

Thrive 365 #30

Did you know?

At any one time we are experiencing a multitude of signals from the senses (our lizard brain or limbic brain receives around 11 million bits of information per second!). Our visual system processes our surroundings; our auditory system is aware of all the various sounds around us; and we are constantly aware of different smells and feelings on our body.

Fortunately, the prefrontal cortex is designed to prioritise the signals and inhibits transmission of irrelevant information. This is called Selective Filtering. We can use this inbuilt system to support our wellbeing.

What can you try?

1. Perception is not reality

Be aware that your perception of something is not actually reality. For example, if you notice someone doing something that upset or irritates you, it's much more likely you will notice it again. That doesn't mean they have started to do it more, just that you are noticing it more.

2. Find things that work

If you find something that makes you feel relaxed and reduces stress (such as a certain smell or giving yourself a hug), use it regularly as your brain will prioritise noticing this over other sensations or signals.

3. Notice your environment

Consider your environment carefully. This may be work or home. Or if you are at school, college or uni, it will be the things you can control like your bag or your pencil case. Notice the impact these things are having on you and what your brain is focusing on.

For example, if you have a lot of belongings around or clutter, is that adding to your level of stress? Is it a constant reminder of things you need to do? Equally, if a space is very empty and sterile, is that adding to a feeling of loneliness or amplifying sound creating an unhomely feel?

Once you identify what your brain is selecting to focus on, you can minimise the things that cause a negative response. Like we mentioned in a previous edition, this is often not about adding more and more material 'stuff', often it's about taking away things that don't serve to help you.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

www.dragonflyimpact.co.uk

TRAINING

[@dragonflyimpact](https://twitter.com/dragonflyimpact)

CONSULTANCY

info@dragonflyimpact.co.uk