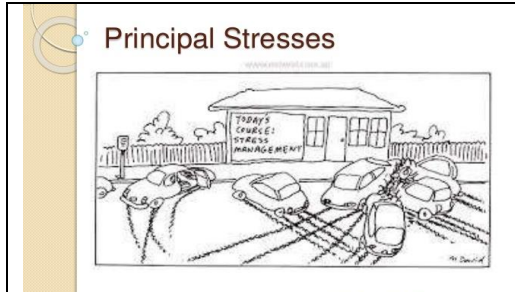


Slide 1



Slide 2



Slide 3

You Are My Sunshine
Gene Autry

You are my sunshine.	My only sunshine.
You make me happy,	When skies are grey.
You'll never know, Dear,	How much I love you.
Please don't take	My sunshine away.

Slide 4

The other night dear, as I lay sleeping
I dreamed I held you in my arms

When I awoke, dear, I was mistaken
And I hung my head and cried

Slide 5

STRESSED???

- Who has stress at work?
- What are those stressors?
- How many of you have these same stressors?

Slide 6

Stress-Free School Secrets

Neuro-Energy techniques convert
poopy stew to happy stew

www.DrPattiTaylor.com
Educational Consultancy

<https://DocTaylorBooks.com/principals/>

Slide 7

Toolbox :
3 De-Stressing compartments

- 1.) **Neuro-psych**
(Flipping Neuro De-Stress Switches)
- 2.) **Heart Focus (Coherence/Resonance)**
Peace Love Joy
- 3.) **Energy-Based Stress Buster**

Slide 8

SIMPLIFIED NEUROLOGICAL MODEL

You CAN change your brain, your life, your health,
and the DNA of your descendants.

Family Diseases??

Make beautiful water crystals:
positive pictures, words, music
Dr. Masaru Emoto
What percentage of your body is water?

Slide 9

Miserable PUS pocket of **Fear-Based Poopy Stew**
Negative = Right pre-frontal cortex.
Makes UGLY water crystals (Dr. Masaru Emoto)

Fear	Shame
Hatred	Guilt
Prejudice	Sadness
Bias	Grief

Slide 10

Love-Based: Happy Stew

Positive = Left pre-frontal cortex.
Make beautiful water crystals
(Dr. Masaru Emoto)

Love	Caring
Joy	Kindliness
Happiness	Laughter
Health	Wealth

Slide 11

Happiness is something YOU decide!

You can decide ahead of time, or you can decide at any time, to change your mind. So, if you find yourself in the negative (**Poopy Stew/Fear-Based**) cycle, **DECIDE** that you are changing to the positive (**HAPPY STEW/Love-Based**) cycle! Use the Switch Flipper tools below.

**“Neuro-Energy techniques convert
poopy stew to happy stew”**

Slide 12


“Thinking about Thinking”
Higher Reasoning
Executive Function

Prefrontal Cortex
9 Functions of the Prefrontal Cortex

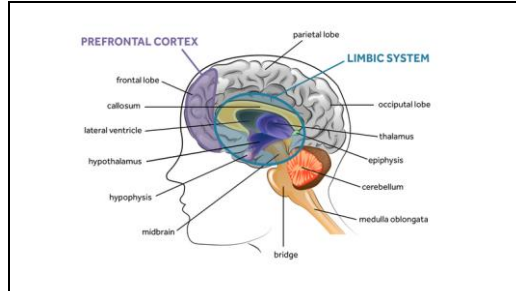
1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation

Limbic Brain

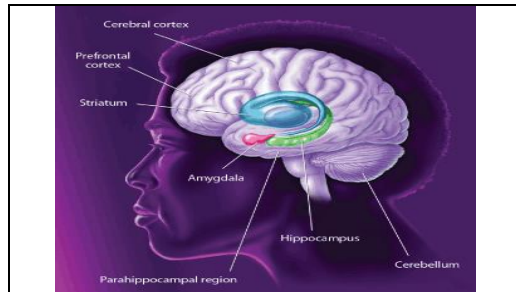
1. Fight, flight, freeze stress response
2. Thinks, “Am I safe? Do people want me?”
3. Emotions live here



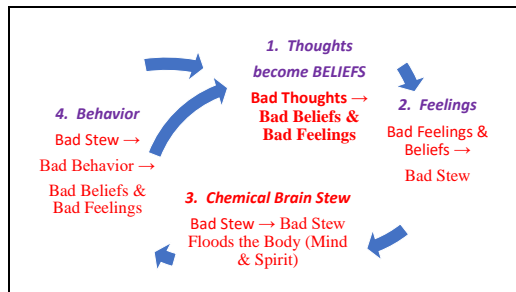
Slide 13



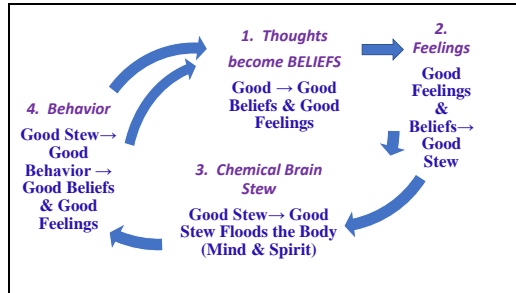
Slide 14



Slide 15



Slide 16



Slide 17

Instantly Flip Your *Neurological* Switch
(Changing **Poopy** Stew to **Happy** Stew)

You can instantly move your thoughts from your negative (**Poopy** Stew) **Right prefrontal cortex** to your positive (**Happy** Stew) **Left prefrontal cortex** with these techniques and many more.

Slide 18

Switch Flipper Tools:
Just plain smile!!!!

- > Hold a Pencil Sideways in Your Mouth – (SMILE)
- > Palm Strokes
- > Art/Dance/Song/Music/Gardening/Running, etc.
- > Yoga, Tai Chi, Qi Cong, etc.
- > Silent Screams; Forgive into LOVE; Gratitude Journal
- > Do anything that makes you smile or laugh
- > Hug Someone; Pet an Animal; Haka Dance

❖ **Smile someone into Smiling CHALLENGE!!**
(Mr. Rogers)

Slide 19

TEACH SWITCH FLIPPER TOOLS

- **NOW:** Choose a tool from the list and teach your neighbor (take turns).
- Go home and give/teach these tools to your staff.

Slide 20

Are You Breathing? Really?
Reverse Breathing check

Slide 21

**Heart focus Technique to
Create Coherence/resonance**

**Heart-Brain Vibrational Integration = Coherence (for
contagious wellbeing)**

Heart Focus:

- Eyes open or closed (can even do it while driving)
- Hand over heart
- Deep belly breathing
- Think loving & grateful thoughts (appreciation)

Slide 22

TEACH HEART FOCUS TOOLS

- **NOW:** Teach Heart Focus to your neighbor (take turns).
- Go home and give/teach this Heart Focus tool to your staff.

Slide 23

Flip your vibrational switch: Attitude shift

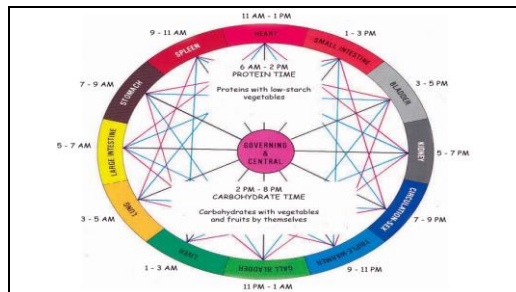
Feel bad? (anxious?)

- Choose a good feeling (calm, love, gratitude, etc.)
- Think of calm/love, breathe in calm with deep breaths
- May need to repeat to lock in calm

To lock-in calm/love (this is a much higher vibration of coherence): Do above and think “radiate the love” outward for 5 – 30 minutes

This locks-in calm/love/gratitude & opens your intuition

Slide 24



Slide 25

ENERGY-BASED STRESS BUSTER

- Stress buster: Triple Warmer alternative (Donna Eden)

Slide 26

TEACH THE STRESS BUSTER

- NOW: Teach your neighbor the Stress-Buster (take turns).
- Go home and give/teach the Stress-Buster to your staff.

Slide 27

WHAT IF PEOPLE TREAT YOU BADLY?

Answer: To feel better: (use tools from any of the 3 toolbox compartments)

- Flip your neuropsychological (brain) switch, or
- Increase your vibrational coherence/resonance, or
- Adjust your energy.

Gain coherence yourself and maintain it. Teach kids about emotions and how to use these increased loving vibrational state techniques.

Slide 28

BONUS

Want to influence people?

Wayne Cook Posture & alternative (Donna Eden)

Slide 29

TEACH THE WAYNE COOK POSTURE

- NOW: teach your neighbor the Wayne Cook Posture.
- Go home and give/teach the Wayne Cook Posture to your staff.

Slide 30

Stress-Free School Secrets:
Neuro-Energy techniques to convert
poopy stew to
happy stew

For **review** (Handout, Video & PowerPoint)
please go to:
<https://DocTaylorBooks.com/principals/>

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RESOURCES	
Educational Consultancy DrPattiTaylor.com DocTaylor@TimeToTeach.com (480) 390-5070	Stress-Free School Secrets Presentation Video & PowerPoint DocTaylorBooks.com (Principals' tab) Grab your FREE eBook

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Please rate your experience in this session.					
	Poor	Fair	Good	Very Good	Excellent
• Overall value of this session for you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• New learning from this session.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Slide 36



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