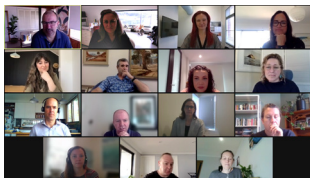




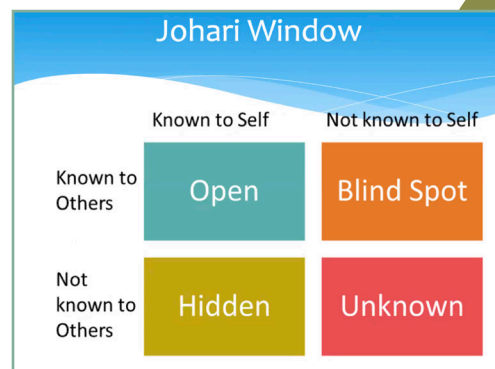
MARCEL KOPER
 The Awareness Centre
 Melbourne
**Co.Changemaker
 Workshop:**
**WELLBEING AND
 CAREER SUSTAINABILITY**

(2 hrs) 10 September
 9.30 - 11:30 AM

[https://www.
 awarenesscentre.com.au](https://www.awarenesscentre.com.au)



- ### 4 areas in all of us are affected
1. Sleeping
 2. Eating
 3. Desire to exercise
 4. Desire to socialise



Attention Deficit Trait (ADT)

Newly recognized neurological phenomenon:

- * Attention Deficit Trait (ADT)
- * Response to hyperkinetic environment
- * Trying to deal with too much input, results in:
 - Black-and-white thinking; perspective and shades of grey disappear
 - Difficulty staying organized, setting priorities, and managing time
 - Feel a constant low level of panic and guilt

*Hallowell EM. Overloaded circuits: why smart people underperform. Harv Bus Rev. 2005 Jan;83(1):54-62, 116.

Allostatic Load

Prolonged stress leads to wear and tear on the body-**allostatic load** (Hassed & Chambers)

- * Allostatic load leads to:
 - Impaired immunity, atherosclerosis, bone demineralisation and metabolic syndrome
 - Atrophy of nerve cells in the brain
 - Hippocampal formation- learning and memory
 - Prefrontal cortex- working memory, executive function
 - Growth of amygdala mediates fear response
 - Many of these processes are seen in chronic depression and anxiety (McEwen 2004)

“Nothing is more important than your mental health”

“The Myth of Multi-tasking”
 Our brain needs to work sequentially”

“What do you notice about yourself when the stress is in overload?”

“Have the ability to hold your feelings. Create the chance and sit & feel about the situation. I listen to my feelings - my intuition when my clients talk to me about key issues in their life”

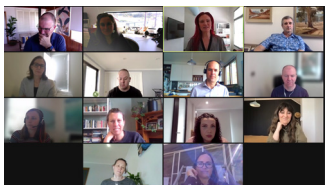
“What are you doing to look after yourself? When we are tired we will go to default mode. Talk this through.”

“Calming the amygdala - it will get harder if you don't address it”



NATASHA MILIOTIS
 CEO SHINE SA
Co.Changemaker
Workshop:
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www.shinesa.org.au

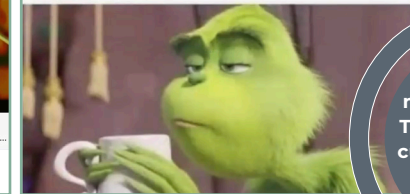


How to make stress your friend | Kelly McConigal
<https://youtu.be/RcGyVTAoXEU>



An ER doctor on triaging your 'crazy busy' life | Darria Long
<https://youtu.be/nLjchFPvcQo>

Being an adult is all about being tired, telling people how tired you are, and listening to other adults tell you how tired they are.



"The Hustle n Grind society. Take note of the culture we swim in - ref to FB feed."

"Mental Illness is a lottery!"
"You don't have to follow the pack - challenge the norms"

Do you feel like it will only ever be a dream, because you don't have the time or space to explore new career options? I mean you barely have a life away from work!
 ... See more
"I want a career that lets me have a life. ...Is that even possible?"
 - CRAZY BUSY WOMAN -
 SECOND STEPS.COM.AU
 CLICK HERE to find out! Let's make it possible.
 Like Comment Share

9 to 5 Life
 1 Mar 2019
 Relatable...
 When you and your co-workers are drowning with work, but you're used to it now...
 83.5K 225K comments 471K shares 52.5M views

"I am healthy, strong and well! What we tell ourselves leaks into the words we speak and the tone, our actions. I have my inner Cheer Squad - my RA RA Squad - the power of internal self talk"

"Design for Busy in your life. Then set aside time for reflection + balance"

"We are not replaceable to our family. Start talking and learn from each other"

"Making stress our friend is more important for our mental health and wellbeing. Don't die from the belief that stress is important"