

LET'S ELEVATE OUR HAPPINESS, WELL-BEING & PRODUCTIVITY, ONE THOUGHT AT A TIME

Why neuro-plasticity matters

Patty Purpur de Vries, MS

Chief Experience Officer, Living Well USA



You're so hard on yourself.
Take a moment.
Sit back.
Marvel at your life:
 at the grief that softened you,
 at the heartache that wisened you,
 at the suffering that strengthened you.
Despite everything,
you still grow.
Be proud of this.
- Unknown



to night
Purple
Ugly
Purple Jay
Soleim
Tony Schwartz
The Great from
Pros 7





My happiness toolkit

- Nature
- Movement
- Forgiveness
- Self-Compassion
- Gratitude
- Strengths
- Connection
- Creativity

✓ **Neuro-literacy**

Where are you now?





DEEPLY LISTEN
SPEAK

CURIOSITY

QUESTION BELIEFS
UNARGUABLY OF LIFE



↑ OPEN
CURIOUS
COMMITTED TO LEARNING



WHERE AM I?

PLAY

WINNING!

↓ COMMITTED TO BEING RIGHT
DEFENSIVE
CLOSED



OVERWHELMED



APPROVAL



CONFLICT



SECURITY



FAULT AND BLAME

CONTROL

RATIONALIZE AND JUSTIFY

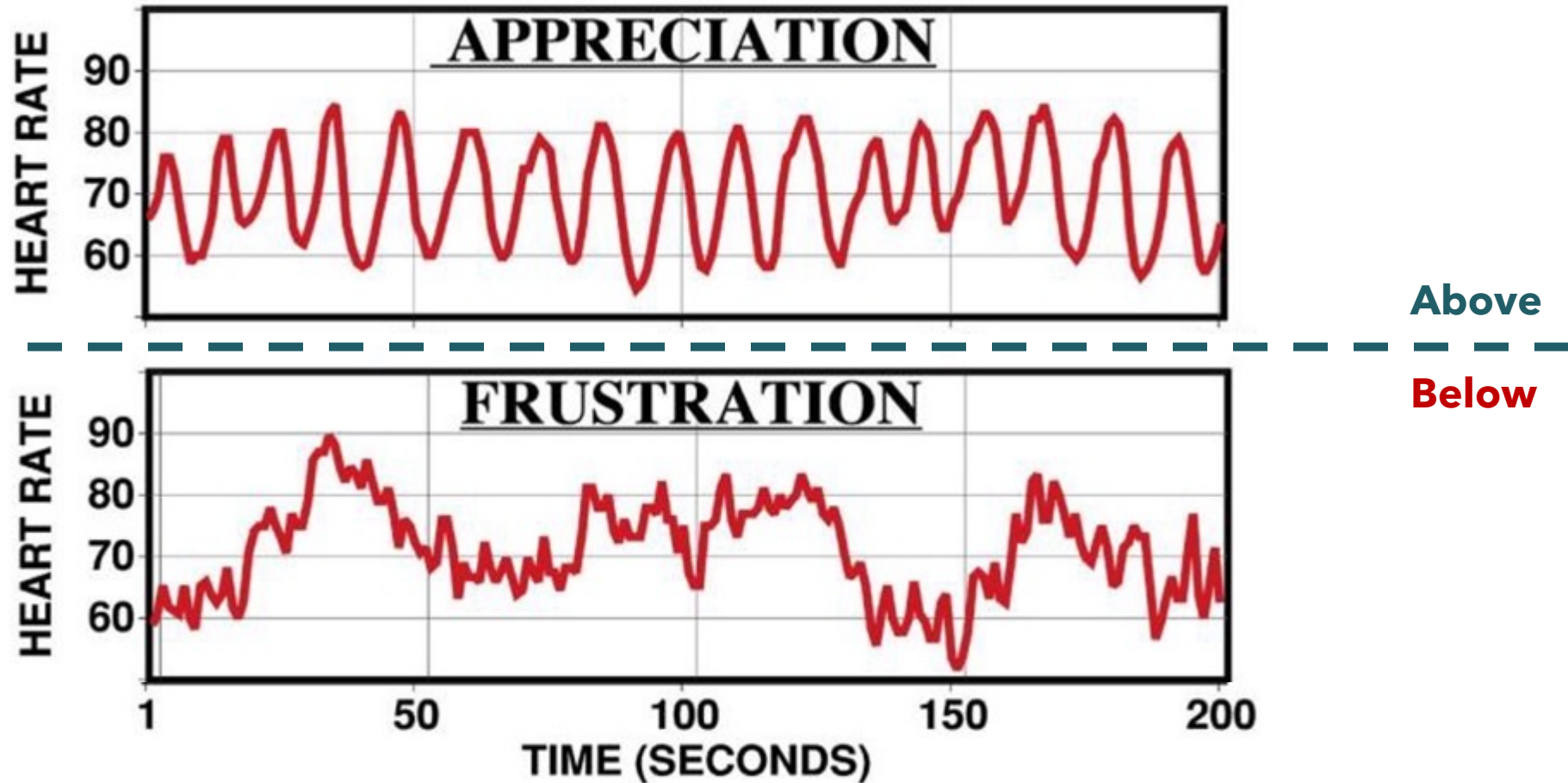
GOSSIP



In pairs:

Share 3 words
that describe
you at your
best.

Heart Rate Variability



Positive Energizers



Above the Line

- Helps others flourish
- Trustworthy & has integrity
- Dependable
- Uses abundance language
- Helpful & fully engaged
- Genuine and authentic

Below the Line

- Sees mostly roadblocks + obstacles
- Creates problems
- Doesn't allow others to be valued
- Inflexible in his/her thinking
- Doesn't show concern for others
- Often doesn't follow through

De-Energizers



Listed above are attributes identified by executives when describing positive energizers in their organizations. It is not a comprehensive list, of course, but note that each of these attributes can be cultivated.

Key Findings

- Those who positively energize others are higher performers. People's position in the *energy* network is four times more important in predicting performance than their position in the *information or influence* networks.
- Positive energizers tend to enhance the performance of others. People who interact with or are connected to energizers also perform better.
- High performing organizations have three times more positive energizers than low performing organizations.



DEEPLY LISTEN
SPEAK

CURIOSITY

QUESTION UNARGUABLY BELIEFS
LIFE OF



↑ OPEN
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WHERE AM I?

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March 9, 2019

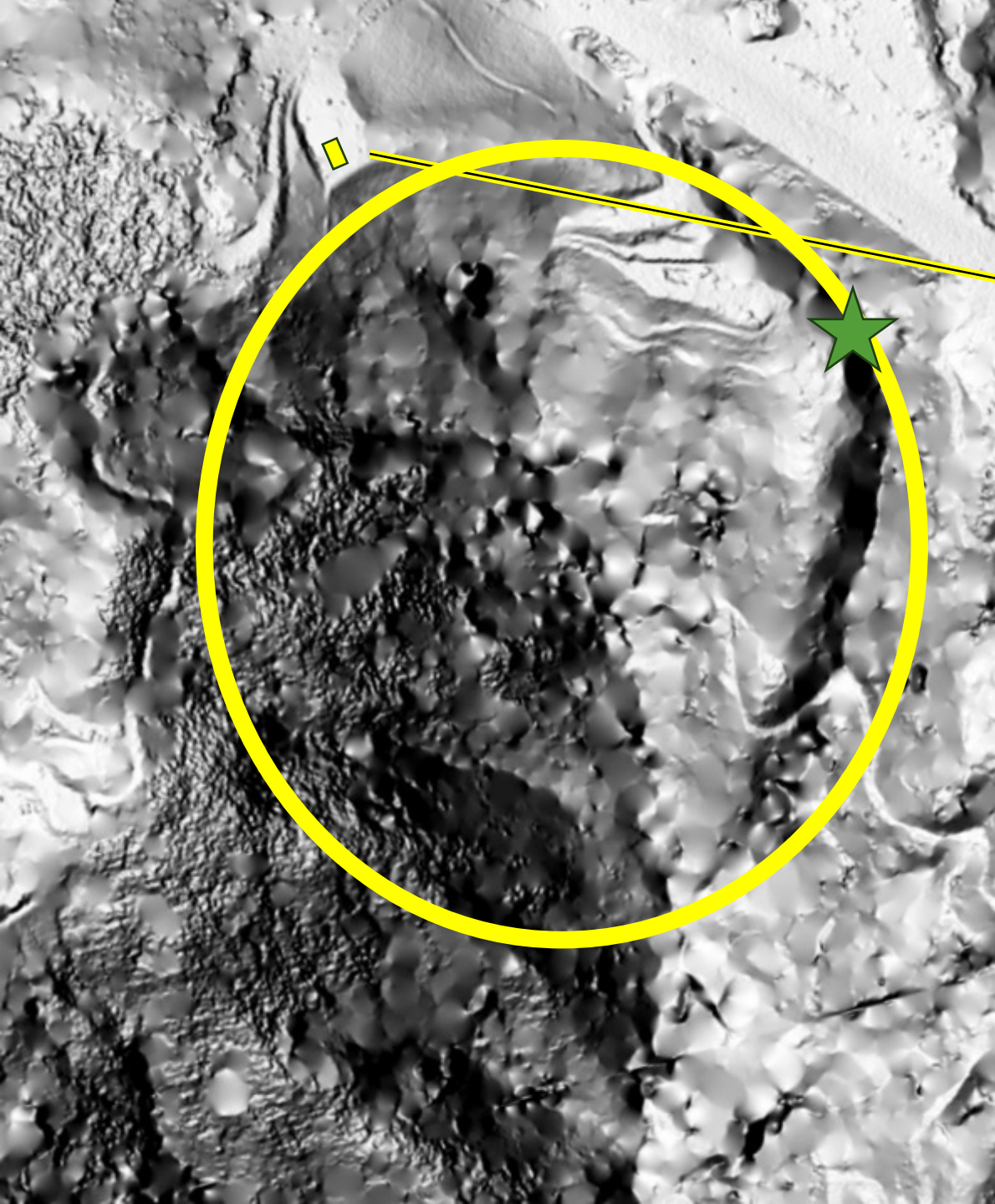


January 3, 2020



COVID: 2020





Home

















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BESSEL VAN DER KOLK, M.D.

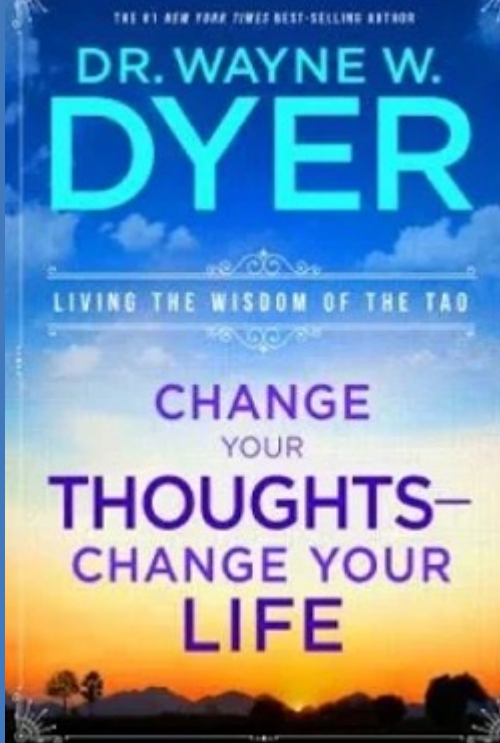
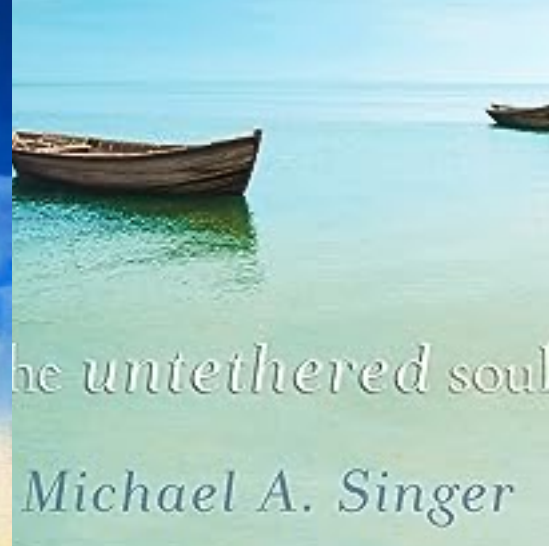
"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY OF A SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION OF THE TRUTH TELLER." — JEREMY BEARMAN, M.D.

THE #1 NEW YORK TIMES BEST-SELLING AUTHOR

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LIVING THE WISDOM OF THE TAO

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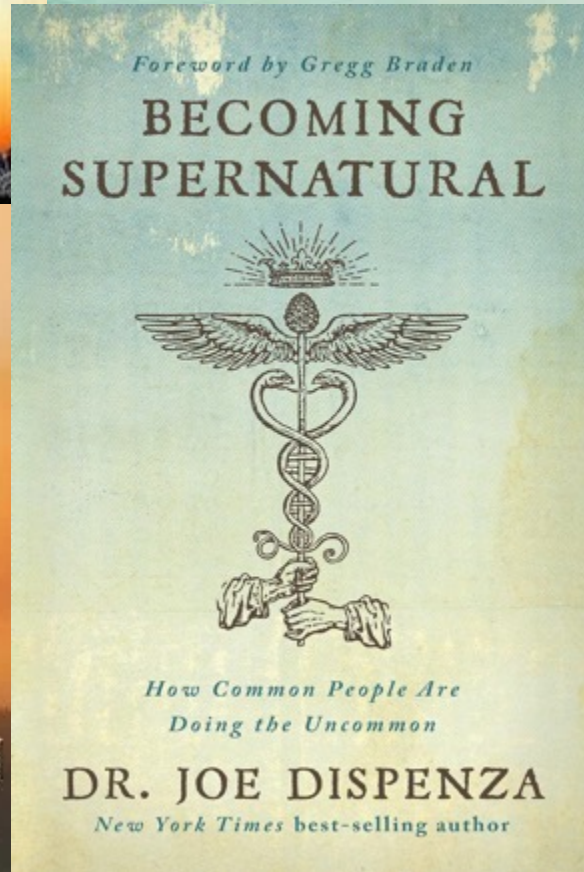



The untethered soul

Michael A. Singer

Foreword by Gregg Braden

BECOMING SUPERNATURAL



How Common People Are Doing the Uncommon

DR. JOE DISPENZA

New York Times best-selling author

SHARON BLACKIE

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MANDA SCOTT, *Boundless and Into the Fire*

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DR. QING LI

CHAIRMAN OF THE JAPANESE SOCIETY FOR FOREST MEDICINE



My daily reminders:

Recognize your value

Inventory your strengths and opportunities

Select your mindset

Enjoy sharing your gifts



OPEN
CURIOUS
COMMITTED TO LEARNING

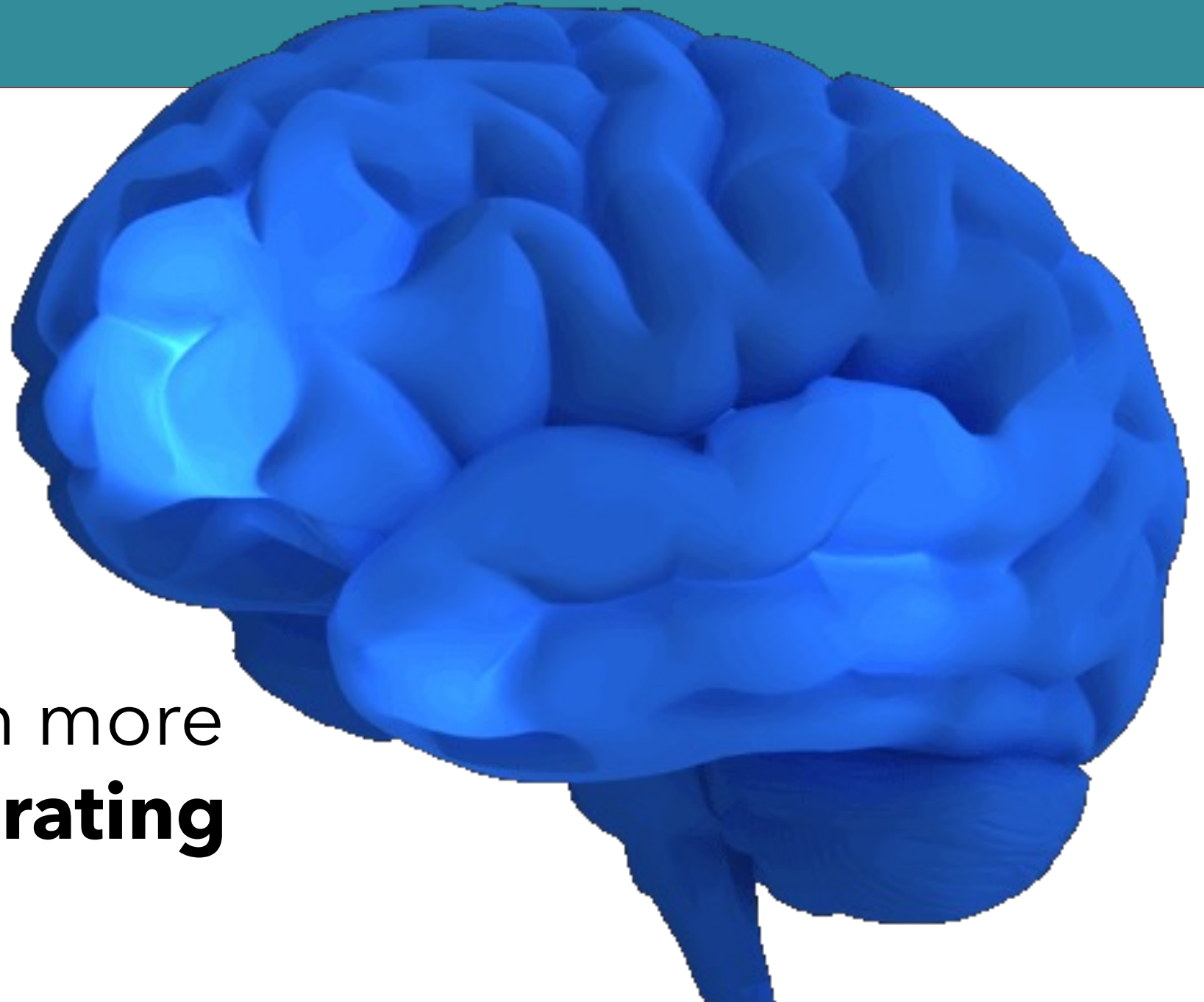


WHERE AM I?

COMMITTED TO BEING RIGHT
DEFENSIVE
CLOSED

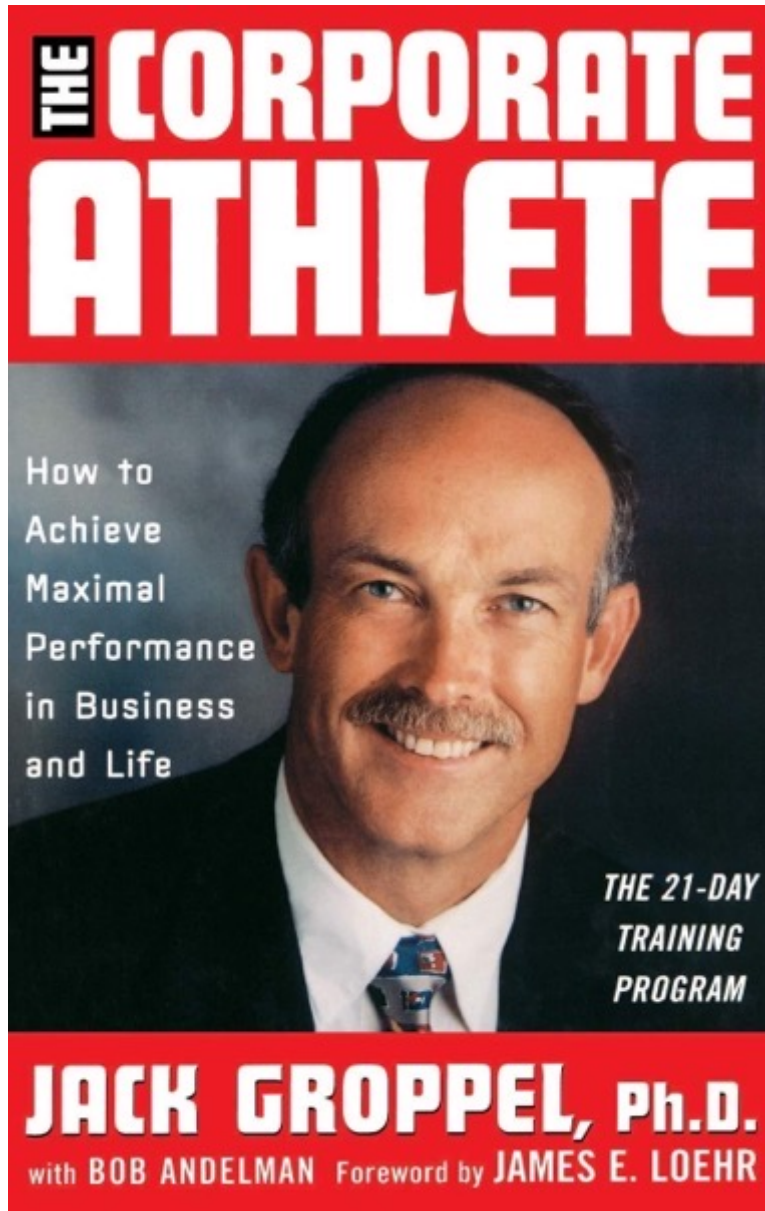


If I know all this research,
and I have so many tools,
why do I drop below the
line so often?



How do I learn more
about my **operating
system**?

Jack Groppel, PhD, FACSM, FACN



Cofounder of the
Johnson & Johnson
Human Performance
Institute.



What we believe...

Everyone has enormous untapped potential.

Everyone deserves the opportunity to discover their unique gifts and use them to make a difference in their life and the lives of others.

Everyone deserves the opportunity to discover their true meaning and purpose.

Everyone deserves the opportunity to thrive and achieve their full potential.

Increased

- Happiness
- Positivity
- Fulfilment
- Passion
- Energy
- Ambition

Decreased

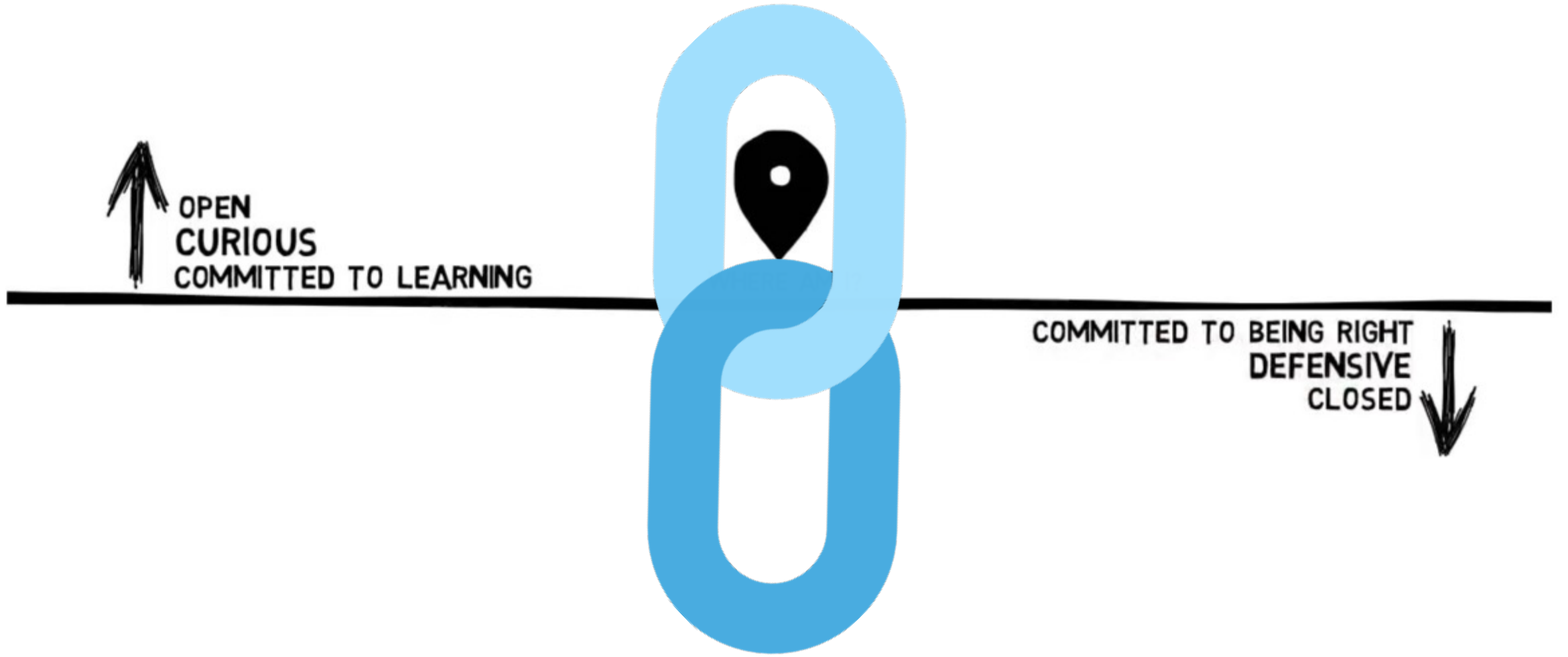
- Unhappiness
- Drag
- Irritation
- Anger
- Fear
- Anxiety

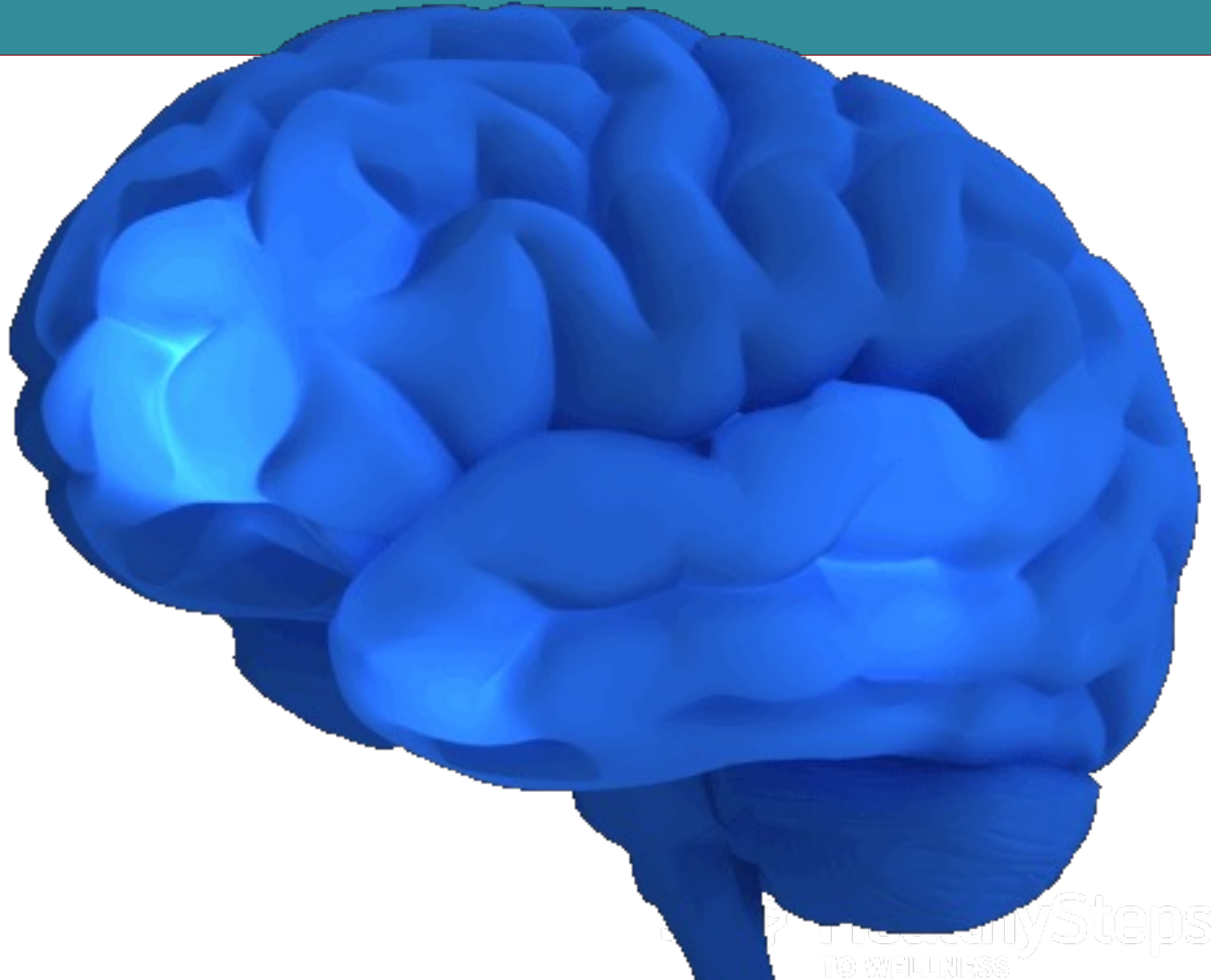


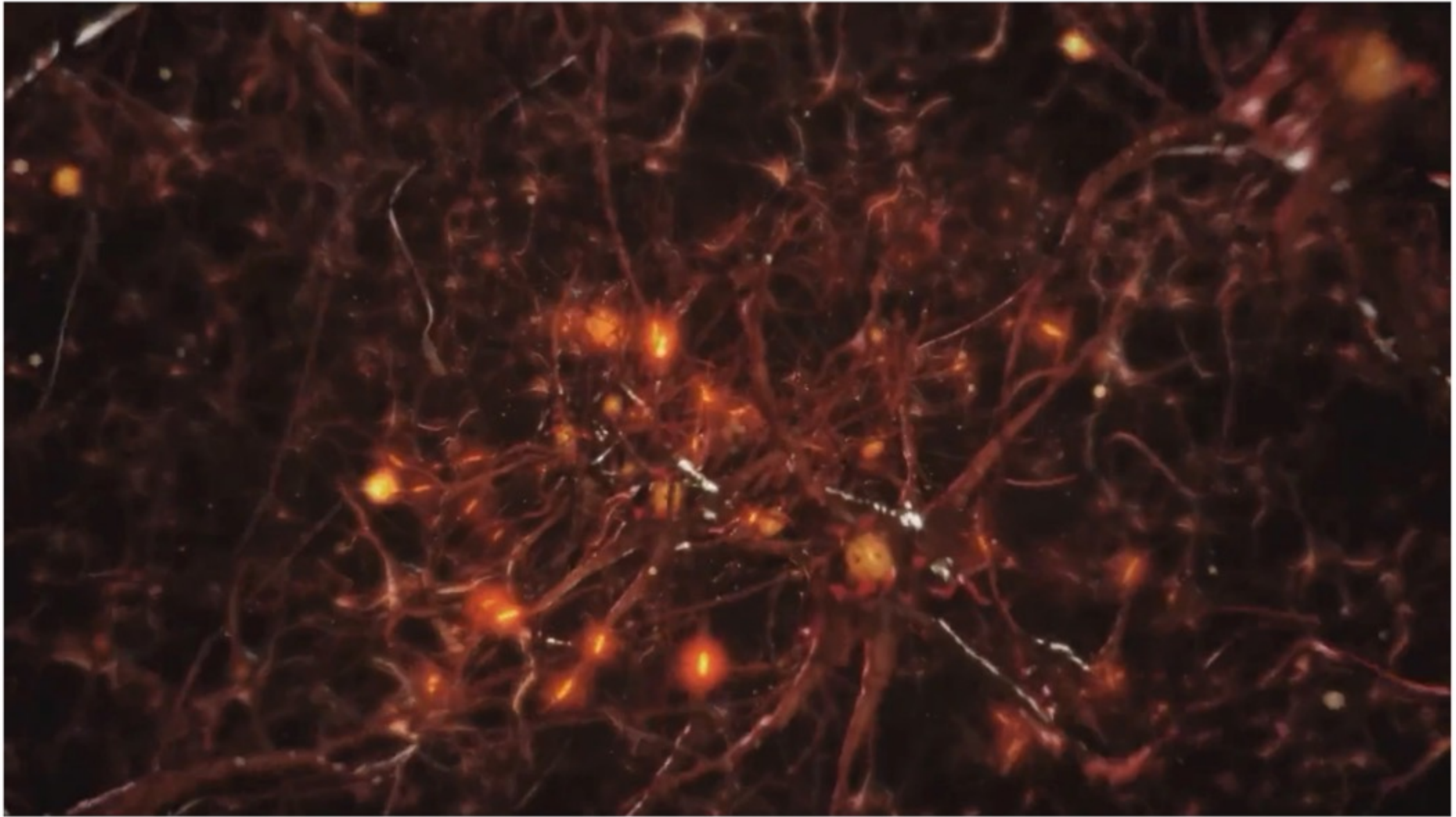
**Successful or
extraordinarily successful
in accomplishing the
initial change they
intended**

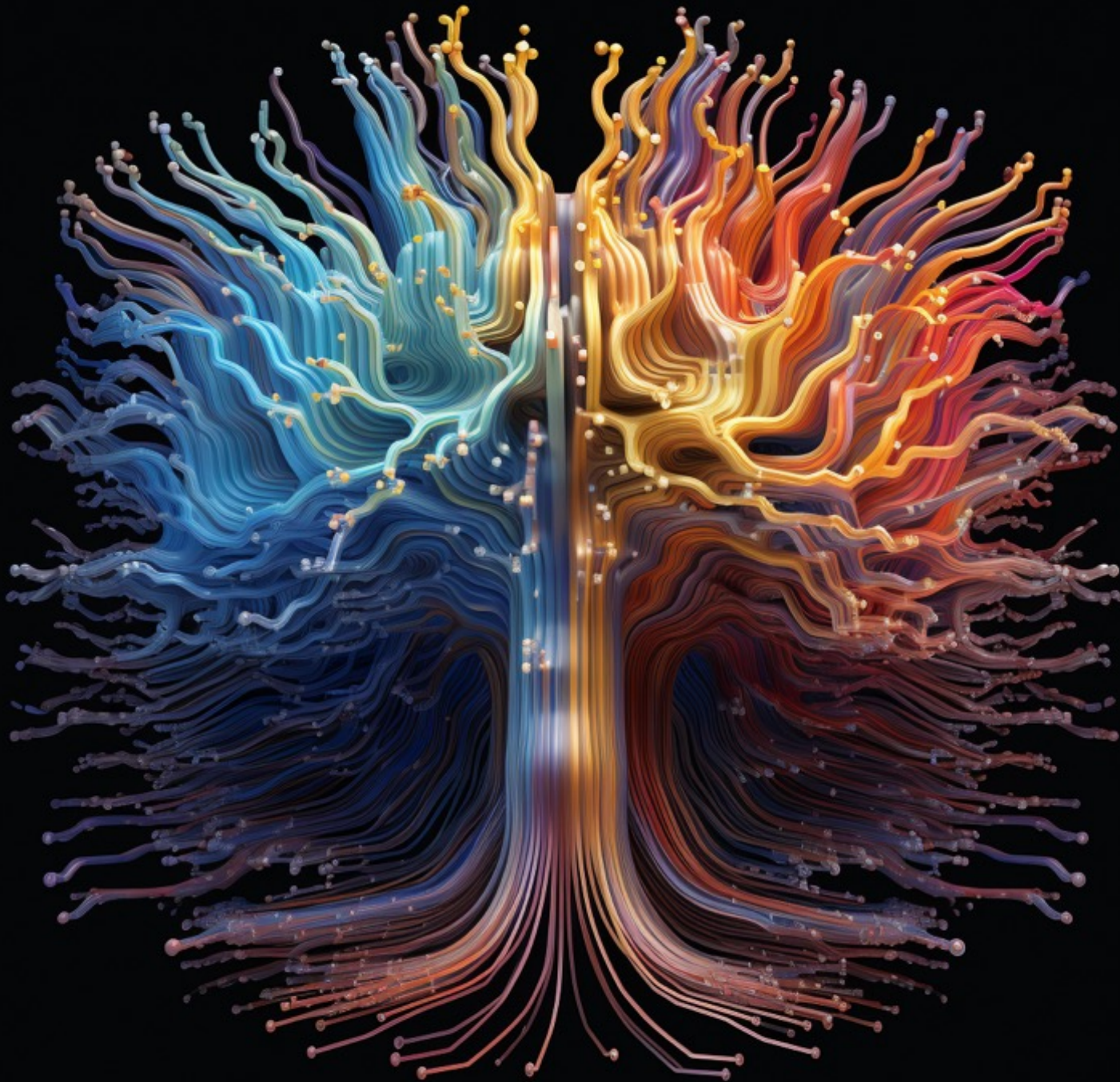


**Able to influence
their reaction to
upsetting events**



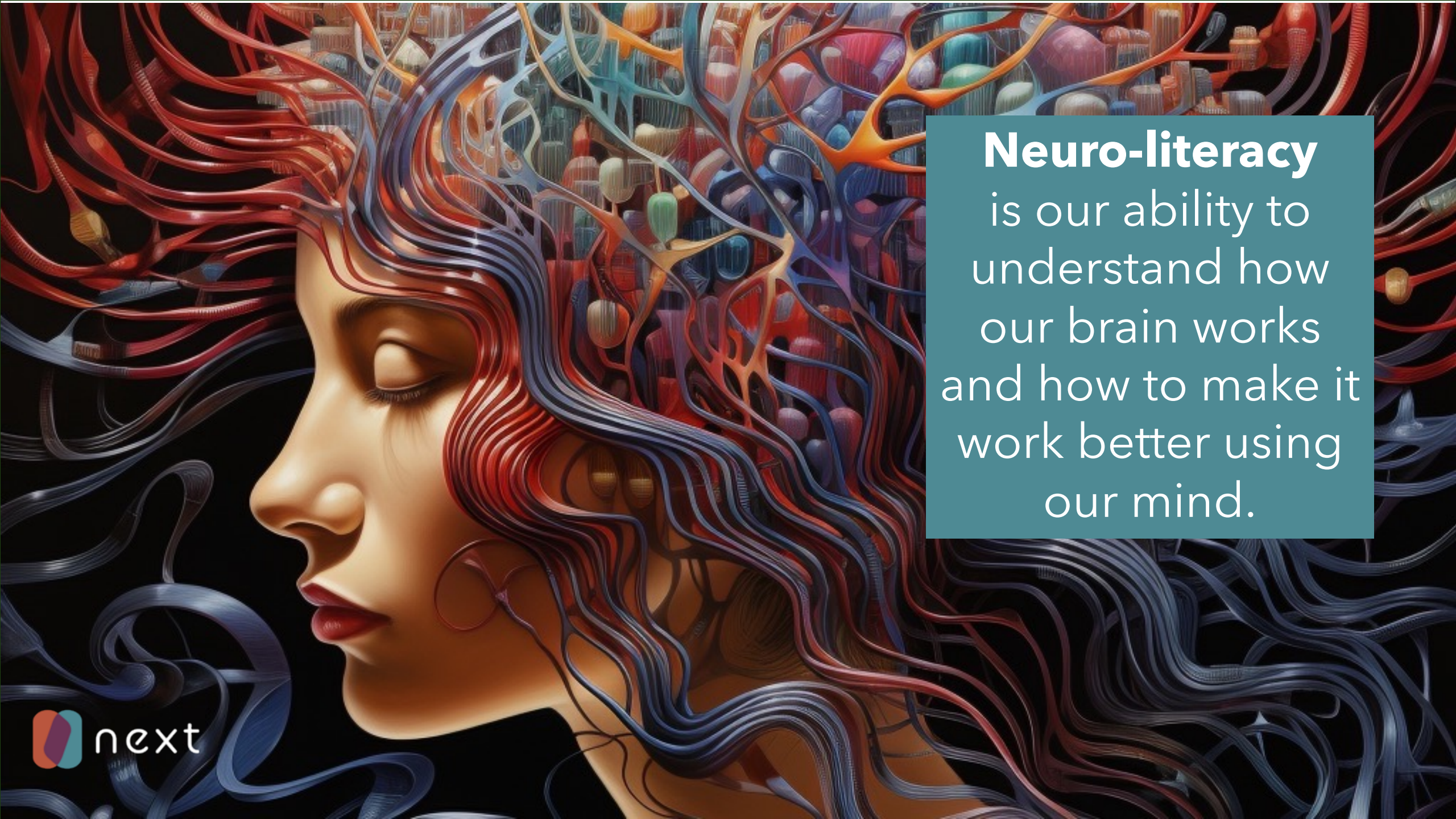






Neuroplasticity is the property of the brain to change its form, structure, and function through experience and activity across a person's lifespan.



A woman's profile is shown in a three-quarter view, facing left. Her hair is replaced by a dense, intricate network of colorful, flowing ribbons in shades of red, orange, blue, and purple, which represent neural pathways or brain activity. The background is dark, making the vibrant colors of the brain stand out.

Neuro-literacy
is our ability to
understand how
our brain works
and how to make it
work better using
our mind.

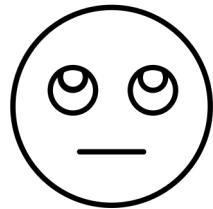
Brain Patterns =

Thoughts



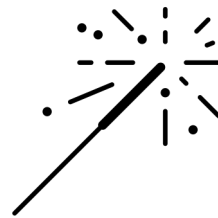
+

Emotions



+

Body Sensations



+

Behaviors



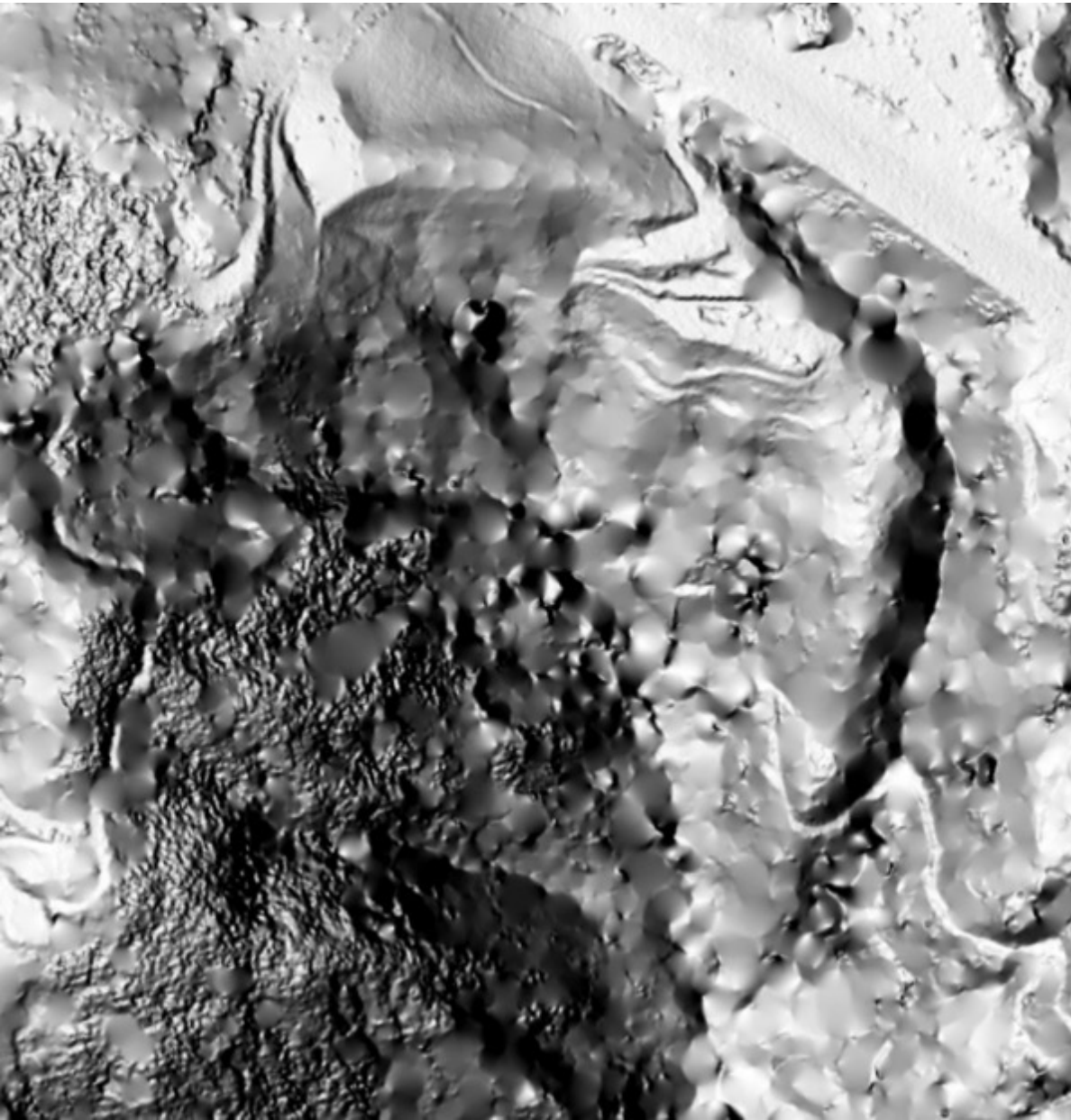
Name of Pattern: Unworthiness

Thoughts: I haven't done enough. I am not enough.

Emotions: Sadness, anxiety

Physical Body Sensations: Throat tightness & upset stomach

Behaviors: Leave situation or seek approval, love, praise



Productive Brain Patterns

- Curiosity
- Self-compassion
- Gratitude
- Forgiveness
- Love

Counterproductive Brain Patterns

- Defensiveness
- Blame
- Inflexibly
- Judgement
- Anger
- Shame



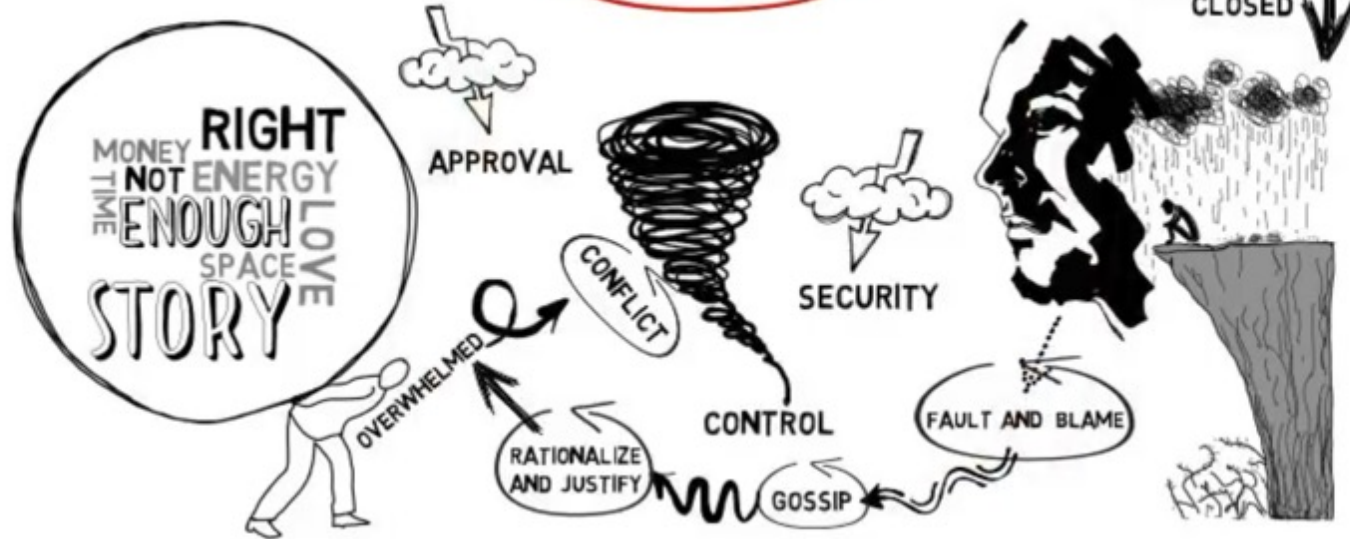
CURIOSITY LISTEN DEEPLY SPEAK UNARGUABLY QUESTION BELIEFS OF LIFE OF PLAY

OPEN CURIOUS COMMITTED TO LEARNING

WHERE AM I?

WINNING!

COMMITTED TO BEING RIGHT DEFENSIVE CLOSED



Life Context

Step 1: Brainstorm Areas of Life

Use the input box below to add important areas of your life. Be sure to look at what you put on your Must Haves list in your 3 Columns App when considering what's important to you. When you have completed this step, select Next.

Relationship with Greg

Relationship with Daughter, Ana

Relationship with Son, Donte

Relationship with stepson, Colin

Relationship with stepson, Ian

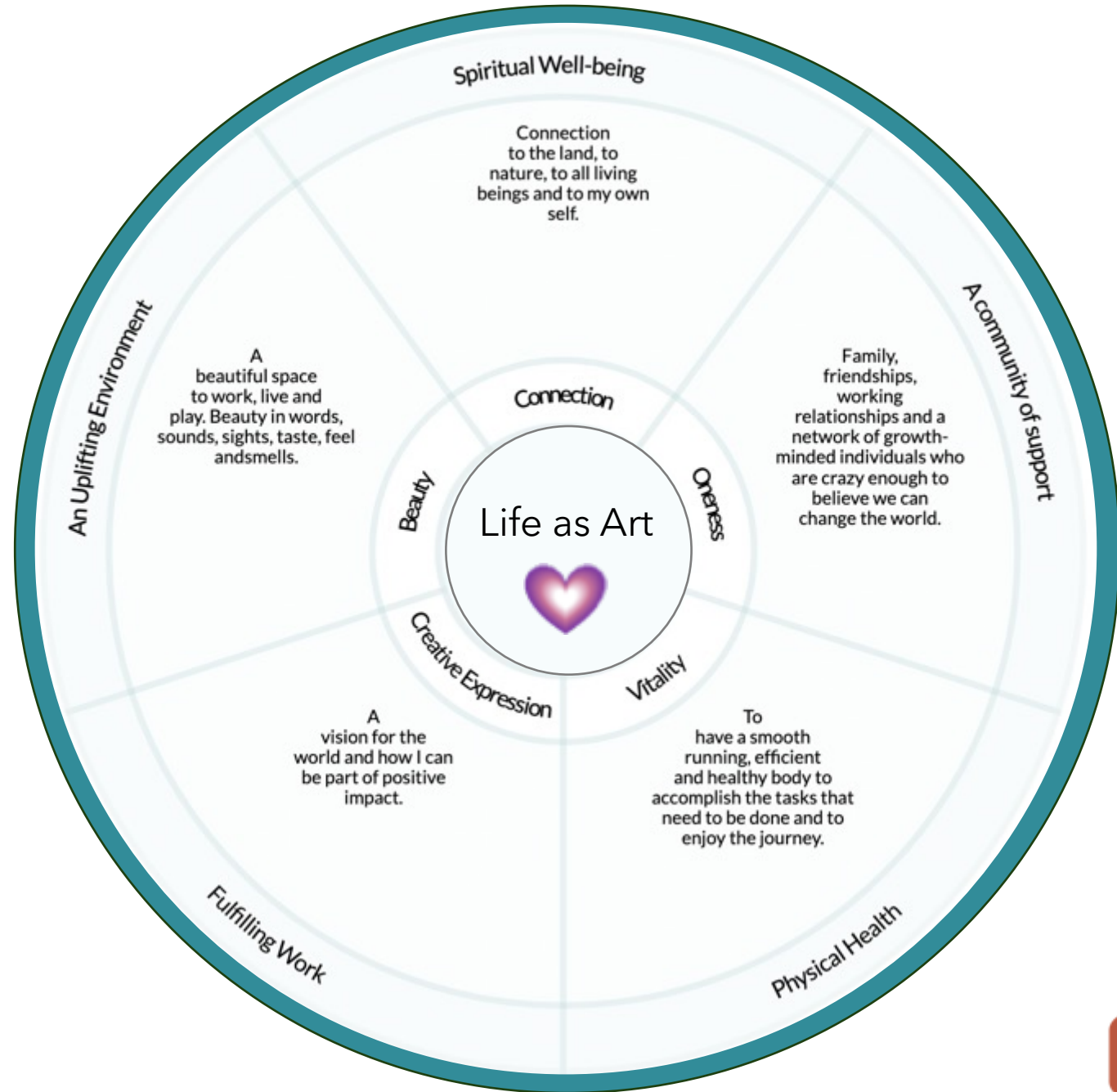
Emotional Health

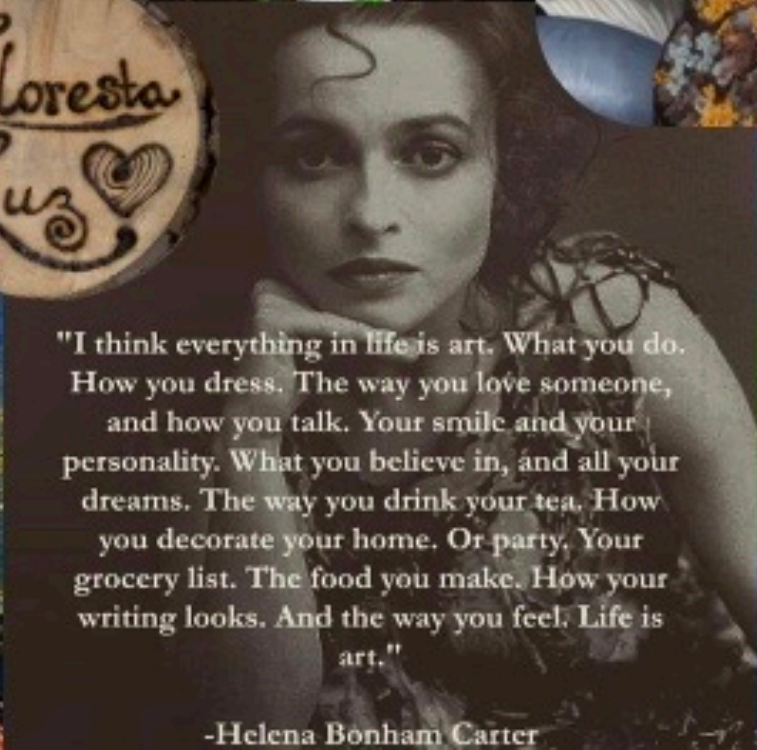
A beautiful environment

Growth mindset

Like-minded friends

Positive Relationships

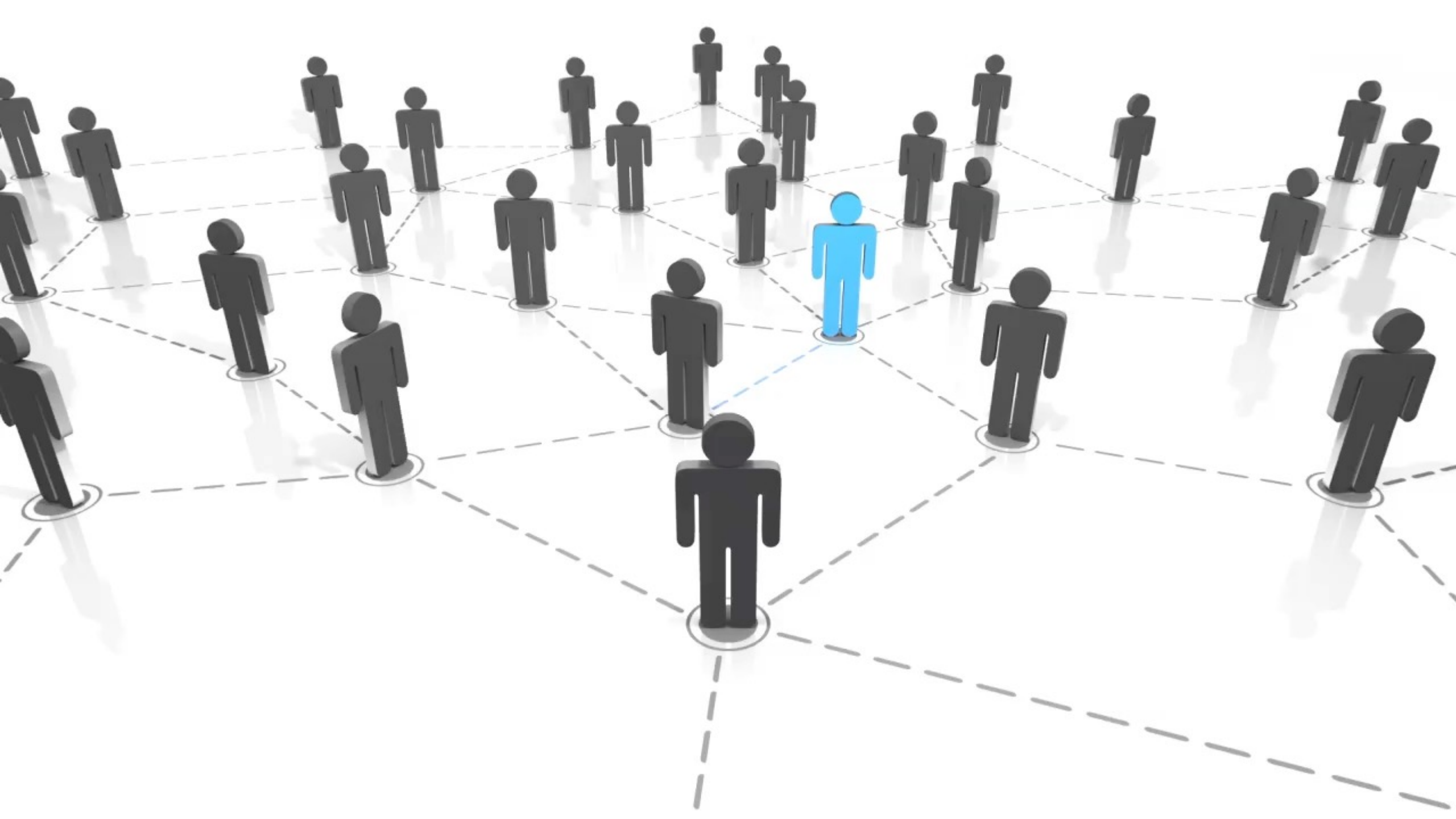




"I think everything in life is art. What you do. How you dress. The way you love someone, and how you talk. Your smile and your personality. What you believe in, and all your dreams. The way you drink your tea. How you decorate your home. Or party. Your grocery list. The food you make. How your writing looks. And the way you feel. Life is art."

-Helena Bonham Carter





May 2023
Mental Health Month Panel

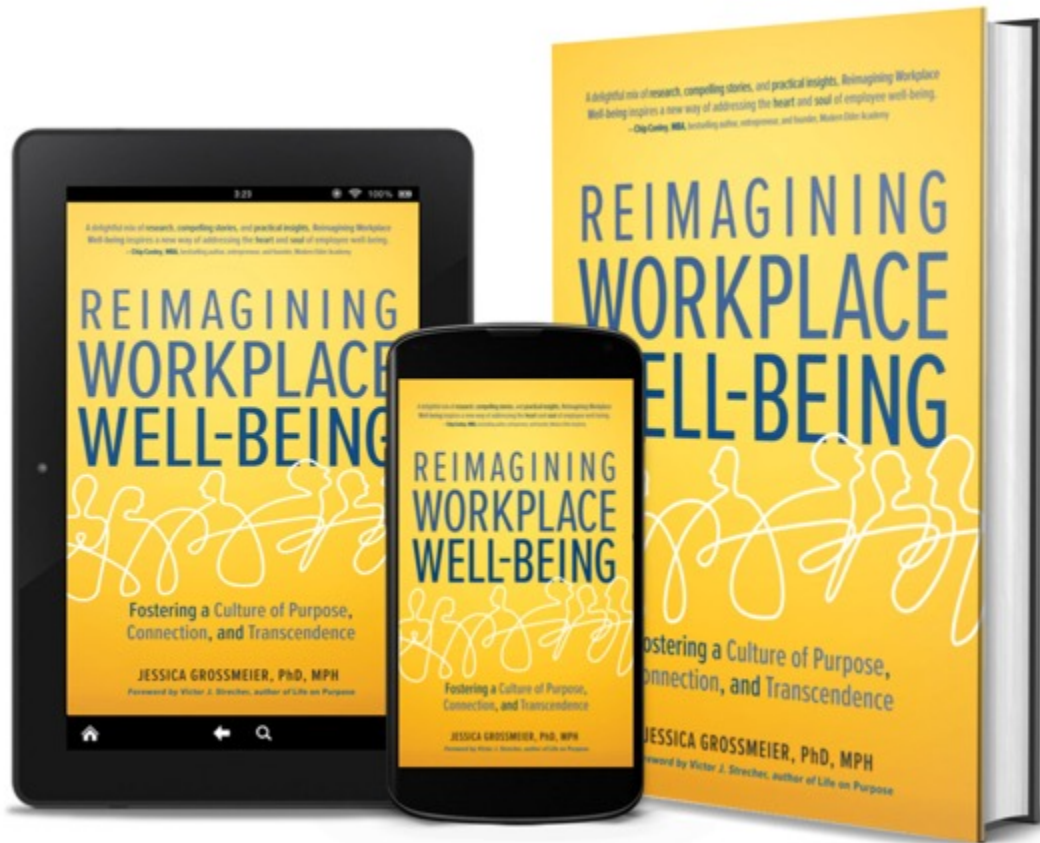


Jessica Grossmeier, PhD, MPH



“About two years into my journey, I realized I’d been looking in the wrong places to find fulfillment and rekindle my joy in life. When I dug deeply into what gave me hope and joy and meaning, it came down to rediscovering my purpose in life, asking myself what my values were and if/how I was living them out in my daily life.”

Jessica Grossmeier PhD, MPH



Part Two: An Evidence-Based Approach

Chapter 4 A Culture of Individual Purpose

Chapter 5 A Culture of Connection and Belonging

Chapter 6 A Culture of Transcendence





A word cloud featuring names of various sizes and colors. The names are arranged in a dense, overlapping manner. The largest name is 'Alexander' in black at the bottom. Other prominent names include 'Thomas' in red, 'David' in dark grey, 'James' in black, 'Margaret' in red, 'Elizabeth' in grey, 'John' in grey, 'Mary' in dark grey, 'Isabella' in black, 'Liz' in green, 'Catherine' in black, 'William' in red, 'Laura' in yellow, 'Noemie' in red, 'Helen' in red, 'Anne' in black, 'Jane' in red, 'Susan' in grey, 'Lana' in green, 'Mitch' in blue, 'Ryan' in blue, 'Peter' in grey, 'Janet' in grey, 'Jean' in grey, 'Charles' in grey, 'Caroline' in grey, 'Betty' in grey, 'Arthur' in red, 'Gary' in grey, 'Elspe' in grey, 'Donald' in grey, 'Ronald' in grey, 'Ebenezer' in grey, 'George' in grey, 'Andrew' in grey, 'Agnes' in grey, 'Betsy' in grey, 'Stewart' in red, 'Cecil' in black, 'Robert' in grey, 'Christian' in grey, and 'Jesse' in grey.

Alexander
Thomas
David
James
Margaret
Elizabeth
John
Mary
Isabella
Liz
Catherine
William
Laura
Noemie
Helen
Anne
Jane
Susan
Lana
Mitch
Ryan
Peter
Janet
Jean
Charles
Caroline
Betty
Arthur
Gary
Elspe
Donald
Ronald
Ebenezer
George
Andrew
Agnes
Betsy
Stewart
Cecil
Robert
Christian
Jesse

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Imagination
is the
beginning of
creation.

George Bernard
Shaw





"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them **feel**."

- Maya Angelou



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SCAN ME

NAMASTÉ

MY SOUL HONORS YOUR SOUL. I HONOR THE PLACE
IN YOU WHERE THE ENTIRE UNIVERSE RESIDES. I
HONOR THE LIGHT, LOVE, TRUTH, BEAUTY AND
PEACE WITHIN YOU, BECAUSE IT IS ALSO WITHIN
ME. IN SHARING THESE THINGS WE ARE UNITED,
WE ARE THE SAME, WE ARE ONE.

-ANCIENT SANSKRIT BLESSING

Thank you 

Patty Purpur de Vries

Patty@LivingWellUSA.com

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