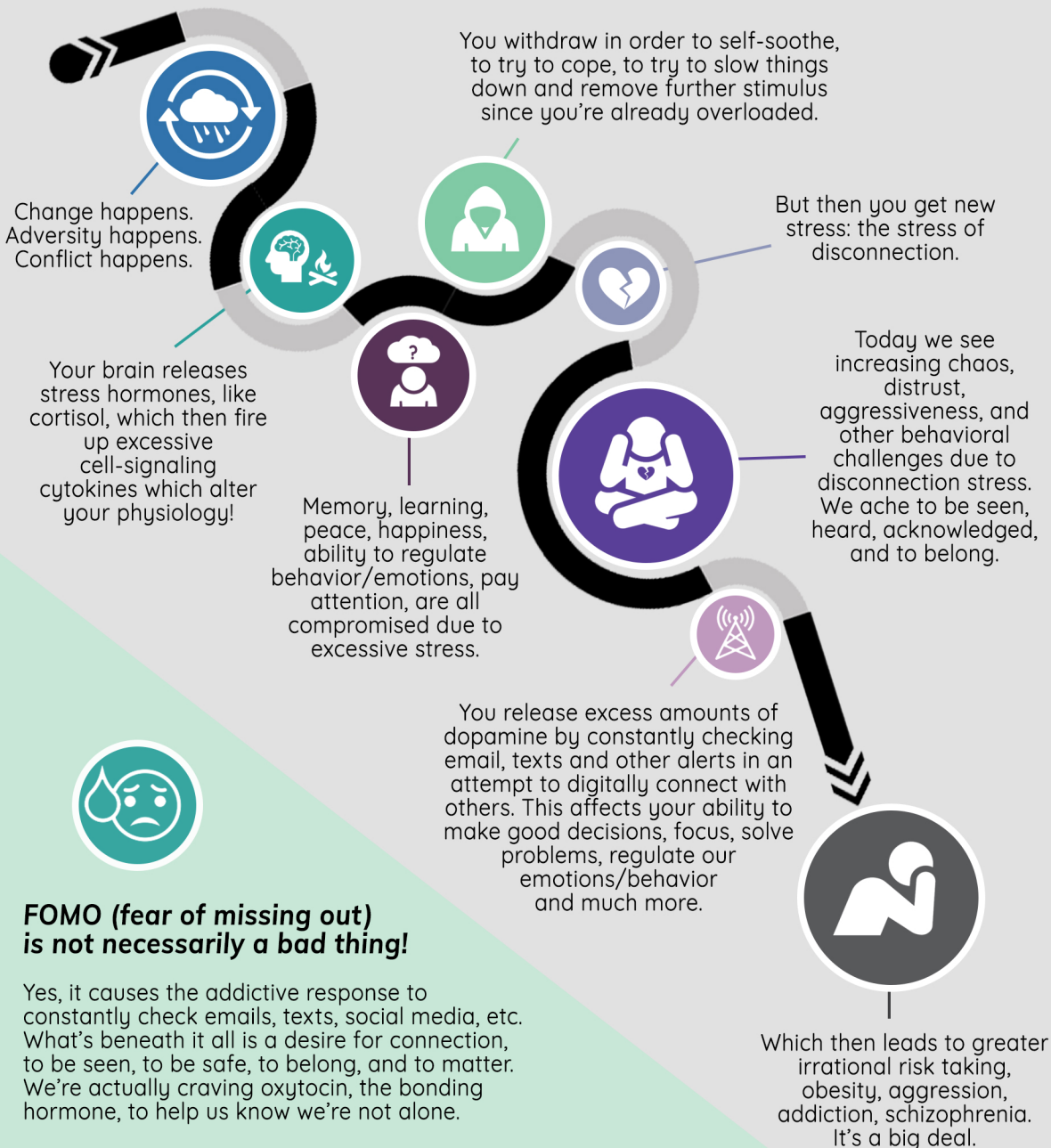


What Stress, Change And Isolation Do To Your Brain

Three Ways To Cure Stress-Based Isolation

What's Happening Inside When Stress Is Happening Outside



3 Ways To Cure Stress-Based Isolation

1.

Come Together.

Reach out to others to give them a positive experience of connection, and to bring safety, belonging, mattering.

2.

Practice Compassion.

Get curious about what it's like to be another person, what might they be experiencing? What might their behavior be saying? Give them the benefit of the doubt.

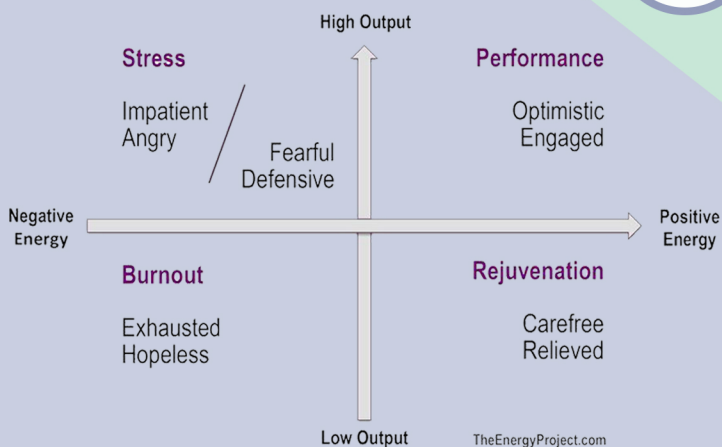
3.

Manage Your Energy During Change and Stress.

The stories we tell ourselves and others affect our and others' experiences. How we feel affects physiology, hormones, neurotransmitter firing.



Energy Management



How awesome is this opportunity?



ROI* from using these techniques includes:



35%+ increased productivity



5-15+ Hrs/Wk
More Strategic Work



67-100%+ increased engagement in teams

**based on results from 1,000 STI clients*

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