

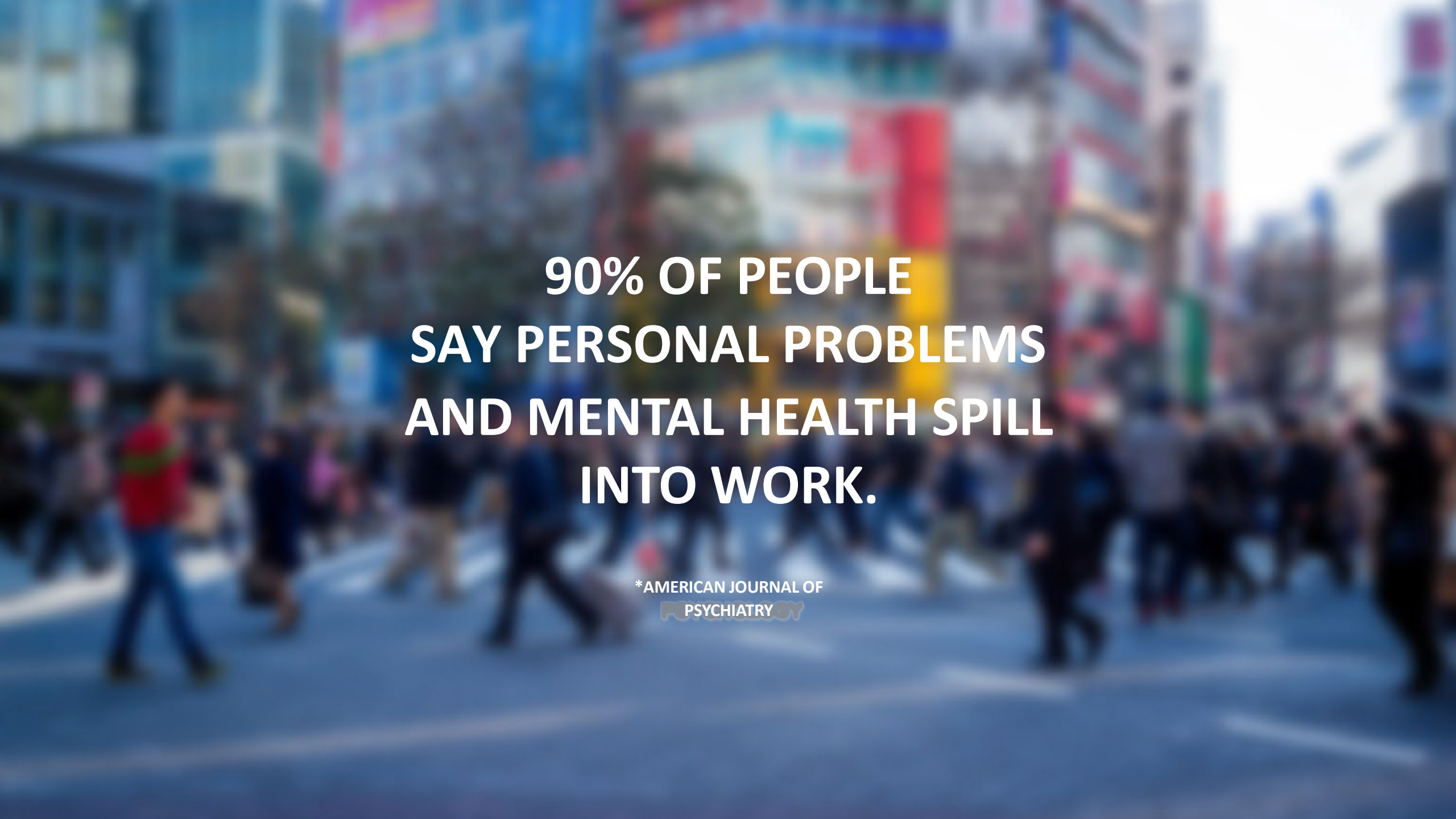


The Brain Is The Bridge

THERE'S
PROFESSIONAL DEVELOPMENT

&

THERE'S
PERSONAL DEVELOPMENT



**90% OF PEOPLE
SAY PERSONAL PROBLEMS
AND MENTAL HEALTH SPILL
INTO WORK.**

*AMERICAN JOURNAL OF
PSYCHIATRY

PERSONAL ISSUES



What's good in your life?

What are you grateful for?





The Neurochemicals of Happiness

Endocannabinoids: The Bliss Molecule

Dopamine: The Reward Molecule

Oxytocin: The Bonding Molecule

Endorphin: The Pain-Killing Molecule

GABA: The Anti-Anxiety Molecule

Serotonin: The Confidence Molecule

Adrenaline: The Energy Molecule

Cortisol: Stress, Worry, Anxiety...

BELONGING

CONNECTING

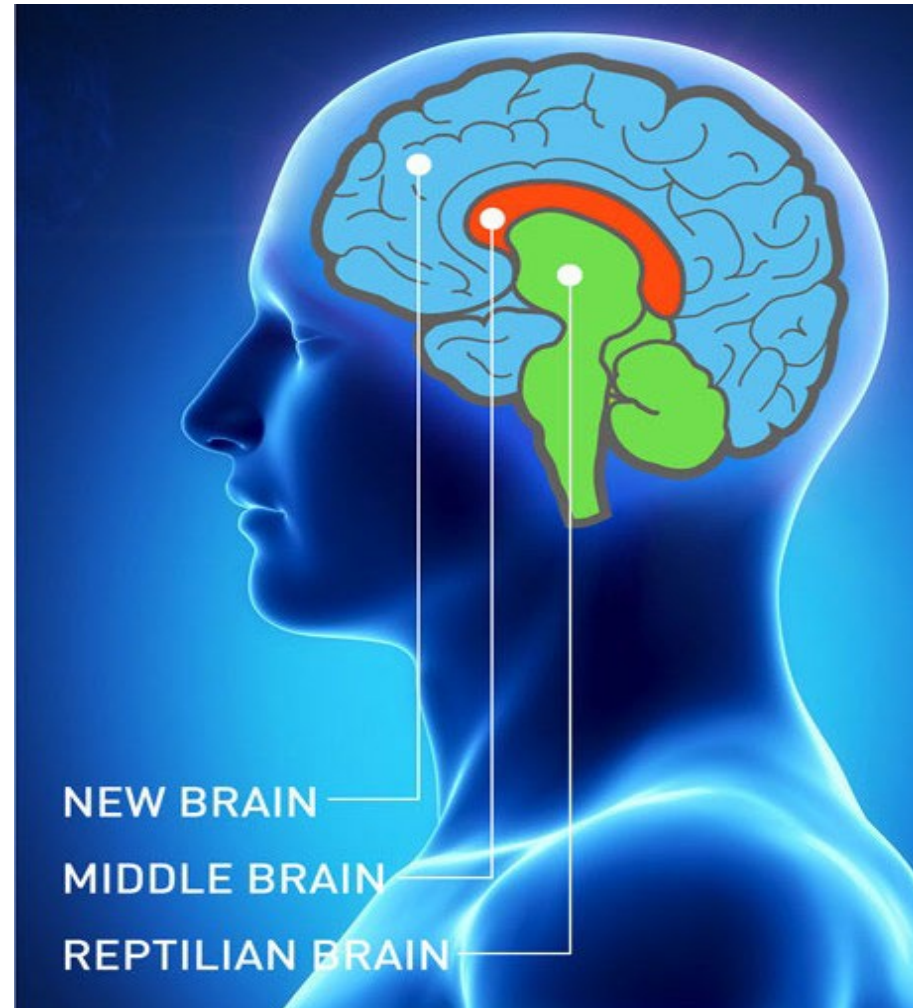
SAFETY

PURPOSE

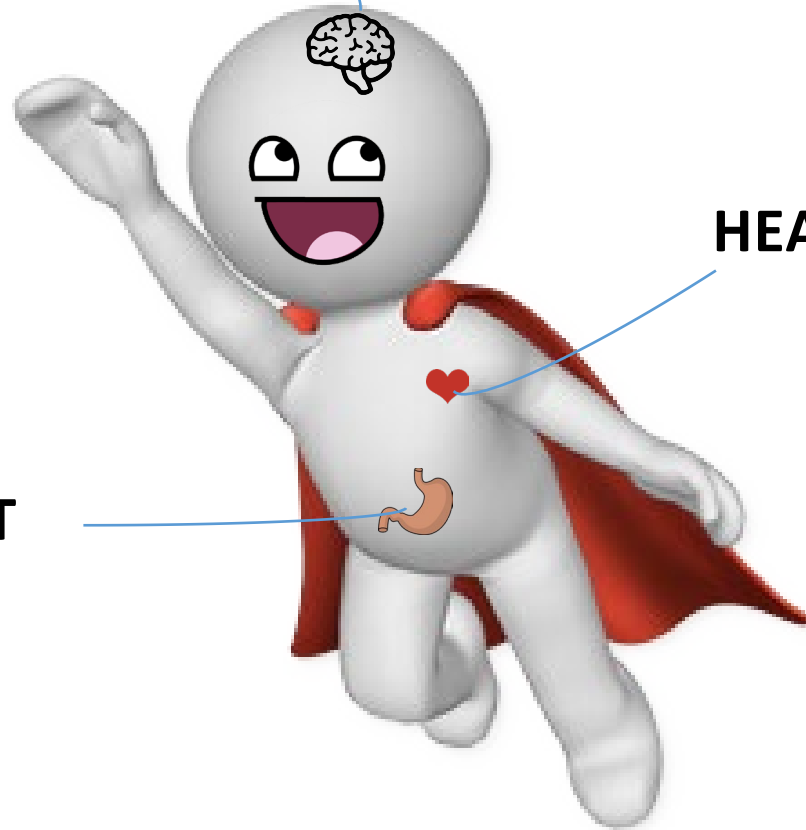
AUTONOMY



THE THREE BRAINS



HEAD



HEART

GUT

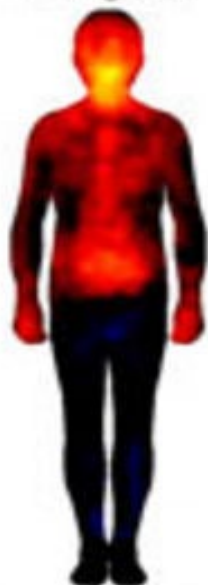
Anger



Fear



Disgust



Happiness



Sadness



Surprise



Neutral



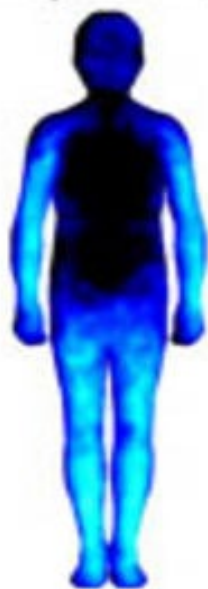
Anxiety



Love



Depression



Contempt



Pride



Shame



Envy



TIMCUSACK.COM

TIM@TIMCUSACK.COM

@TIMCUSACK

