Hour 2:
Your Brain on Burnout:
The Science Behind Stress

- ➔ Red - Yellow - Green
- ➔ The Autonomic Nervous System As a Ladder
- ➔ Why Positive Thinking Makes Burnout Worse

1

By the end of Hour 2, you will be able to...

- ➔ Explain the neuroscience of stress and how stress and burnout affect the brain, decision-making, and performance.
- ➔ Distinguish between stress response states and recognize personal patterns.
- ➔ Apply nervous system practices to interrupt stress patterns and articulate the value of both negative thoughts and the Red zone, along with the limitations of positivity.

2

Red - Yellow - Green

3

What do you already know about

Red?

Yellow?

Green?

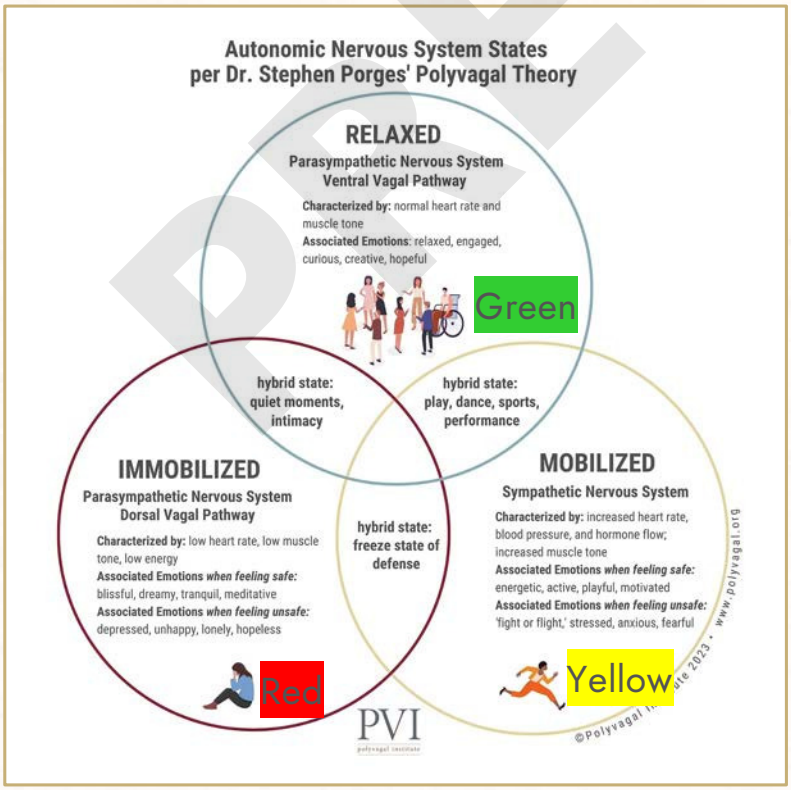
4

The Polyvagal Theory

Polyvagal Theory emphasizes the role the autonomic nervous system - especially the vagus nerve - plays in regulating our health and behavior.

Created and developed by Stephen Porges, PhD, the theory describes the physiological/psychological states which underlie our daily behavior as well as challenges related to our wellness and mental health. By applying Polyvagal Theory to our personal lives as well as to disciplines such as medicine, education, and management, we can understand how safety, co-regulation, and connection are paramount to a healthy human experience.

5



Autonomic Nervous System

of

Red,

Yellow,

Green

Including Blended States

6

Title search: Your Brain on Burnout: The Science Behind Stress

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