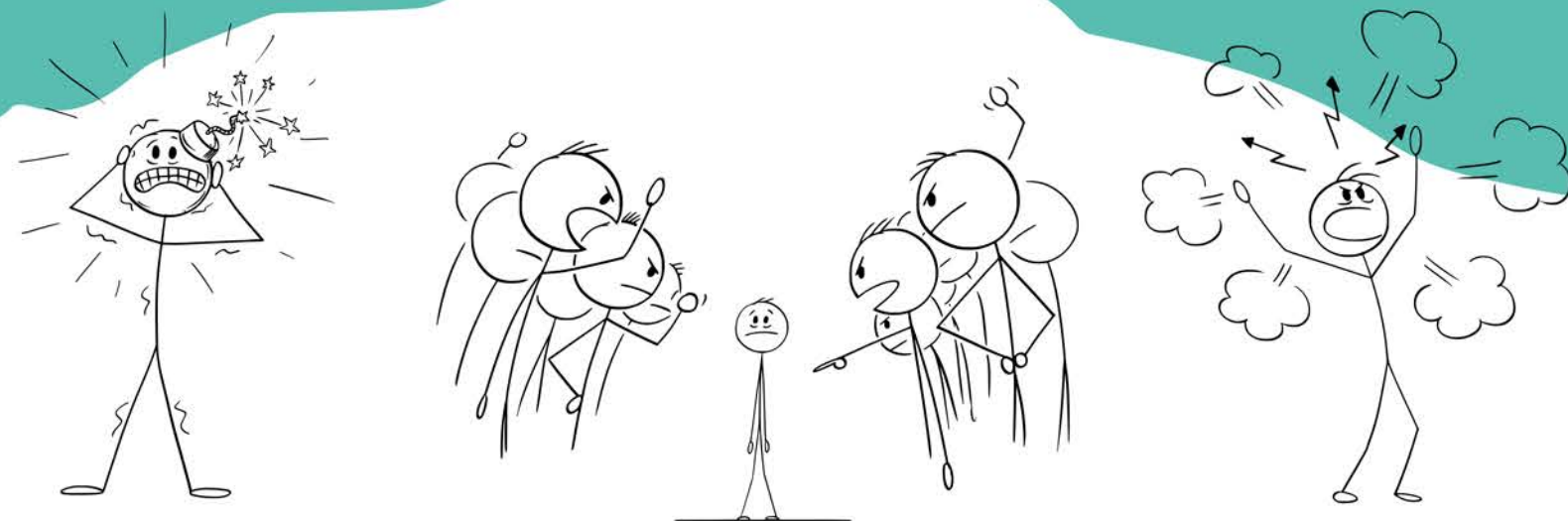


Master Your Mind: Resilienz und Performance für junge Unternehmer

von RubixPotential

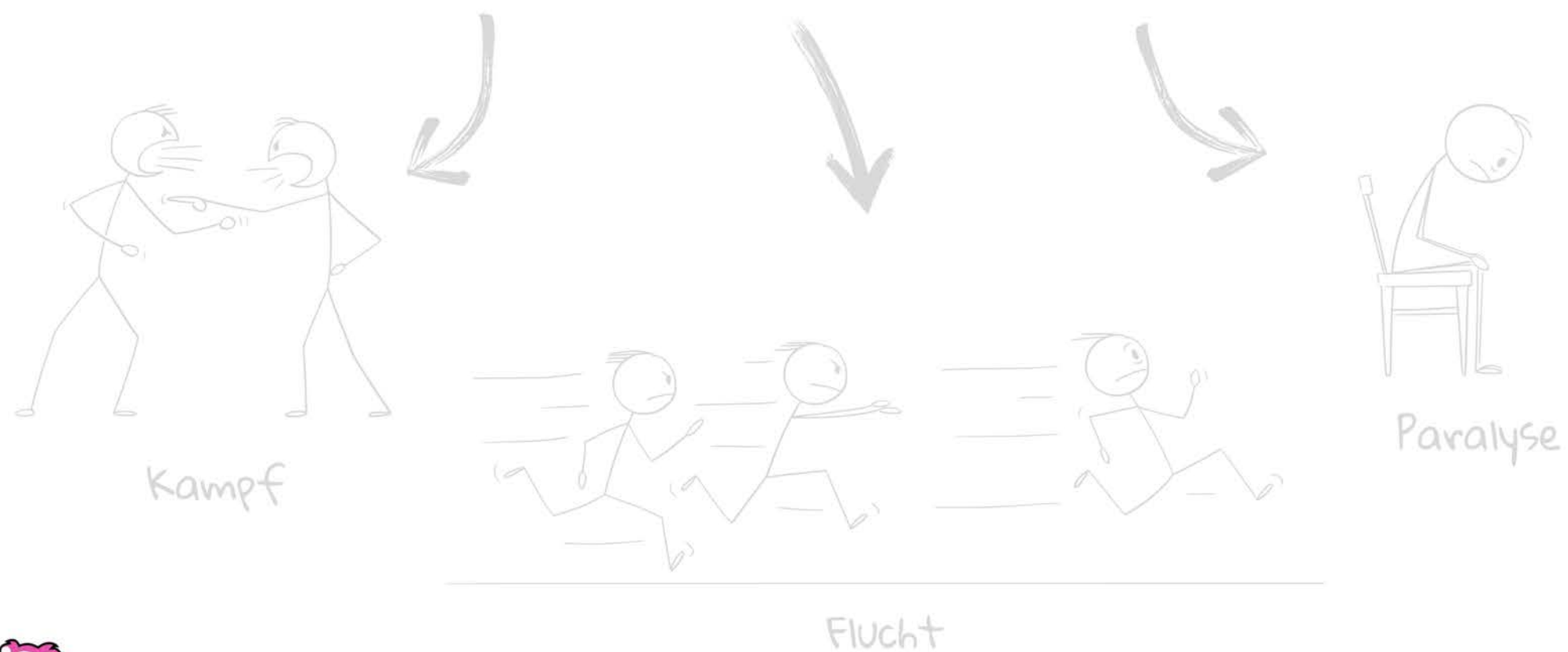
Stress Umfrage





Stress?!

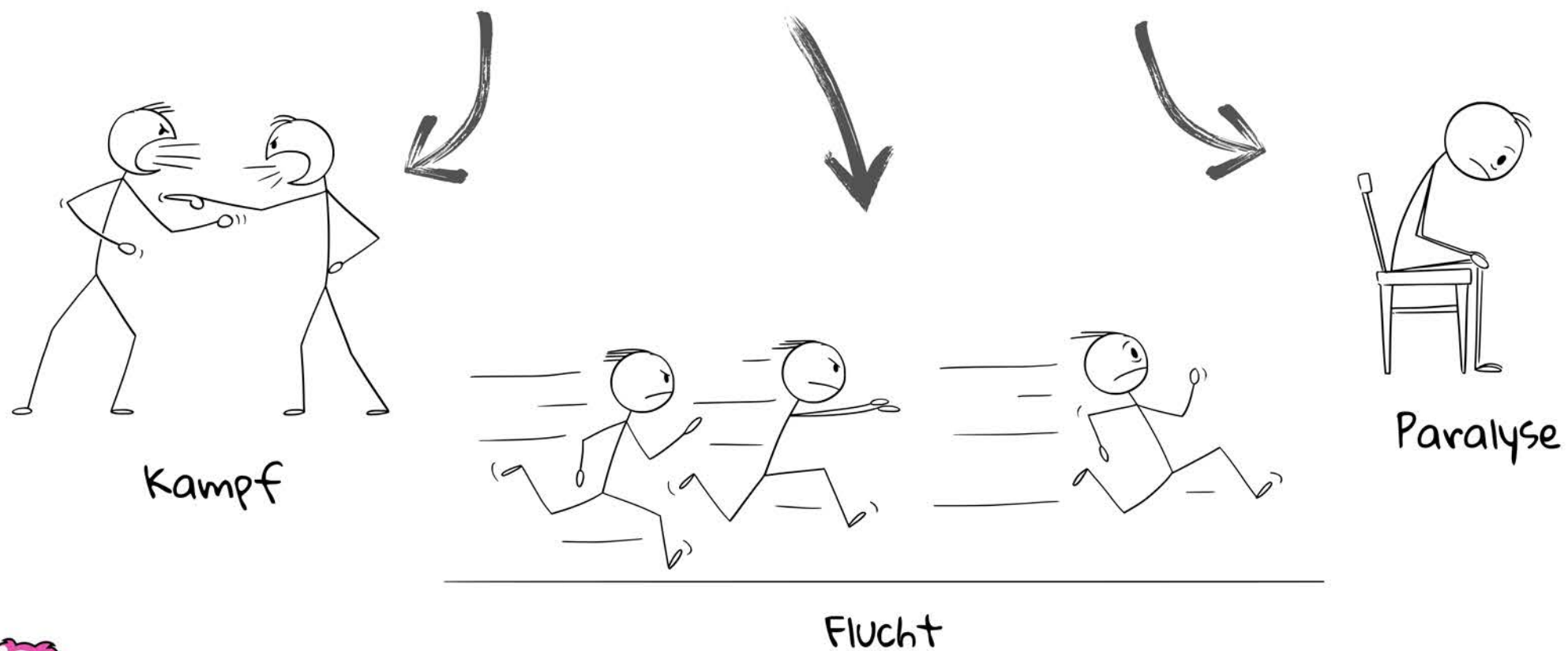
biologische Unterstützung & stellt Ressourcen bereit

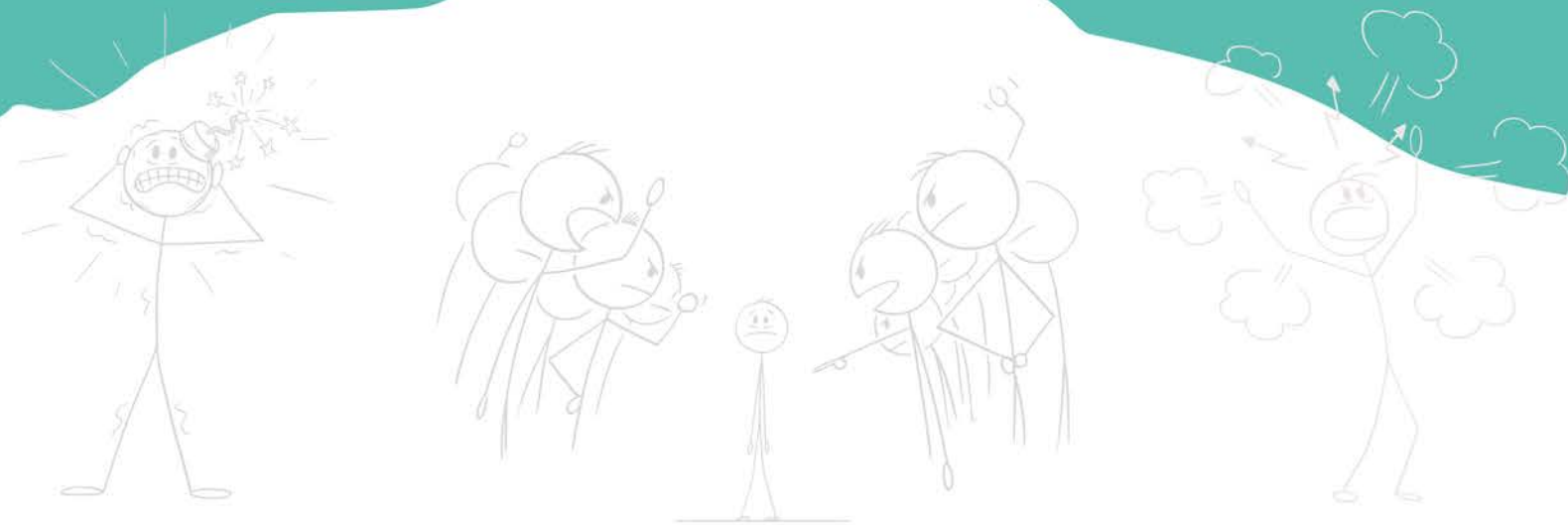




Stress?!

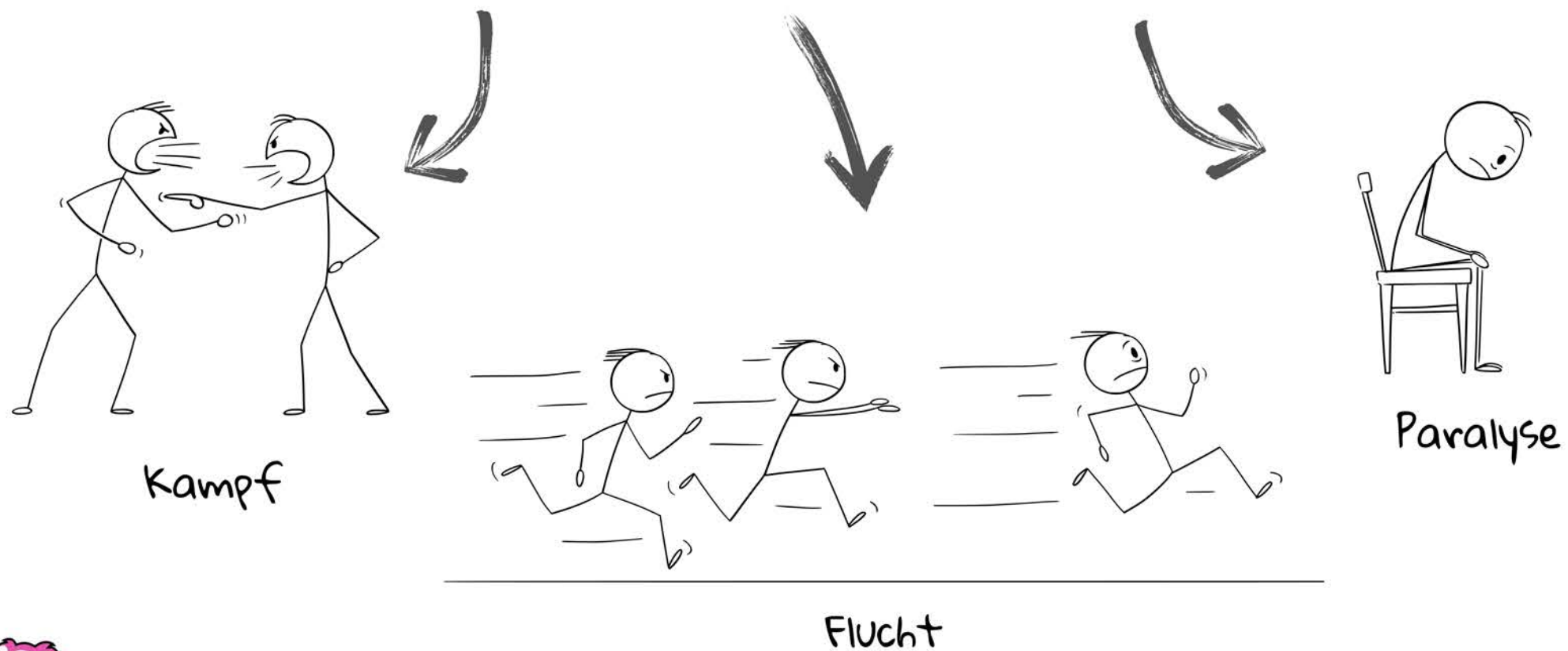
biologische Unterstützung & stellt Ressourcen bereit





Stress?!

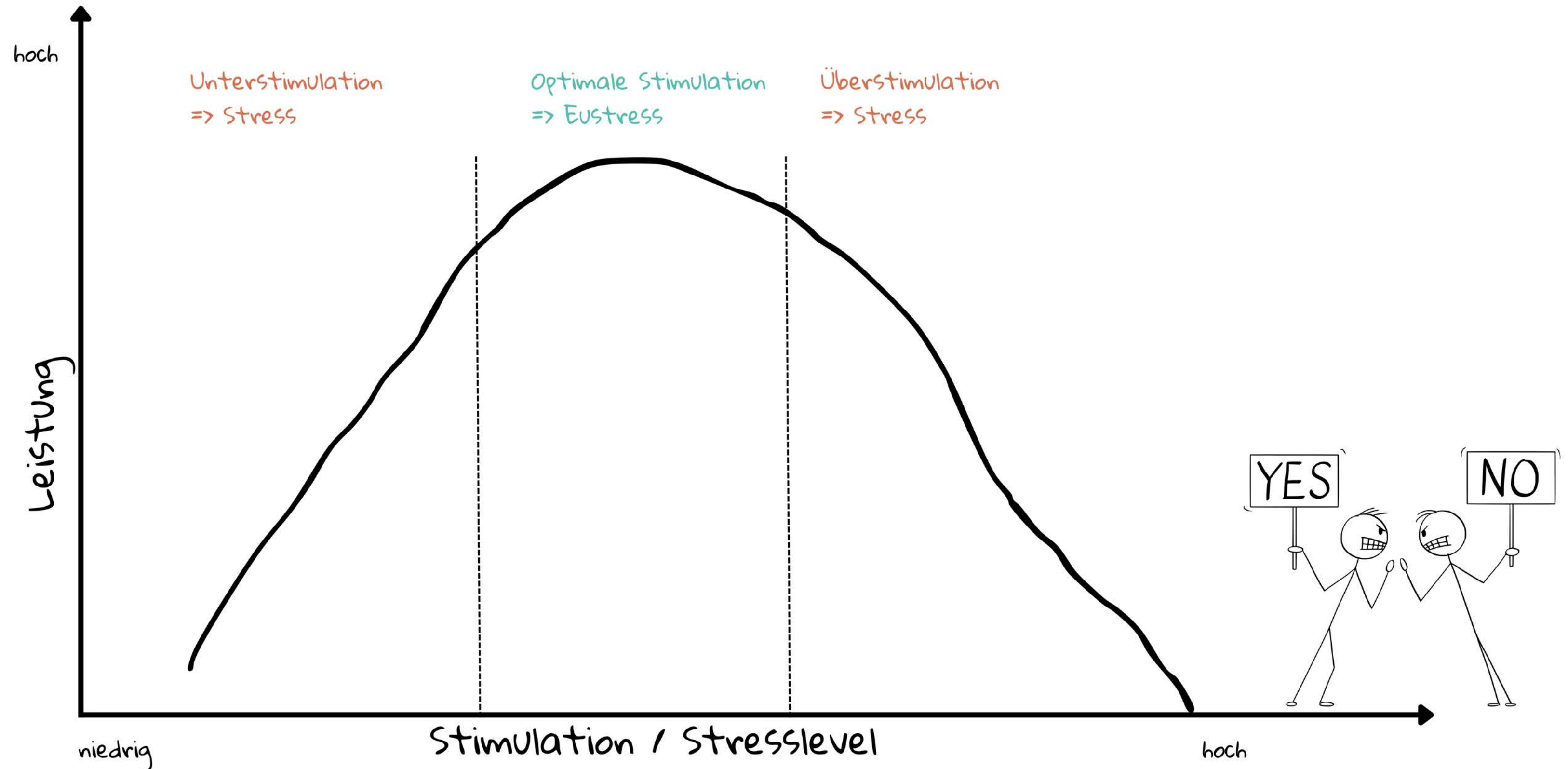
biologische Unterstützung & stellt Ressourcen bereit



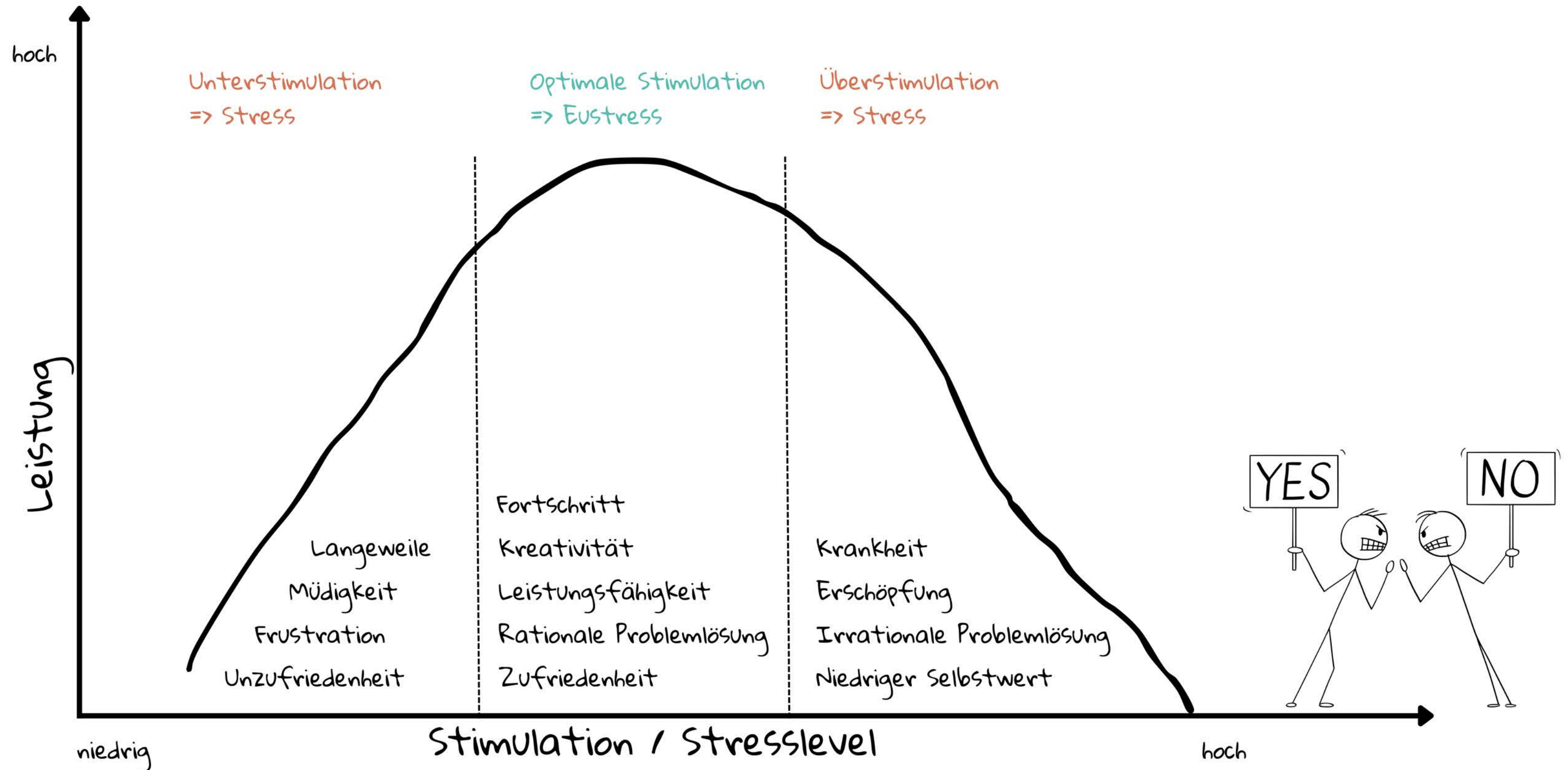
- Körperfunktionen
- Emotionen
- Gedanken
- Reaktionen
- Kommunikation



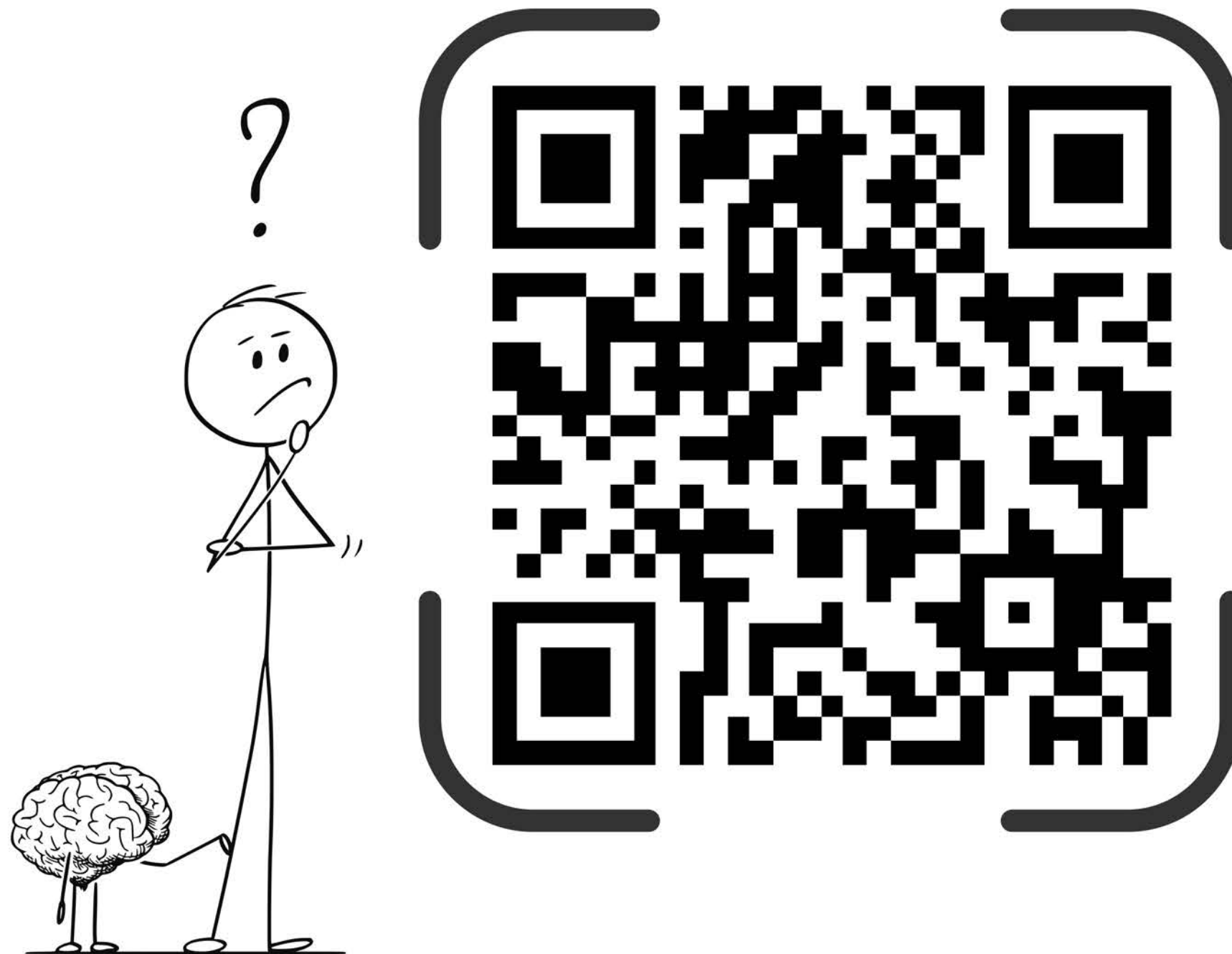
Stress – gut oder schlecht?



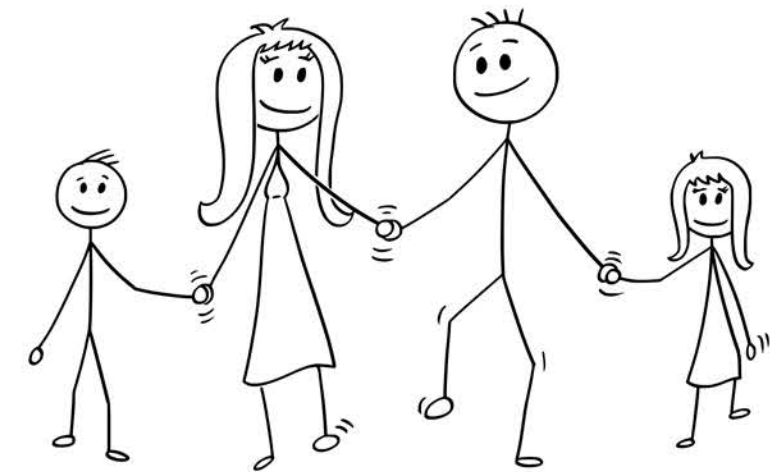
Stress – gut oder schlecht?



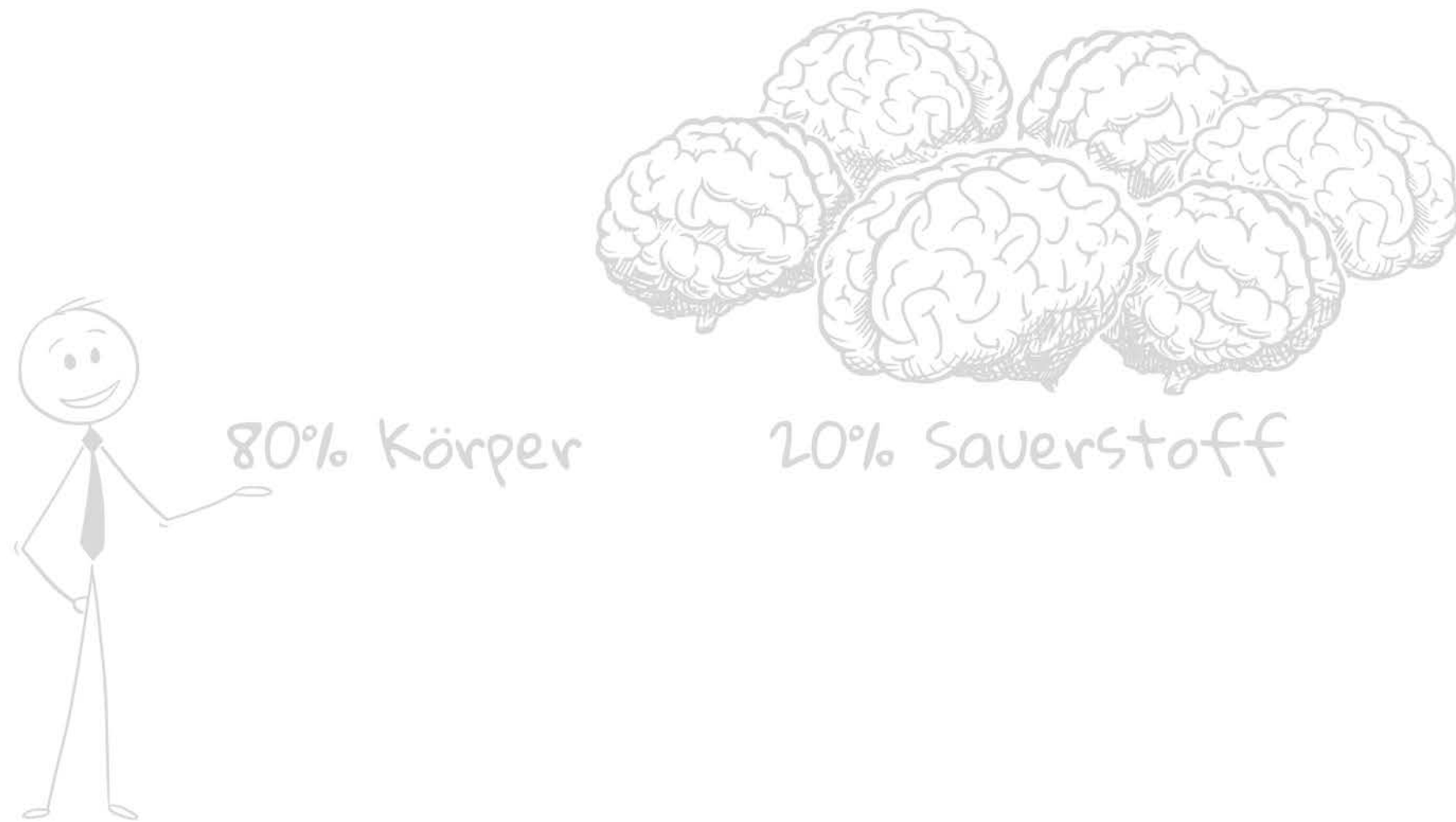
Stress Experiment



Wie wir über Stress denken ist entscheidend.



Stress & Gehirn



Stammhirn

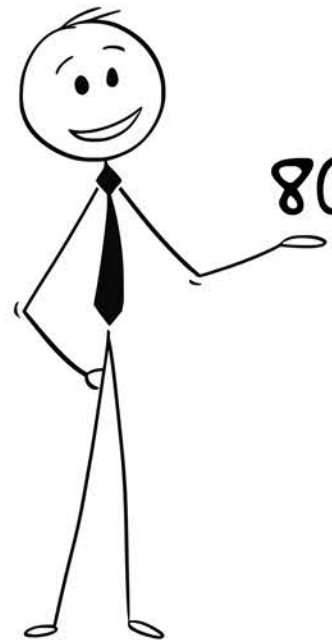
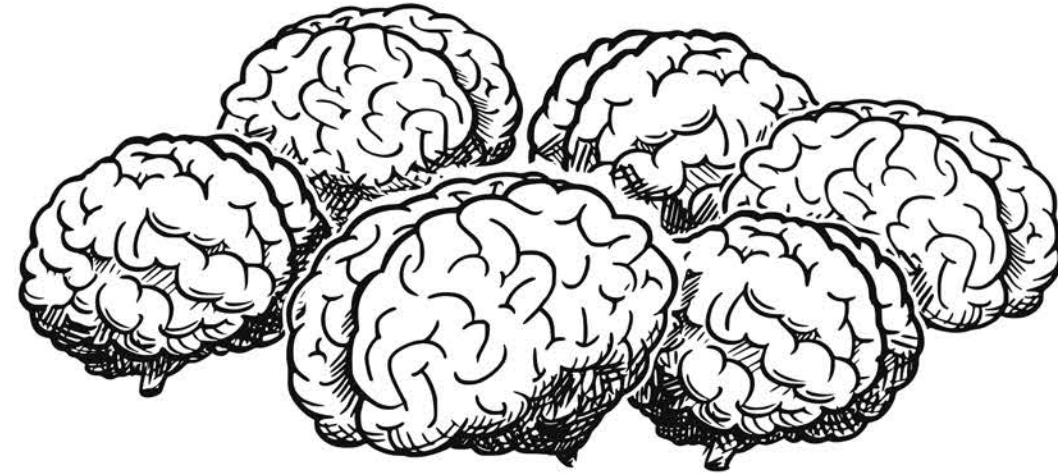
Emotionszentrum

Präfrontaler Cortex

- 42 Sekunden alt
- 4% Hirnvolumen
- 80% Energie



Stress & Gehirn



80% Körper

20% Sauerstoff

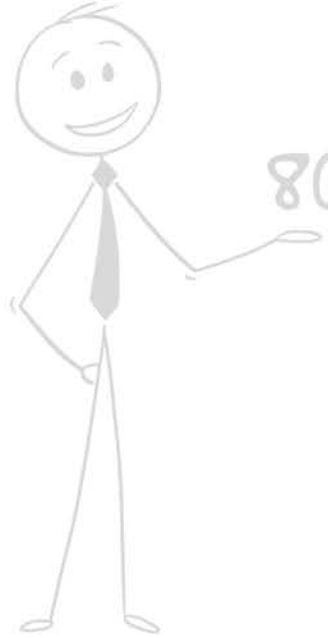


Stress & Gehirn



80% Körper

20% Sauerstoff



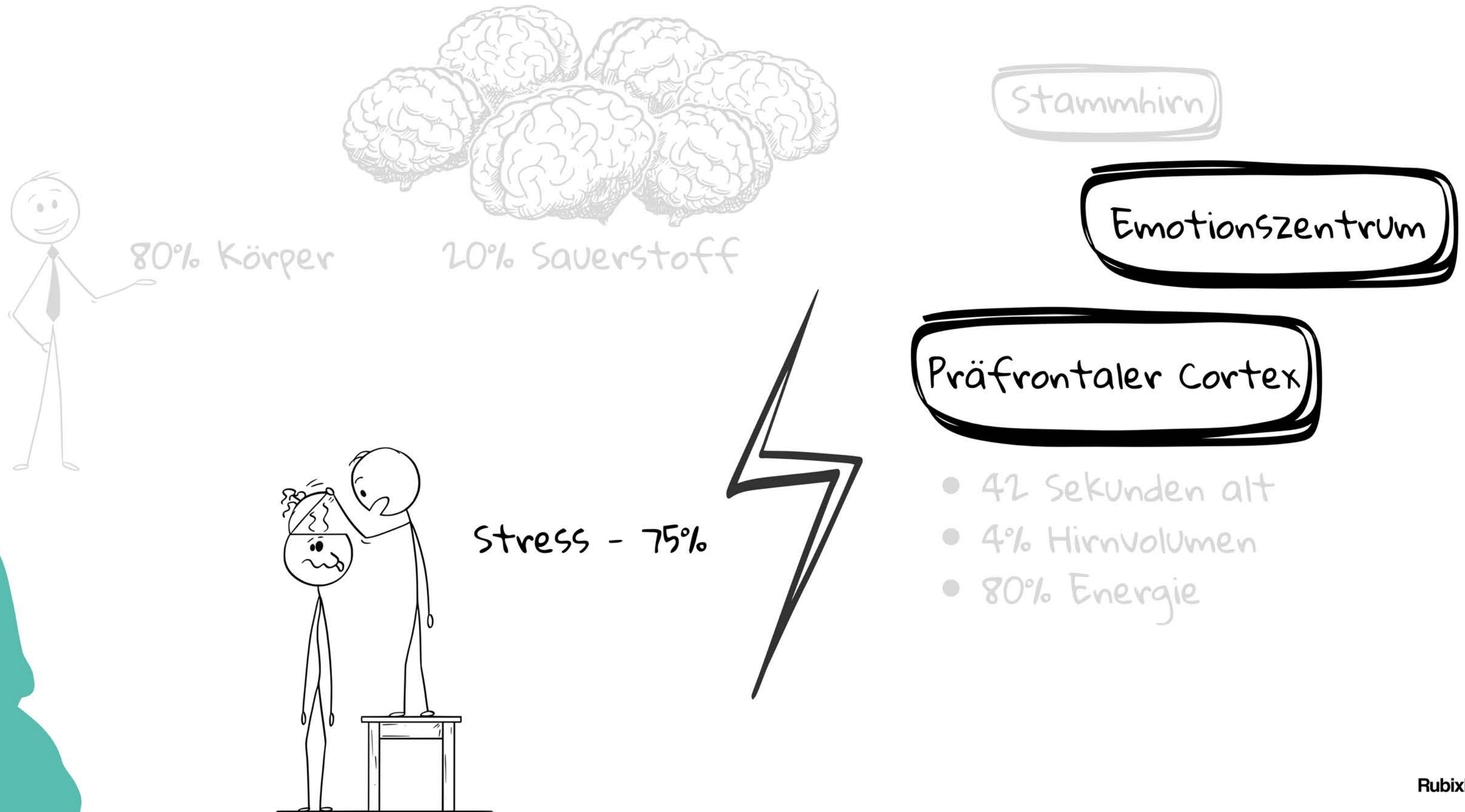
Stammhirn

Emotionszentrum

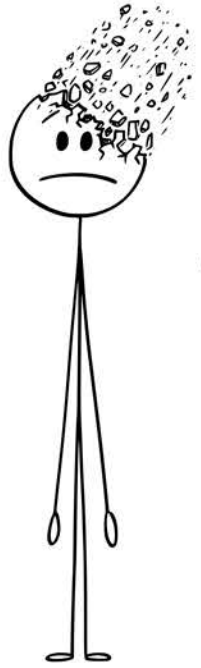
Präfrontaler Cortex



Stress & Gehirn



Dysregulation & Konsequenzen

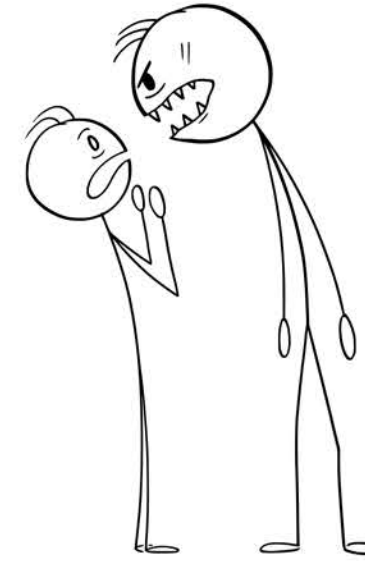


75% kognitive
Fähigkeiten

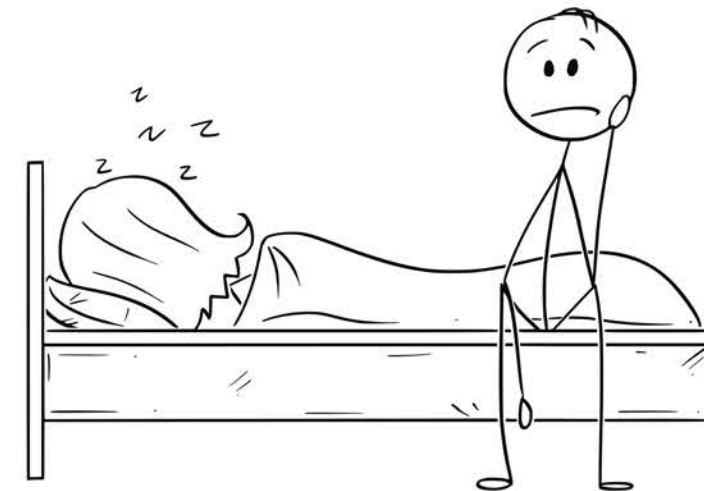
Erschöpfung,
Schlaflosigkeit



Krankheit,
Entzündungen



soziale Kompetenzen
eingeschränkt

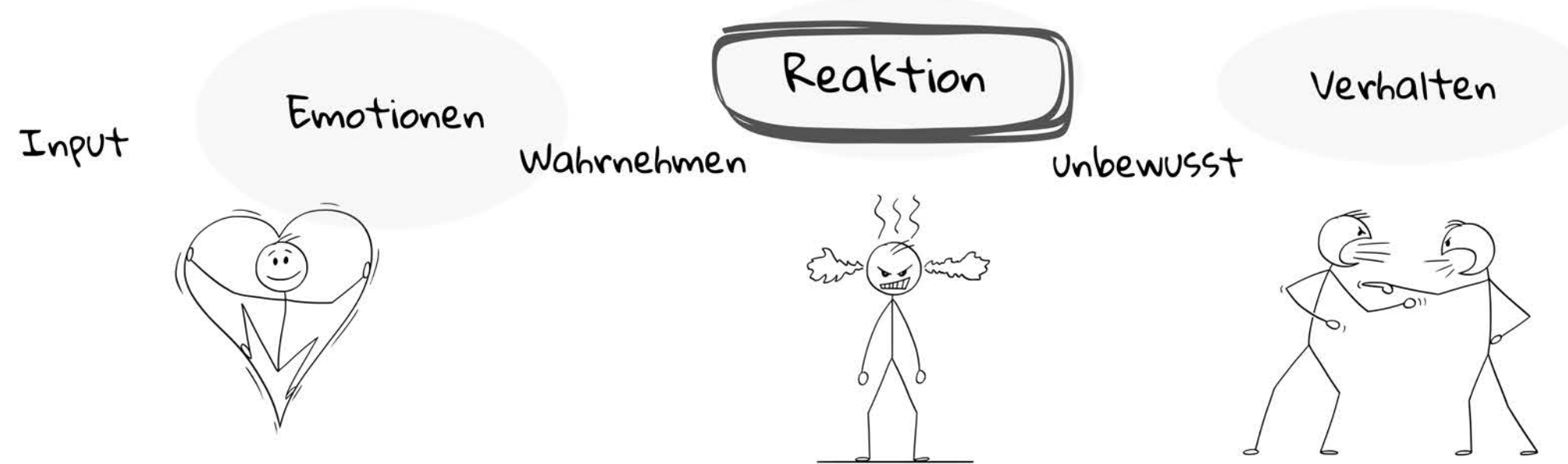


sexuelle Störungen



Selbstregulation

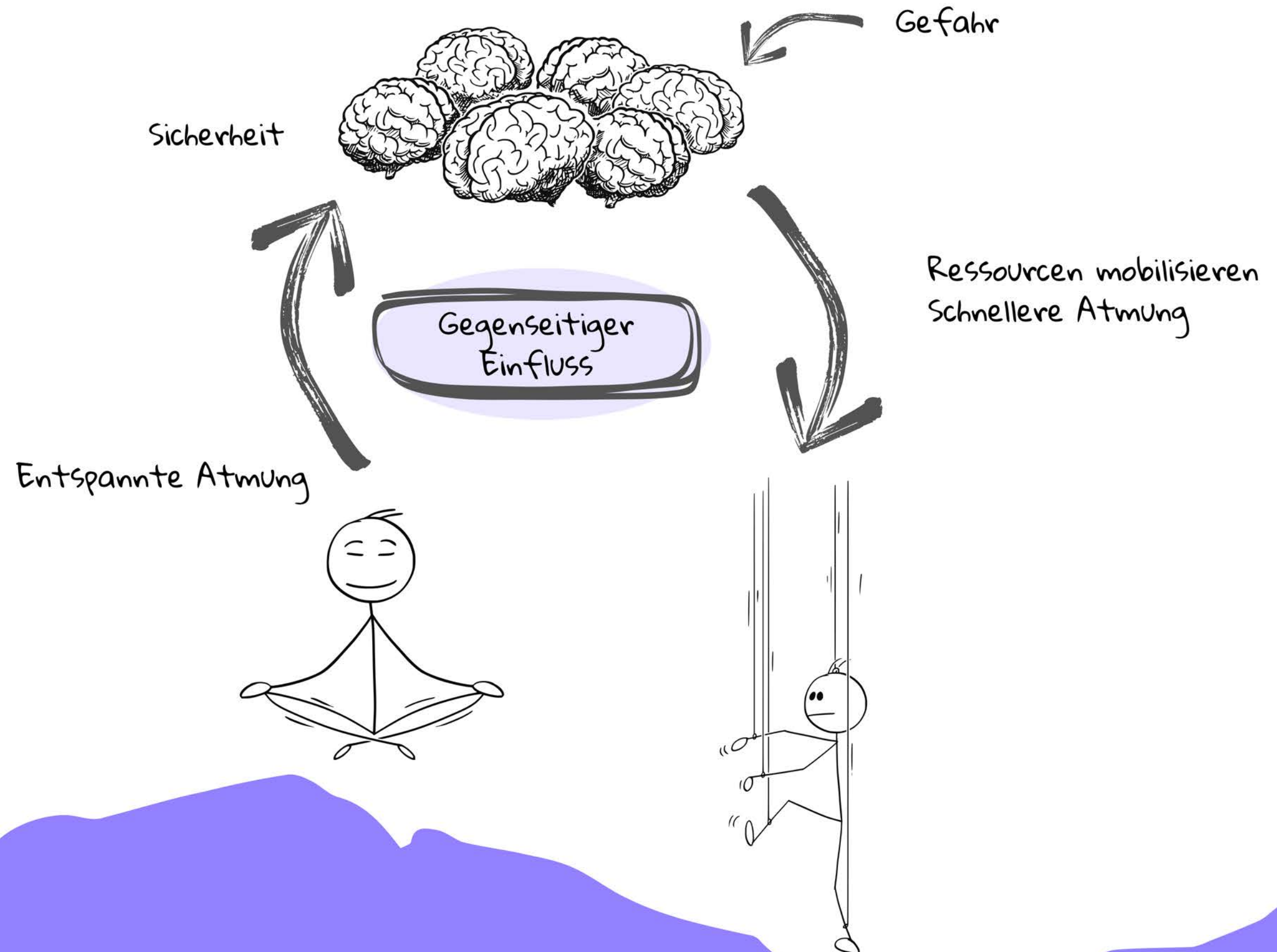
unbewusst: wahrnehmen, sofort reagieren



Selbstregulierung: innehalten, wahrnehmen, entscheiden, handeln



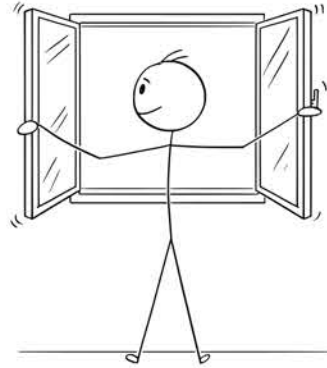
Was jetzt?



Was jetzt? – Strategic Safe Space



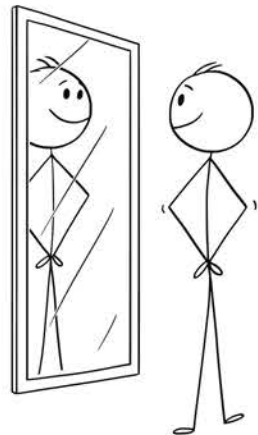
1. Eingang - Pause machen



2. Schritte - Tief Luft holen

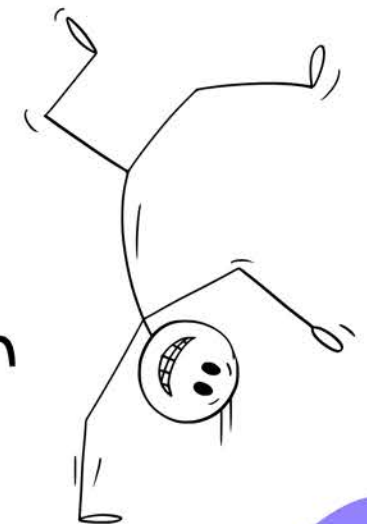


Dreieck - Sachen wahrnehmen - was denke / fühle / spüre ich



4. Spiegelzimmer - Gedanken reflektieren

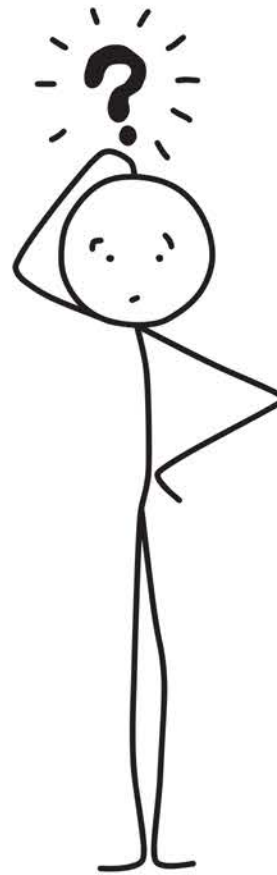
5. High Five - Agieren



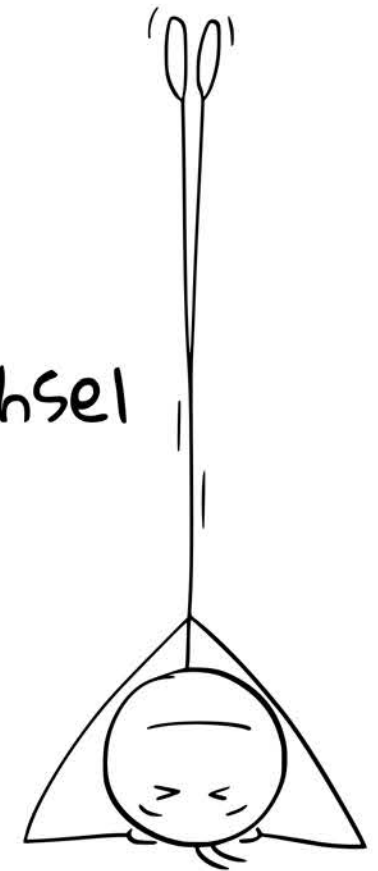
Übungen



Meditation



Body Scan



Perspektivenwechsel



Contact

michelle@rubixpotential.com

www.rubixpotential.com



Q & A?

