

Work & Your Brain Transcript

Introduction

What's making you smile?

So what is putting a smile on your face today?

Now I absolutely love this question and I ask it in all of my training sessions.

So have a think about it. What is putting a smile on your face today?

Is it the kids? Is it the dog? Is it your partner? Is it your upcoming vacation? Maybe you've got some time off? Maybe you've had a great breakfast? Maybe you've had a great run this morning?

Or there's just some other reason why life is good?

So have a few moments. Take a few moments and just think about this question. What is putting a smile on your face today?

Now when we think about the good things, usually it's our nearest and dearest, and it can sometimes start to release oxytocin in our brain. Oxytocin is known as the love hormone, but even big rugby players who are doing the Haka before a big game produce oxytocin. It helps them bond and it reduces their stress and their anxiety. It actually reduces pain as well. And so often our stress and anxiety are down to social pain.

So thinking about things that give us a warm & fluffy feeling, can really help us manage stress and boost our mood at work. And there's now so much science that supports the health benefits of thinking about what we are grateful for in life. So your thoughts have real power.

So what is putting a smile on your face today?

And you can either think it, you can jot it down. You can say it out loud. But it's about finding some words that connect with that feeling that you've got. And that may give you a small boost. And it's a small thing. It's a small trick, a small hint, but it's certainly worth giving it a try.

So what is putting a smile on your face today?