

**LET'S BE:**



**SUCCESSFUL**



**HAPPY**



**HEALTHY**

**Emotional fitness: how to  
stop anxiety in its tracks!**

**With Ben Drakes**

Peak  
Performance.

<https://www.justgiving.com/fundraising/ben-drakes>

**Used 5%**  
(Slow/Effortful)

**Used 95%**  
(Fast/Instinctive)

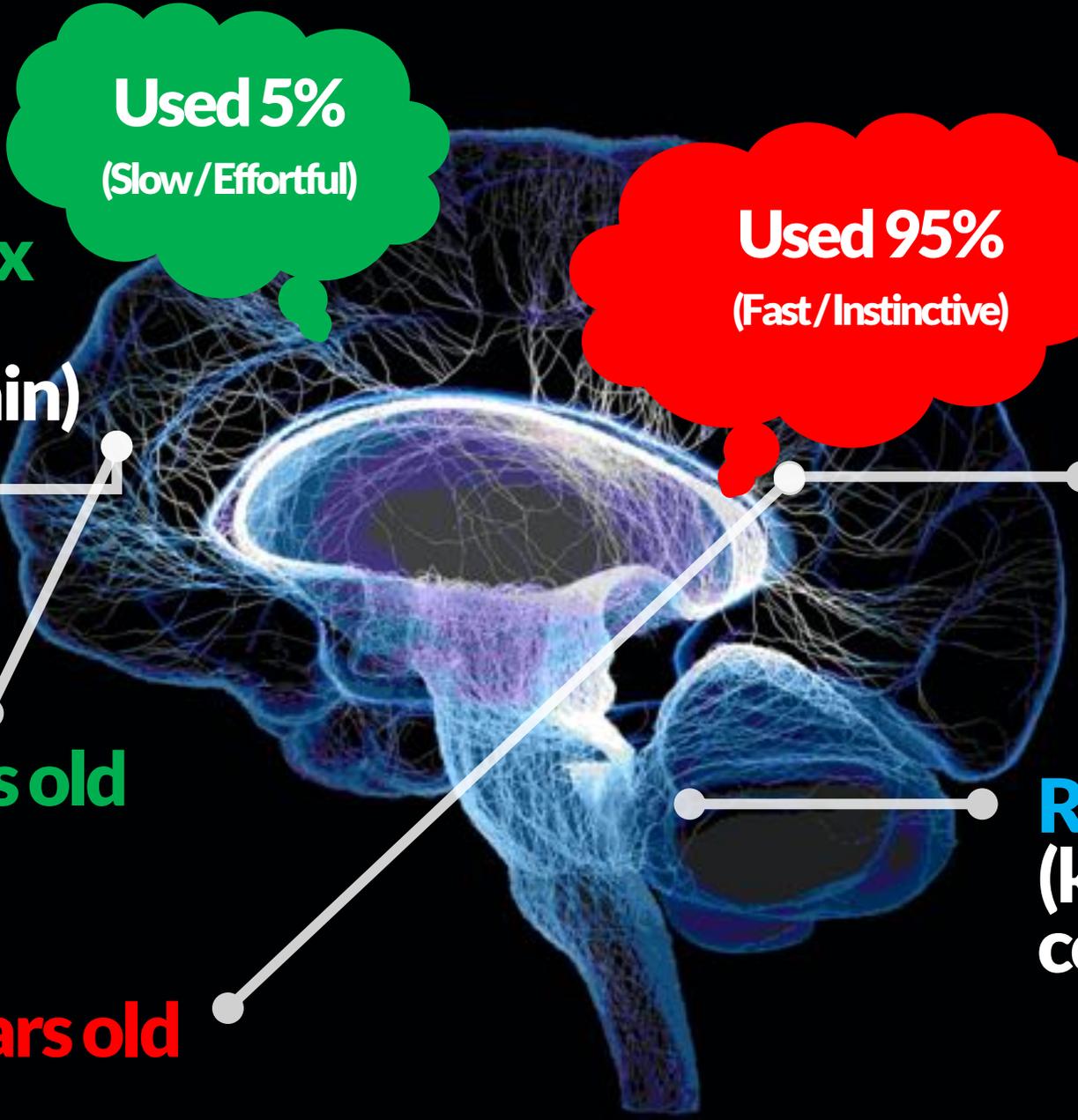
**Neo Cortex**  
(rational  
thinking brain)

**Limbic System & Amygdala**  
(involuntary  
thinking,  
emotions &  
catastrophizing)

**c.200,000 years old**

**Reptilian Brain**  
(keeps you alive,  
controls vitals)

**c.2,000,000 years old**

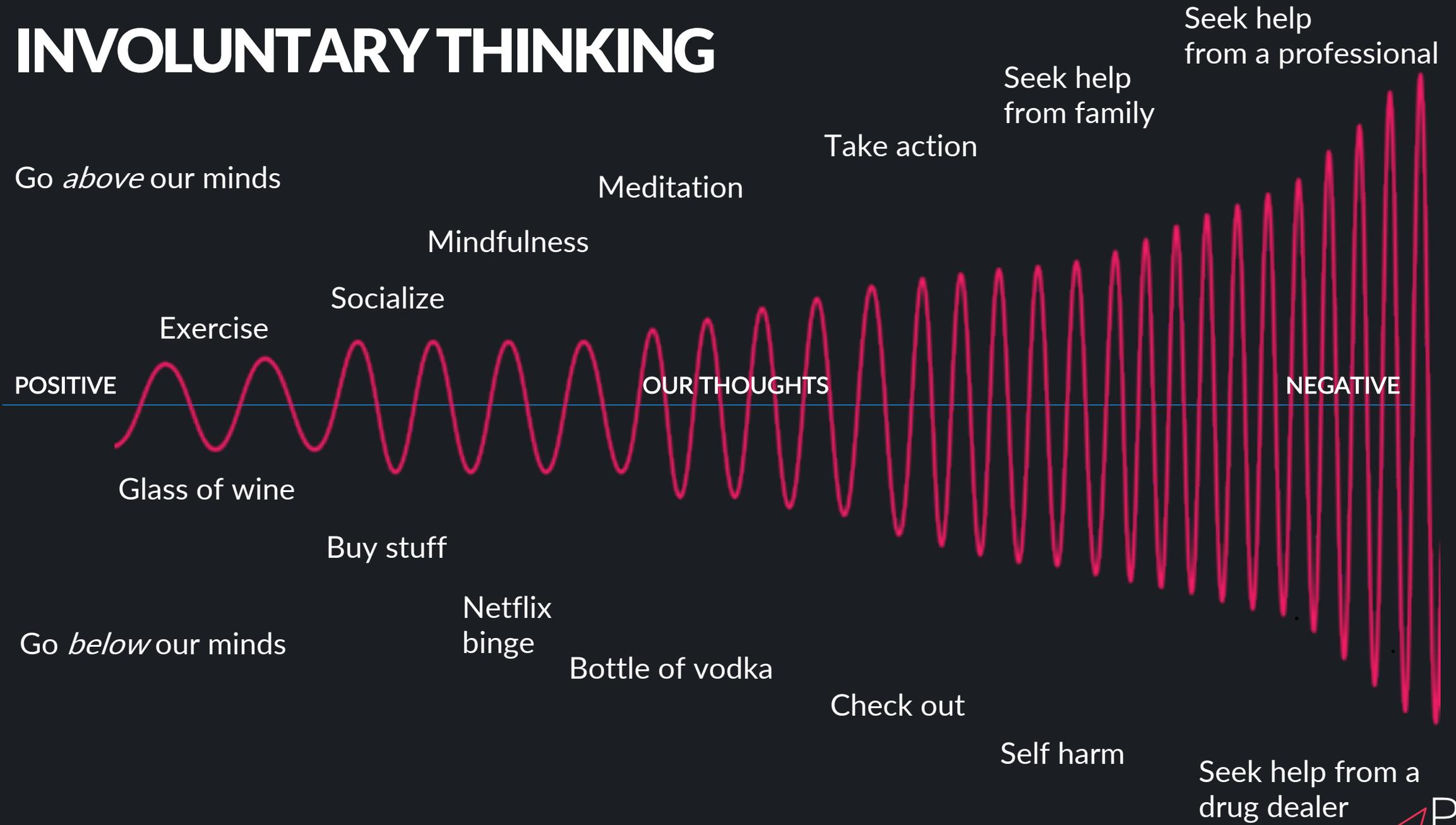




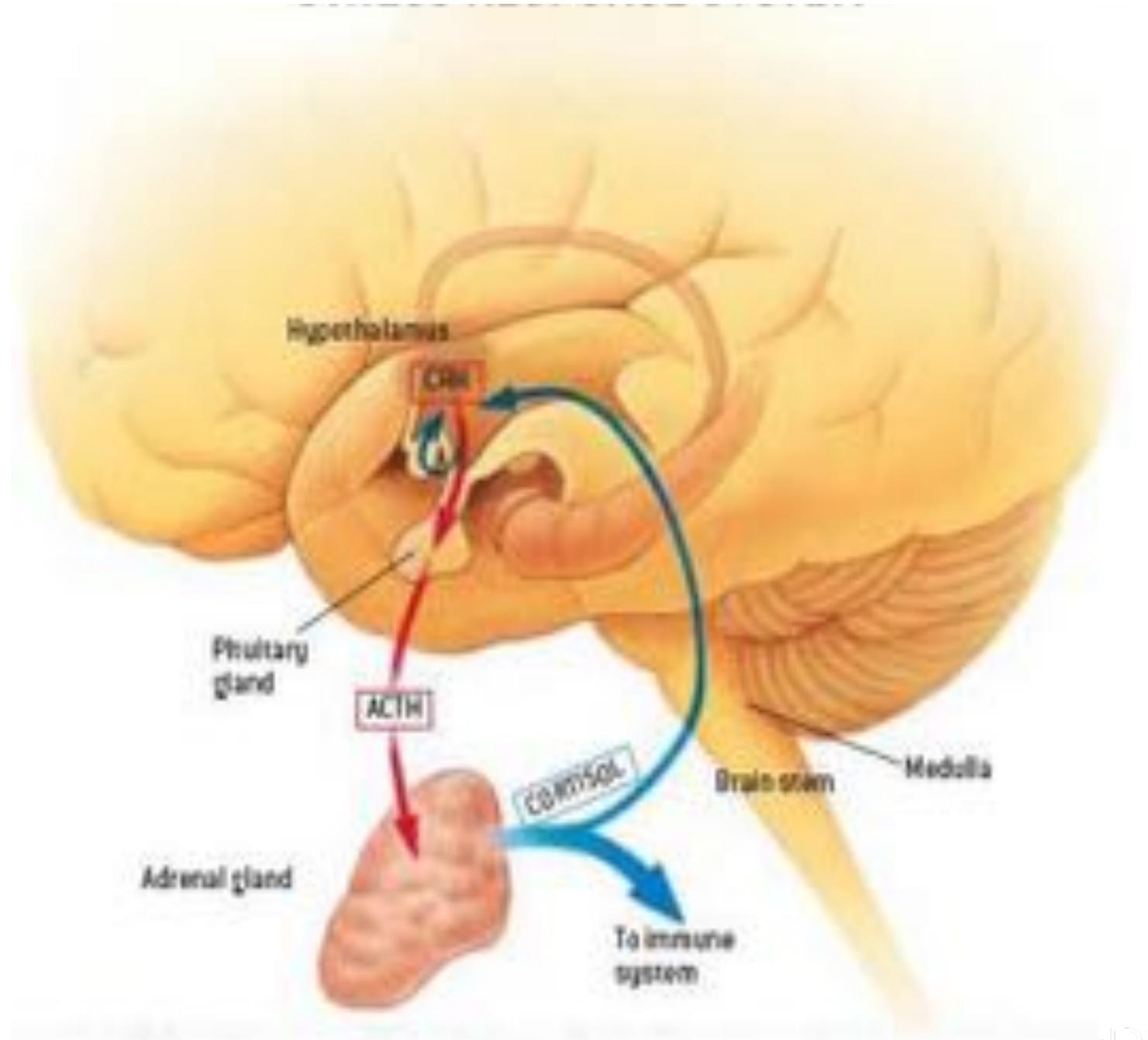
# The Chimp Paradox

# WHAT CAUSES YOUR CHIMP TO WAKE UP?

# INVOLUNTARY THINKING

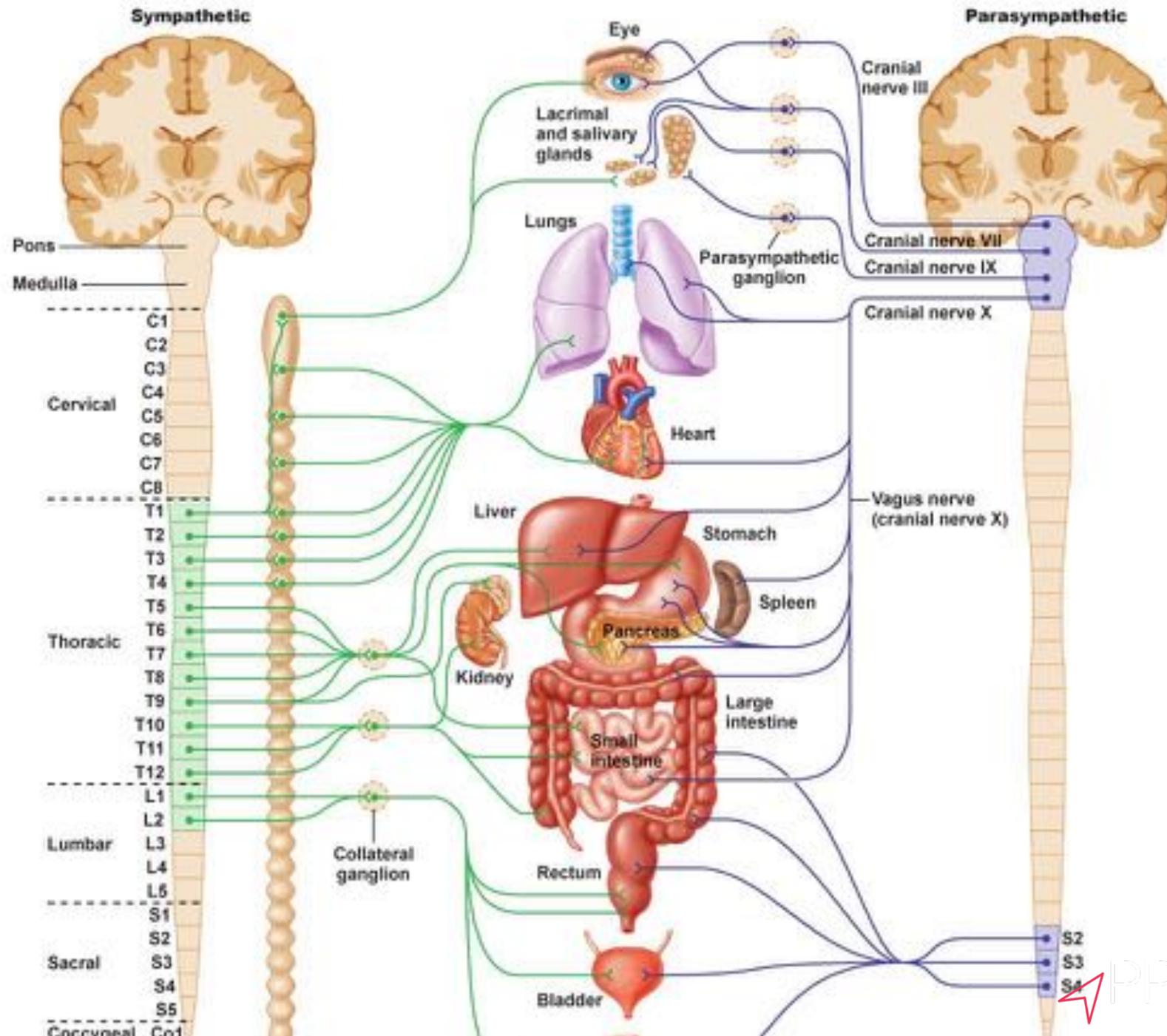


# OUR STRESS RESPONSE SYSTEM





# UNDERSTANDING OUR AUTONOMIC NERVOUS SYSTEM



# SYMPATHETIC (SNS)

- Aka 'fight, flight or freeze'
- Think of SNS as 'the accelerator'
- Prepares the body for intense physical activity

# PARA-SYMPATHETIC (PNS)

- Aka 'rest and digest'
- Think of PNS as 'the brake'
- Relaxes the body and inhibits or slows many high energy functions

# TAKE REAL TIME CONTROL OVER YOUR EMOTIONAL STATE—BREATHE USING YOUR DIAPHRAGM



Breathe In

Hold



Hold

Breathe Out

# TAKE REAL-TIME CONTROL OVER YOUR EMOTIONAL STATE—USE YOUR DIAPHRAGM

## To ENERGIZE:

Speed your heart up by focusing on vigorous inhales

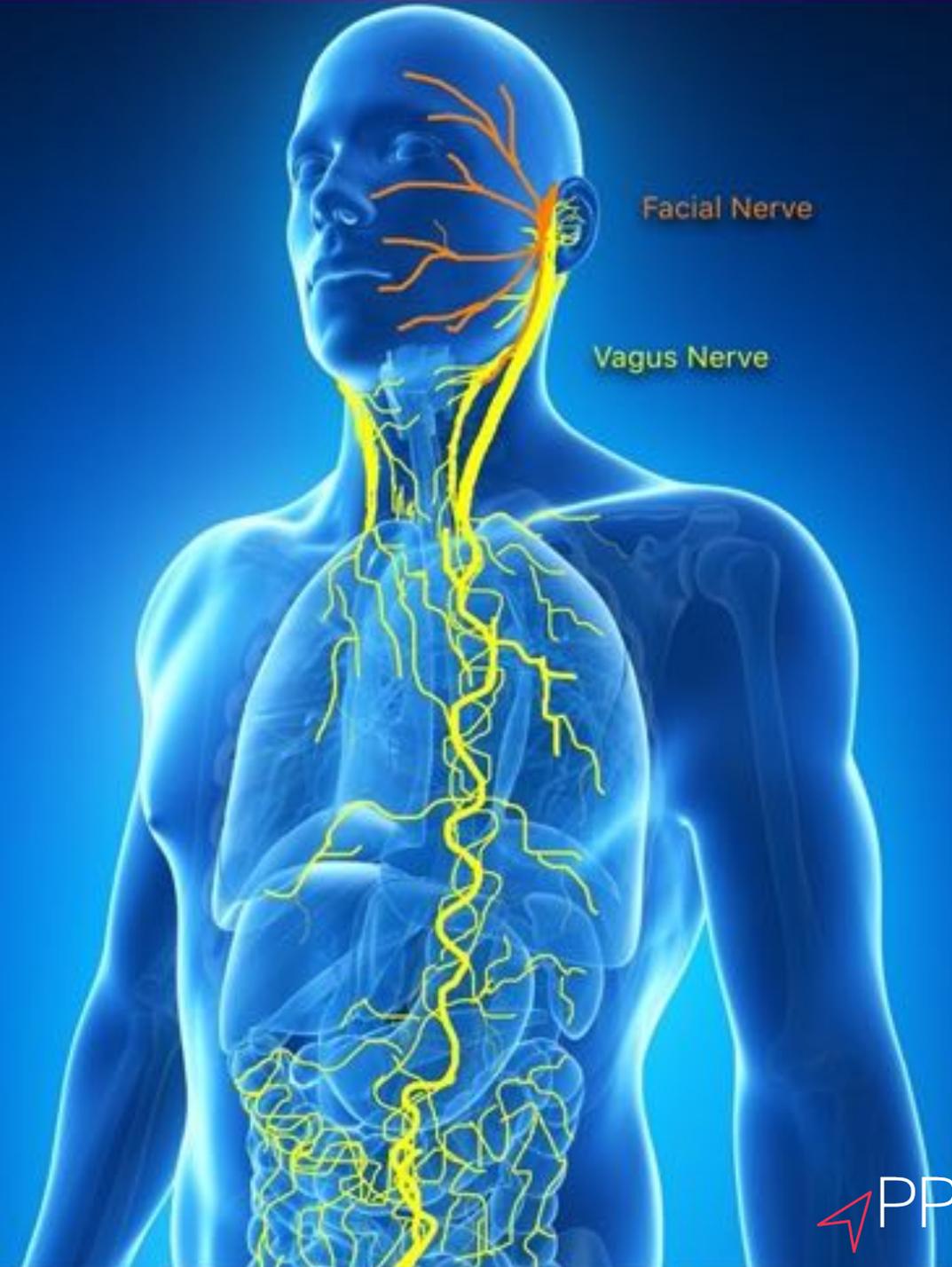
## To CALM:

Slow your heart down by focusing on vigorous exhales (and gentle inhales)

# HOW TO ACTIVATE OUR PNS?

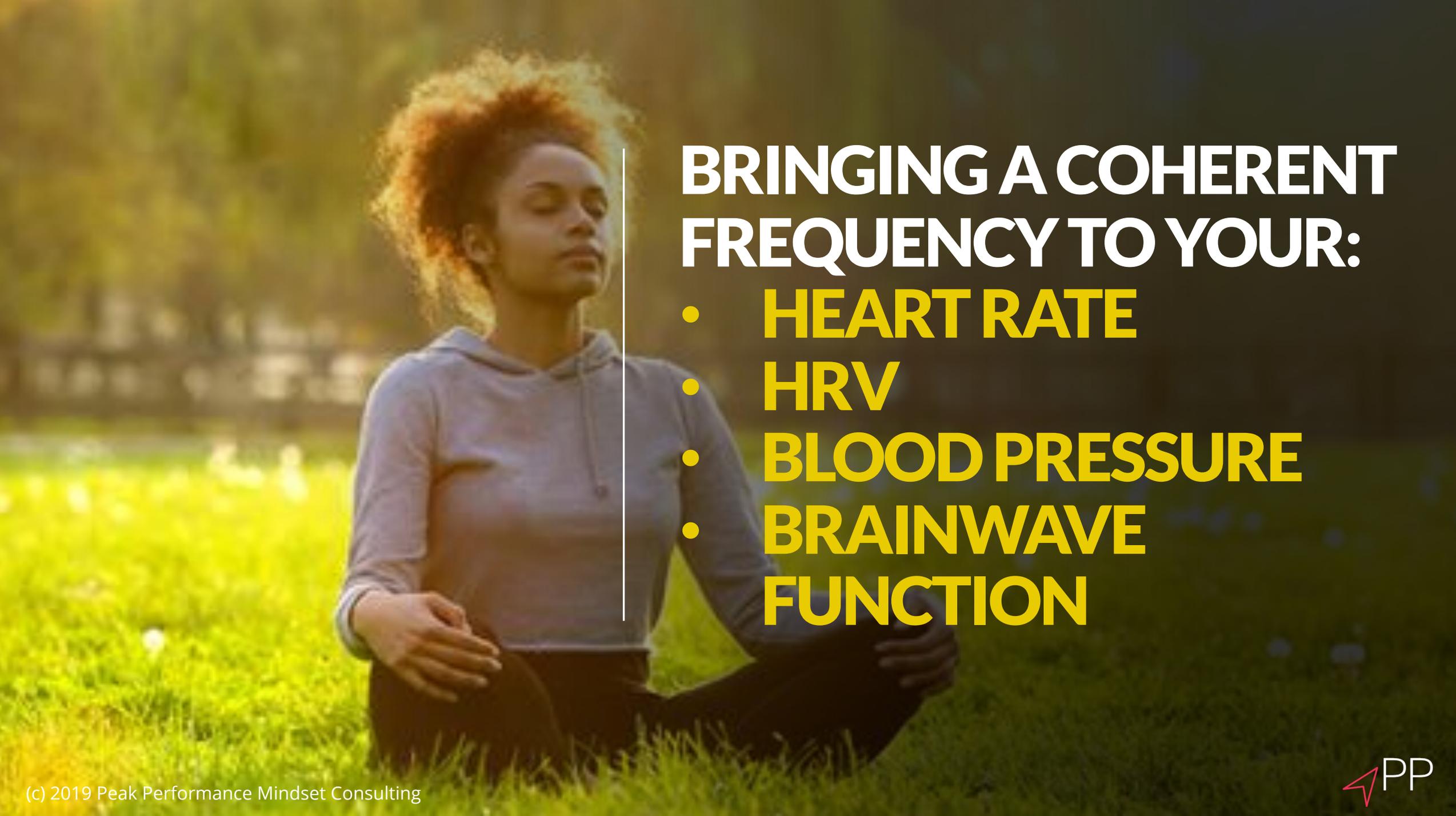
## USE THE VAGUS NERVE:

- **‘SOFT BELLY’  
BREATHING**
- **LONG EXHALE**





**RESONANT  
BREATHING:  
THE MAGIC 3-  
7 BREATHS  
PER MINUTE**

A woman with curly hair, wearing a grey hoodie, is sitting in a meditative pose on a grassy field. The background is a soft-focus landscape with trees and a bright sky, suggesting a peaceful outdoor setting. A vertical white line is positioned to the left of the text.

# BRINGING A COHERENT FREQUENCY TO YOUR:

- **HEART RATE**
- **HRV**
- **BLOOD PRESSURE**
- **BRAINWAVE  
FUNCTION**



**ACHIEVE  
RESONANCE:  
USE EDDIE STERN  
BREATHING  
APP FOR 6 MINUTES**  
Set to:

- **4 secs inhale**
- **6 secs exhale**



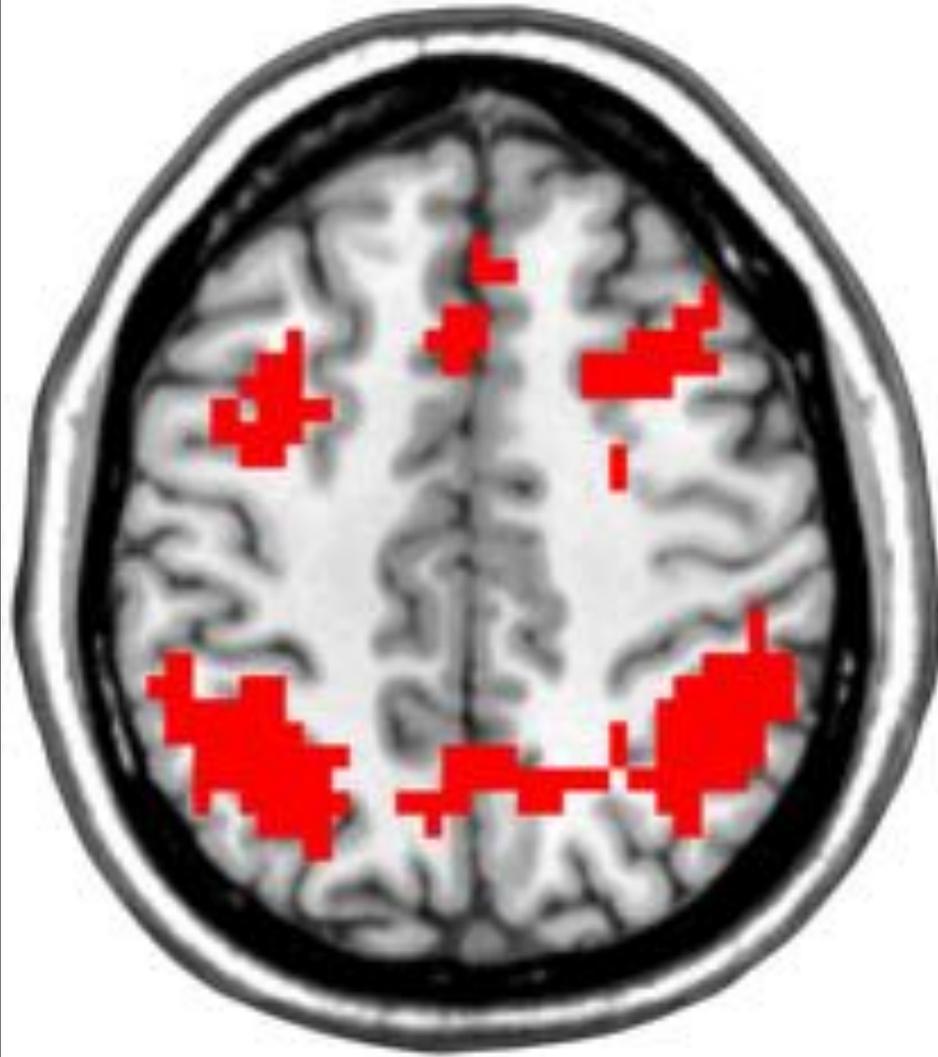
# MEDITATION: LEVERAGING THE NEUROPLASTICITY OF YOUR BRAIN



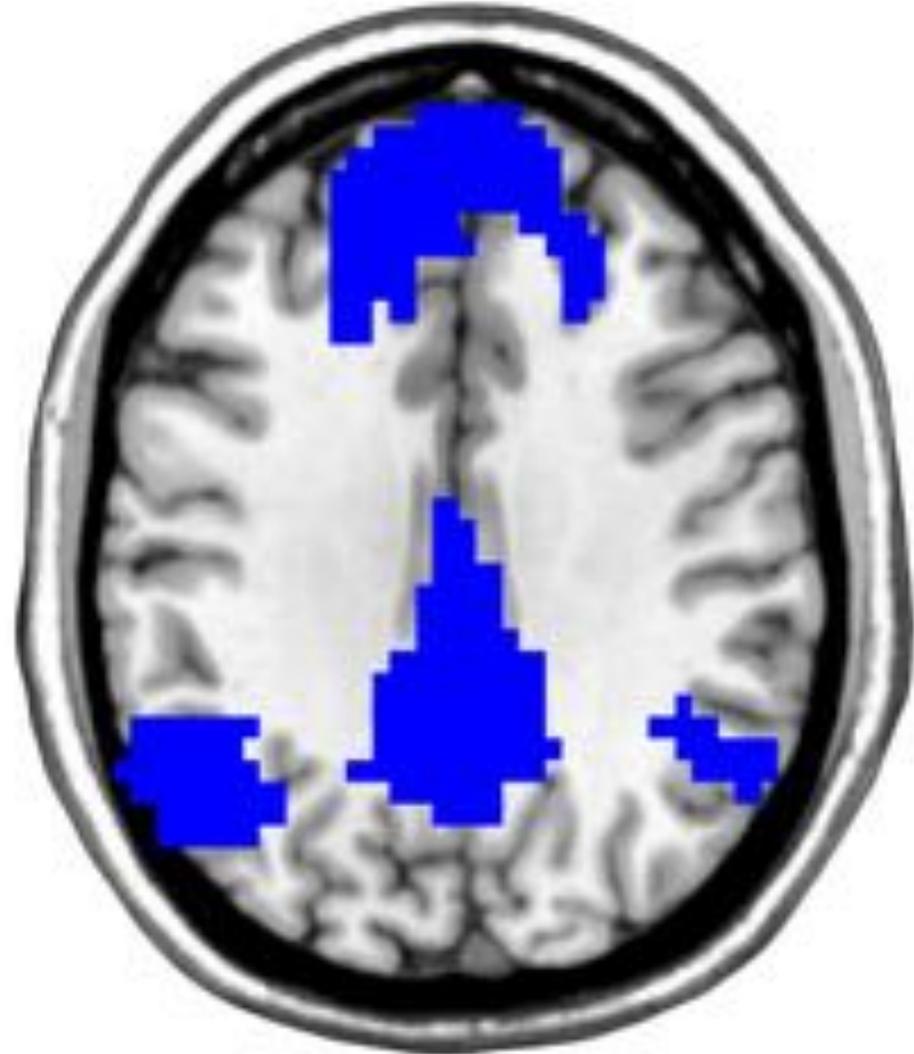
2018 UW-Madison Centre for Healthy Minds. Pictured is Matthieu Ricard, a Buddhist monk.

# BRAIN NETWORKS FOR FOCUS & CREATIVITY

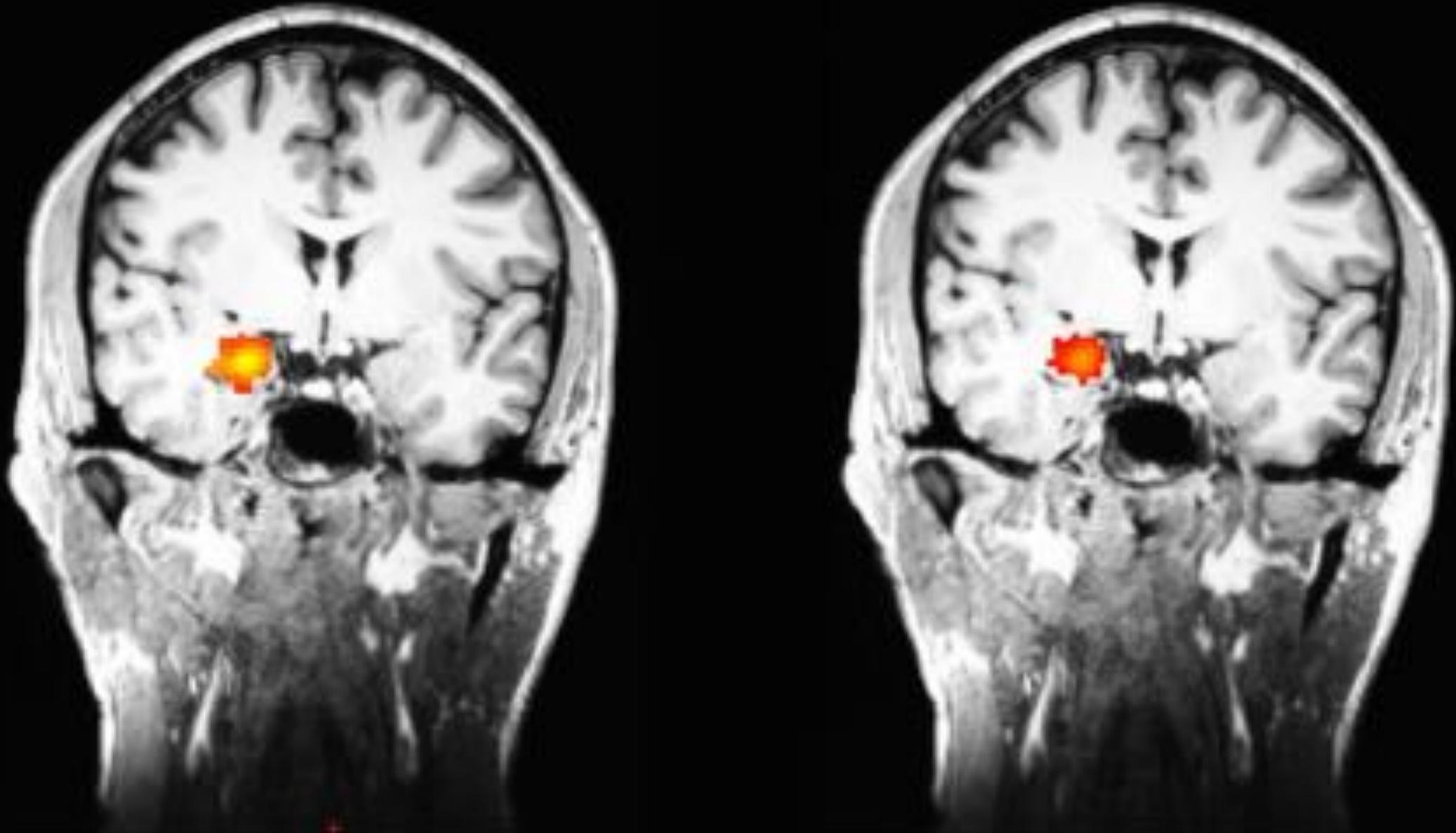
Central Executive Network

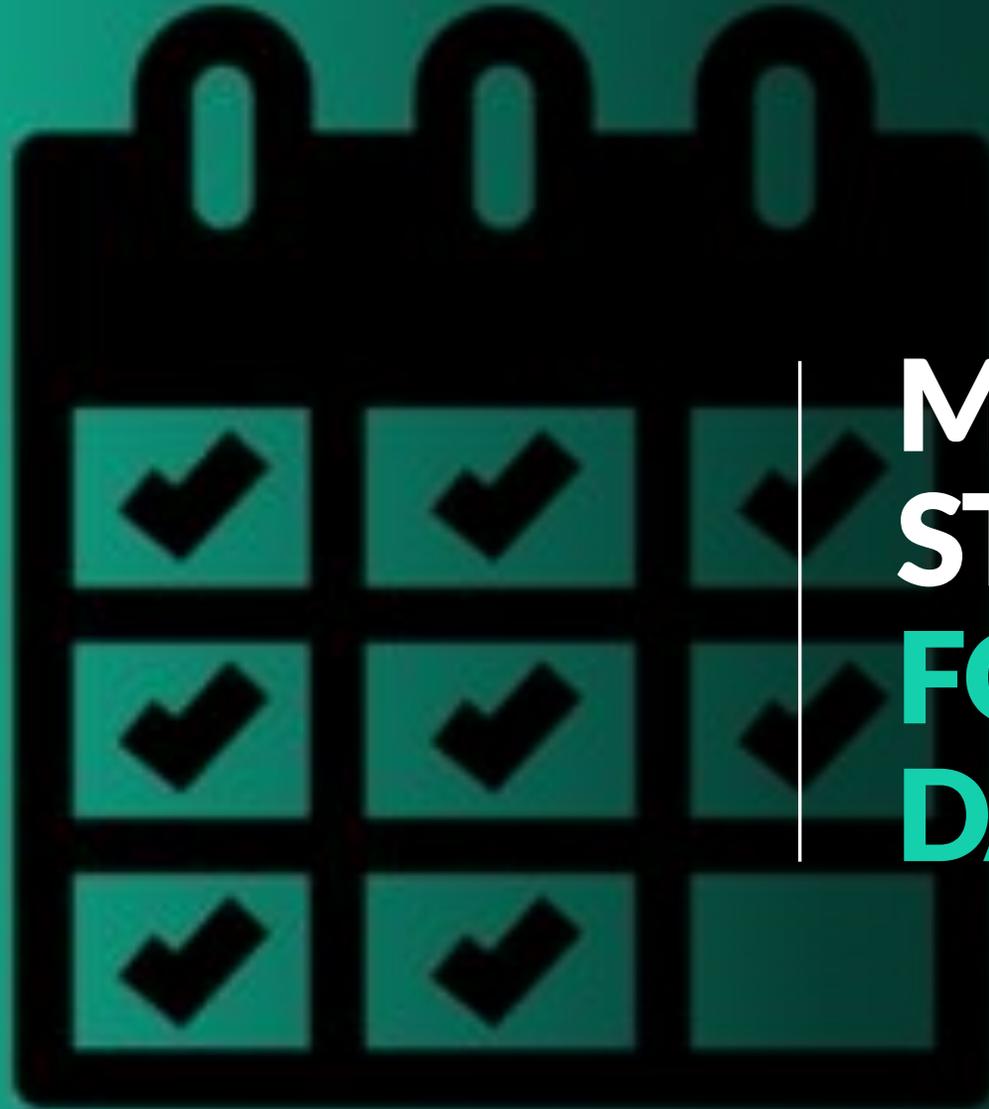


Default Mode Network



# EFFECT OF MEDITATION ON OUR AMYGDALA





**MAKING IT  
STICK:  
FORM NEW  
DAILY HABITS**



# MORNING ROUTINE PART 1: 20 SECONDS OF GRATITUDE PRACTICE



**MORNING  
ROUTINE  
PART 2:  
10-20 MINUTE  
MEDITATION**

**DURATION: 30 MINUTES**

Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.



START

WEEK 1 DAY 1 WEEK 1 DAY 2 WEEK 1 DAY 3 WEEK 2 DAY 1 WEEK 2 DAY 2 WEEK DAY

**DURATION: 30 MINUTES**

Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.



START

WEEK 1 DAY 1 WEEK 1 DAY 2 WEEK 1 DAY 3 WEEK 2 DAY 1 WEEK 2 DAY 2 WEEK DAY

# MORNING ROUTINE PART 3: 20 MIN RUN (COUCH TO 5K APP)





**THROUGHOUT THE  
DAY:  
REAL-TIME  
INTERVENTIONS**



**POWER POSE:**  
**STAND**  
**HANDS ON HIPS**  
**& BREATHE**  
**FOR 2 MINS**

# DELIBERATE DECOMPRESSION:

- **Pause between each activity throughout the day**
- **Take two gentle inhales**
- **Make one long, vigorous exhale**
- **If possible, look out of the window to dilate your pupils**

# 5 SENSES MEDITATION:

Pause, breathe and observe...

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



**THE HOW:**  
**OVERCOME**  
**ACUTE FEAR**



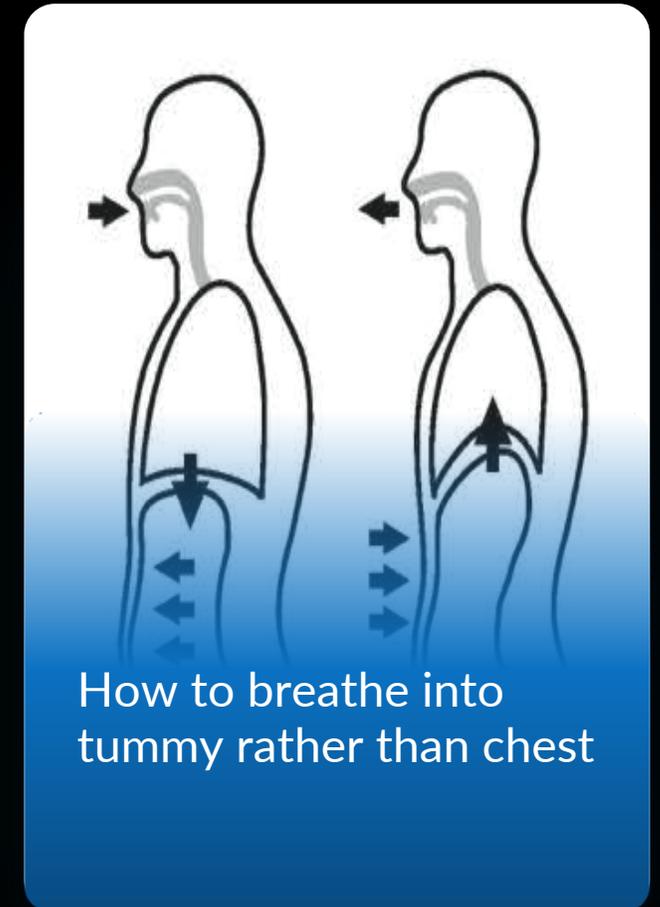
# THE SIX-SECOND RELAX

## TECHNIQUE:

- ▶ Breathe in for 3 seconds through you nose (into your tummy) “MIND ALERT”
- ▶ Breathe out through your mouth for 3 seconds “BODY CALM”
- ▶ Smile ;-)
- ▶ Use your peripheral vision
- ▶ Repeat as necessary!



Damian McKenzie  
smiling whilst under  
pressure



How to breathe into  
tummy rather than chest



**AFTERNOON  
ROUTINE:  
30 MINUTE  
WALK (LEAVE  
YOUR PHONE  
AT HOME!)**



**END OF THE DAY  
ROUTINE:  
2 MIN COLD SHOWER  
THERAPY**  
(For immune system &  
cooling for sleep)



# BEN DRAKES



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 Peak  
Performance.

