



The 'Always On' Era: support for you & your teams

Dr Libby Weaver (PhD)

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Today

I will

- ♡ Educate
- ♡ Open your eyes
- ♡ And hearts

I won't

- ♡ Diagnose
 - ♡ Prescribe
 - ♡ Sing or Dance :)
- 

What is Energy?

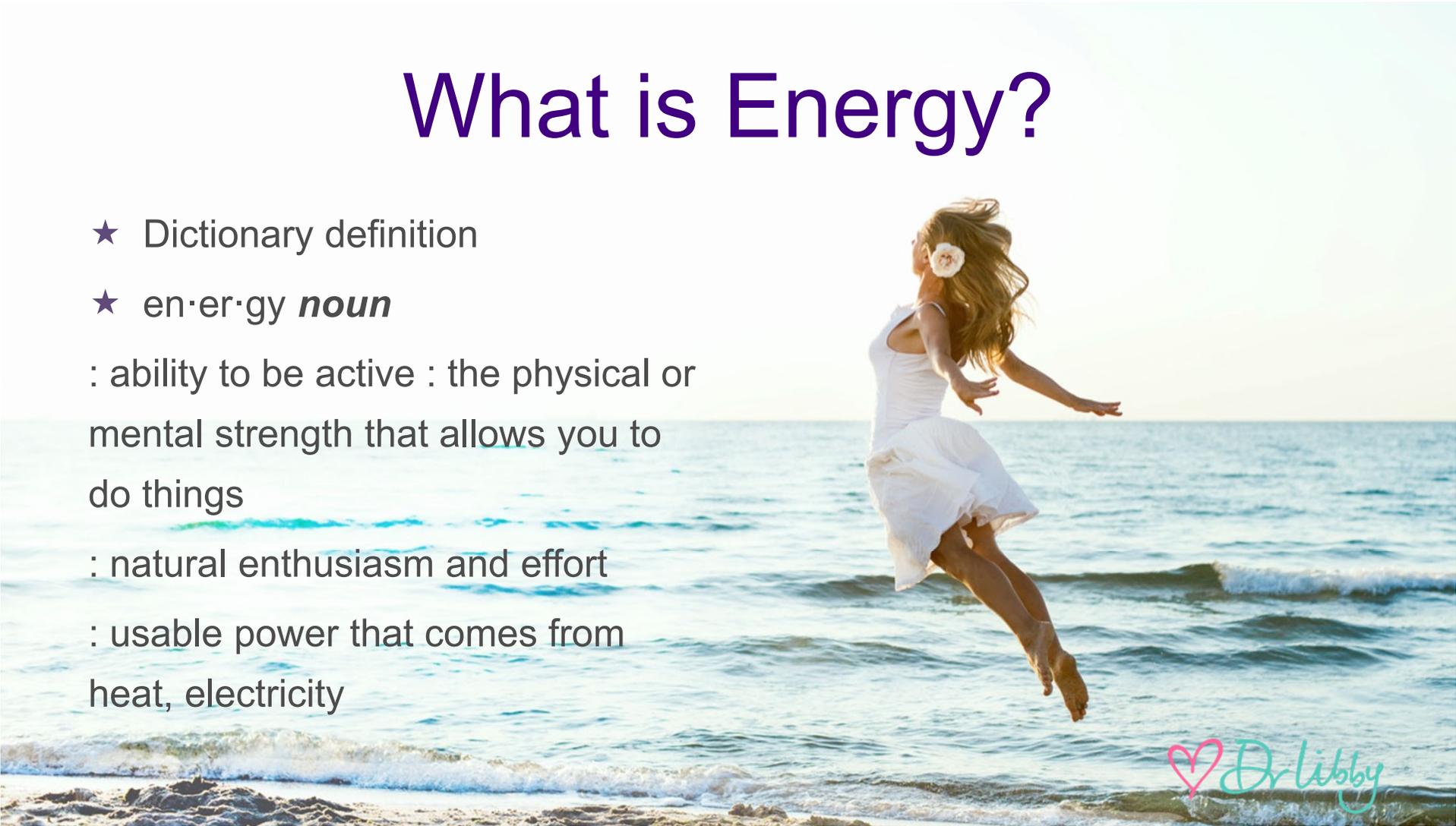
★ Dictionary definition

★ en·er·gy *noun*

: ability to be active : the physical or mental strength that allows you to do things

: natural enthusiasm and effort

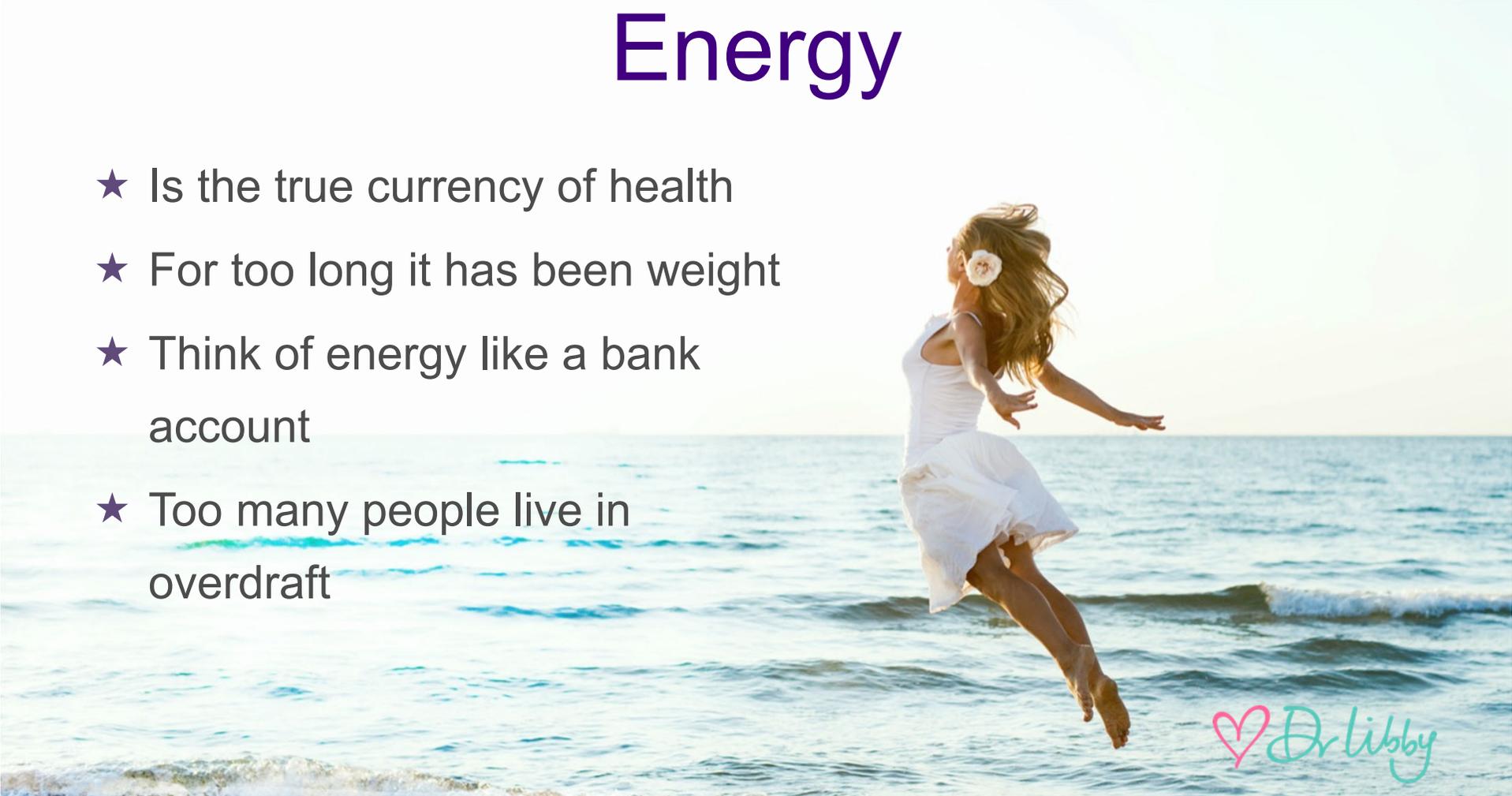
: usable power that comes from heat, electricity

A woman with long blonde hair, wearing a white sleeveless dress and a white flower in her hair, is captured mid-jump on a beach. She is barefoot and her arms are outstretched. The background shows the ocean with gentle waves and a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is joyful and energetic.

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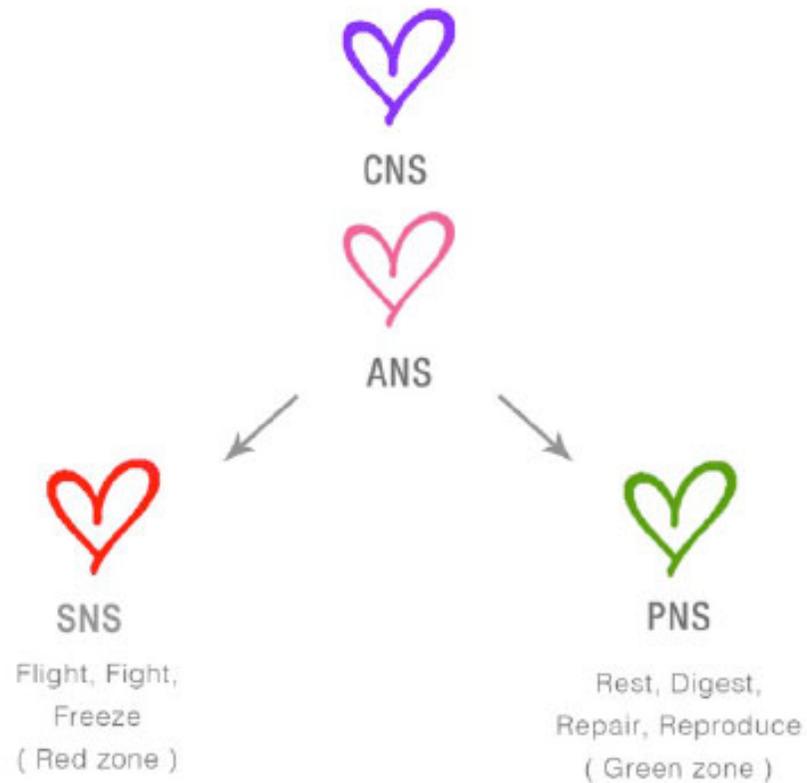
Energy

- ★ Is the true currency of health
- ★ For too long it has been weight
- ★ Think of energy like a bank account
- ★ Too many people live in overdraft



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The Nervous System



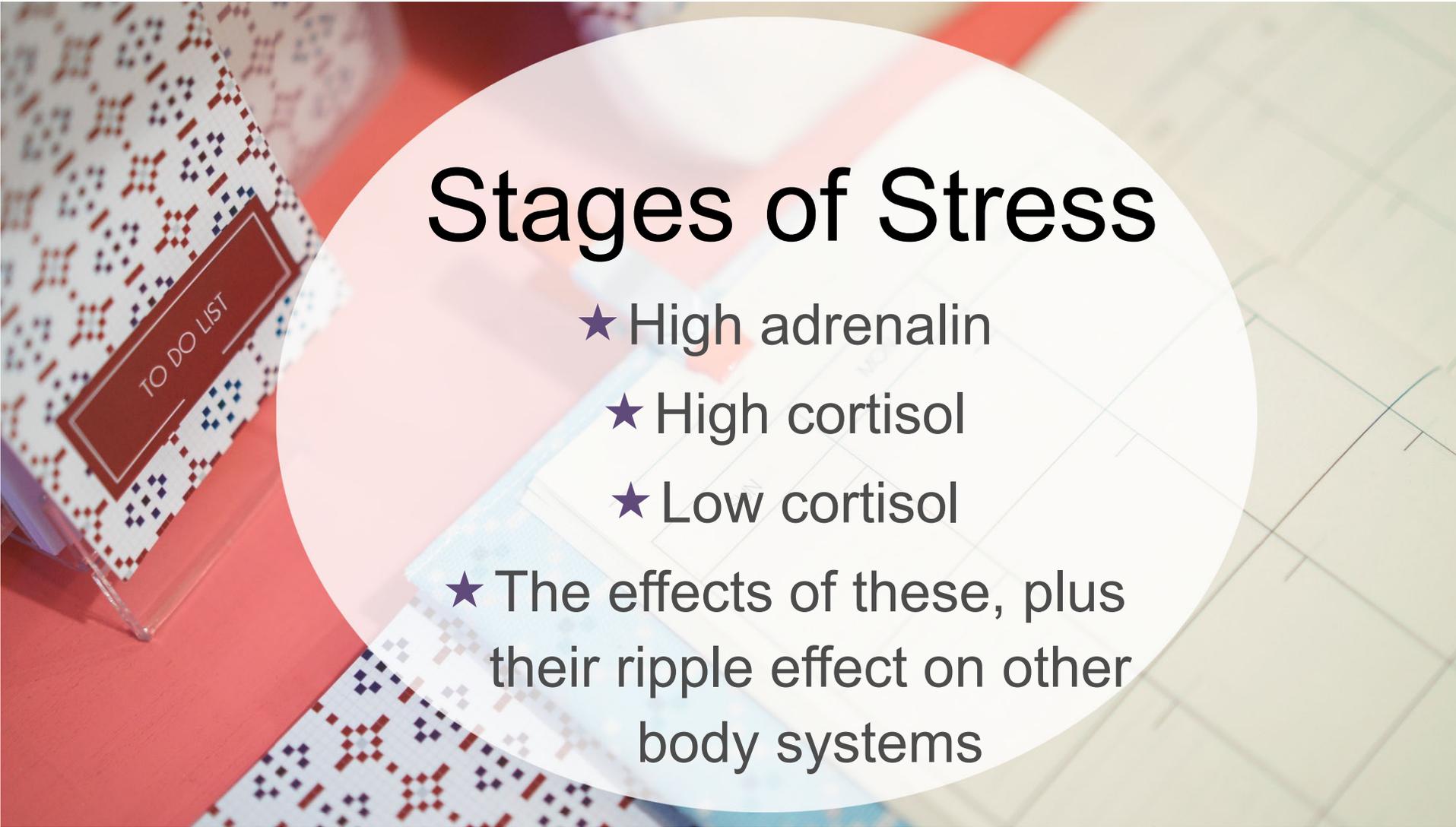
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The Nervous System

- ★ Impacts on:
 - ★ Fuel you burn
 - ★ Energy
 - ★ Sleep
 - ★ Skin and other “non-essential processes”
 - ★ Sex hormones
 - ★ Food choices – sugar cravings



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Stages of Stress

- ★ High adrenalin
- ★ High cortisol
- ★ Low cortisol
- ★ The effects of these, plus their ripple effect on other body systems

Sleep Stats

- ★ Did you know:
 - ★ it takes a third of NZ over 30 minutes to get to sleep?
 - ★ in NZ in 2012, almost 680,000 individual sleeping pill prescriptions were given, in a country with a total population (adults and children) of around 4.5 million?



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Sleep

- ★ We must prioritise sleep
- ★ No back lit devices for 2 hours before bed
- ★ Avoid caffeine from midday onwards
- ★ Lower the lights 2 hours before bed
- ★ Avoid highly stimulating or disturbing TV before bed
- ★ If you have young ones who need you in the night, please remember they are little for such short time



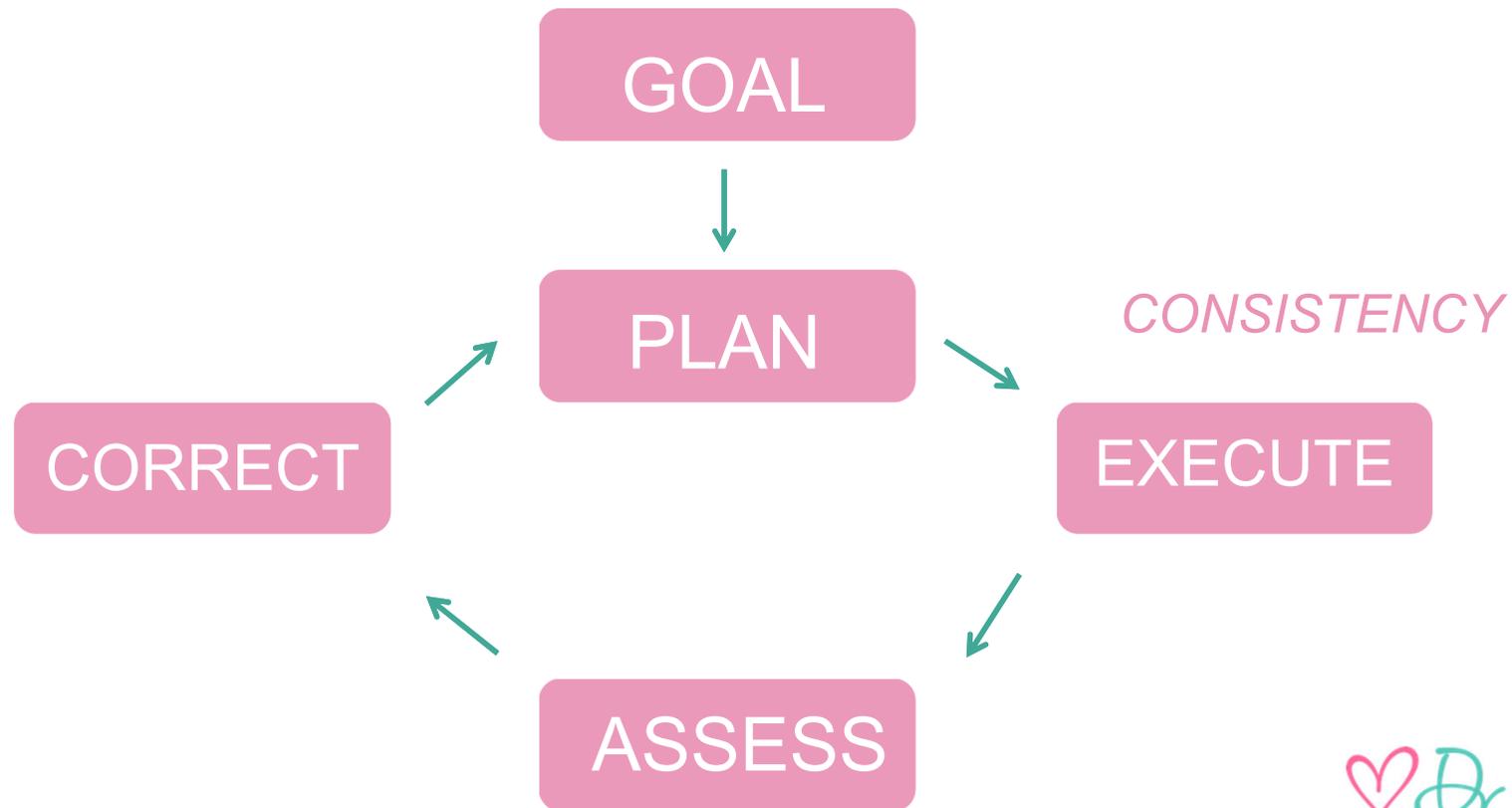
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My brain has
too many
tabs open.

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Beliefs, Behaviours & Behaviour Change



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Beliefs & Behaviours

- ★ Humans will do more to avoid pain than they will ever do to have pleasure
- ★ Our greatest fear is that we are not enough and that we won't be loved; therefore we believe that if we are “not enough” we won't be loved
- ★ Hard-wired into our ANS is the belief that love is essential to our survival

Beliefs & Behaviours

- ★ Ego-centric
- ★ I am the centre of the universe
- ★ They are the way they are because of me
- ★ Belief in your own deficiency is born



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Beliefs & Behaviours

- ★ Your beliefs determine your experience
 - ★ If you believe there are not enough hours in the day that will be your experience
 - ★ If you believe humans can't be trusted, you will see evidence of this everywhere... and you'll miss the millions of examples of how that is not true
- ★ Reticular activating system



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Beliefs & Behaviours

- ★ You see the world how you see the world, not how it really is
- ★ You see the world how you are, not as it is
- ★ Most people are unaware of what they believe
- ★ Most people have absorbed a set of beliefs, rather than chosen them



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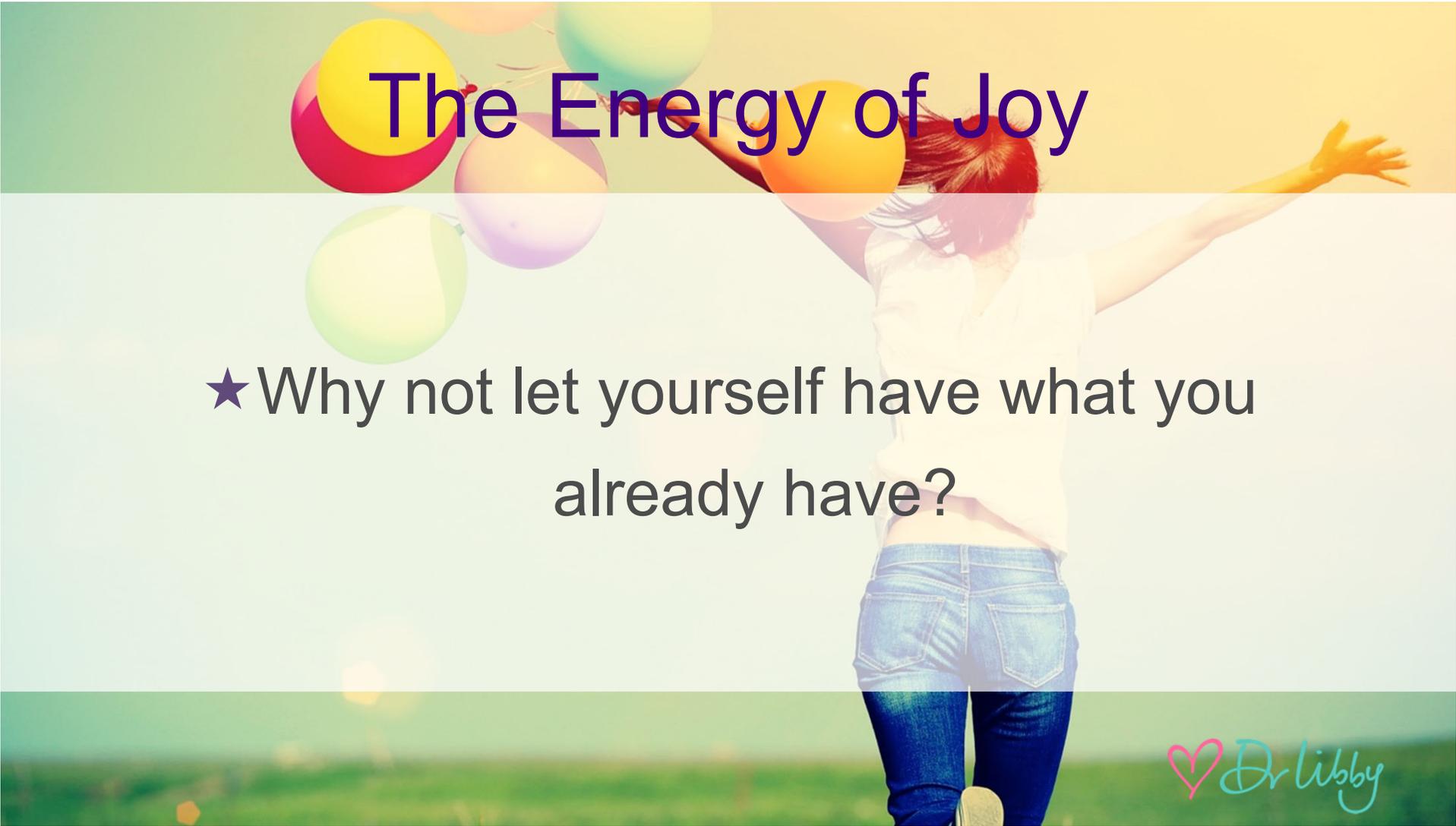
Meanings

Many people make it really easy to feel lousy and really difficult to feel good

- ★ Quality of your life and energy is significantly influenced by the meanings you create
 - ★ eg. “Love” versus “rejection”
 - ★ eg. “Success” versus “failure”



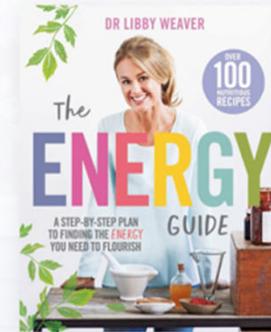
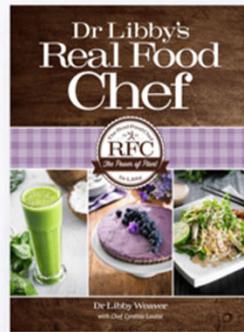
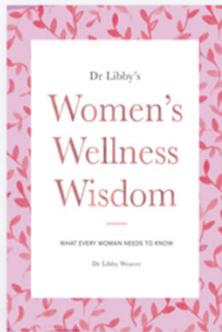
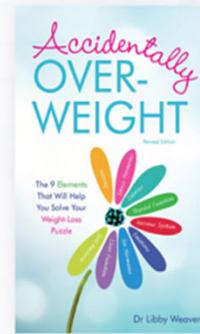
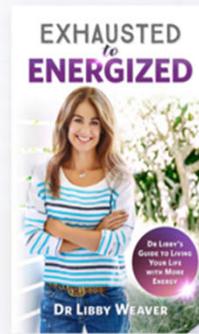
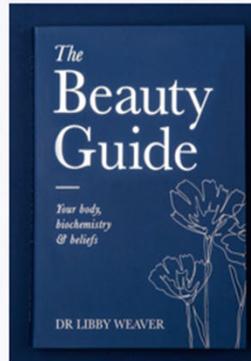
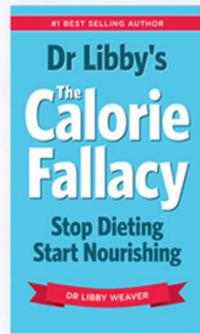
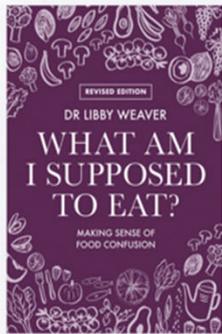
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The Energy of Joy

★ Why not let yourself have what you
already have?

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