**Stress Less**

**Communicate More**

**Learning At Its Best**

**ANN ANZALONE**

**ann.anzalone@gmail.com**

**CEREBRAL CORTEX**

**What**

**I can handle this.**

**Attuned Engaged Involved**

**Eye contact moves the brain up to executive function.**

**MIDBRAIN**

**How**

**Why**

**I am calm.**

Emotions don’t make you mad; you make you mad. You and only you can create your emotions. Once you have created them, you have two options: you can act on them or be acted on by them; master them or feel hostage to them. Feelings drive actions.

Just after we observe something and just before we feel emotion we tell ourselves a story. We add meaning to the action as well as motive and judgment. Based on our stories, our body responds with emotion. We can take control of our emotions by telling a different story. Our stories are our interpretation of the facts; they are our theories to explain how, why, what. It’s our stories that drive our emotions. If we always tell the story, the story is hardwired.

**BRAIN STEM**

**I am safe.**

**Survival**

* Aggressive: physical and verbal Off task
* Cannot sit still Itchy eyes
* Constantly going to the bathroom Does not finish work
* Easily distracted Everything is boring
* Hyperactive Pencil chewing
* Perfectionist
* Trouble with boundaries

Debra Wilson Heiberger and Margot C. Heiniger-White. S’Cool Moves for Learning..

THE SECRET OF SUCCESS = COMMUNICATION

The better you are at connecting with other people,

the better the quality of your life.

The meaning of communication lies in the response it gets.

Richard Bandler and John Grinder

FORMULA FOR EFFECTIVE COMMUNICATION:

1. know your purpose
2. identify what is being understood
3. change what you do until you are understood

6 Conversation-generating Words:

Who? What? When? Where? Where? How?

**THE** Tell “That’s interesting!”

How Conclusion

Expand What else?

**Active listening is an active attempt to grasp and understand the facts and underlying feelings of what is being said.**

**Invite an explanation, an opinion, or a feeling.**

Be consistent with your words, tone of voice and gestures. When faced with inconsistency, people pay attention to body language first, tone of voice second, and little to actual words.

As people interact with each other, they develop their relationships and trust levels with each other, enhance communication, improve cooperation, and achieve a sense of connection.

**A SELECTED BIBLIOGRAPHY**

Amen, Daniel, M.D. Use Your Brain to Change Your Age. NY: Crown Publishing. 2012.

Boothman, Nicholas. How to Make People Like You In 90 Seconds Or Less. New York: 2008.

Carr Nicholas. The Shallows What the Internet is Doing to our Brains. New York:

Norton. & Co. 2010.

Covey, Stephen. The 7 Habits Of Highly Effective People. New York: Simon & Schuster.

1989.

Dunckley, Victoria L. Dr. Reset Your Child’s Brain. CA: New World Library. 2015.

Elmore, Timothy. PhD. The iY Generation. Poet Gardner Publishing. 2015.

Gelb, Michael. More Balls Than Hands. New York: Prentice Hall. 2003.

Geller, E. Scott. The Participation Factor. How to Increase Occupational Safety.

IL: ASSE. 2002.

Greenfield, Susan. Mind Change. How Digital Technologies Are Leaving Their Mark On Our Brains.

NY: Random House. 2015.

Leaf, Caroline Dr. The SWITCH on Your Brain. 5-StepLearning Process. TX: Switch On Your

Brain. 2005.

Lemov, Doug, Erica Woolway, Katie Yezzi. Practice Perfect. CA: Jossey-Bass. 2012.

Levine, James. Get Up! Why Your Chair Is Killing You and What You Can Do About It. New

York. Palgrave Macmillian Trade. 2014.

Patterson, Kerry, Joseph Grenny, Ron McMillan, Al Switzler. Crucial Conversations Tools for

Talking When the Stakes Are High. New York: McGraw Hill. 2002.

Pink, Daniel H. A Whole New Mind. Why Right-Brainers Will Rule the Future.

New York: Penguin Group. 2006.

Pink, Daniel H. Drive: The Surprising Truth About What Motivates Us. NY: Riverhead Books. 2011.

Ratey, J. John. M.D. with Eric Hagerman. SPARK The Revolutionary New Science of

Exercise and the Brain. N.Y. Little, Brown and Co. 2008.

Sinek, Simon. Start With Why: How Great Leaders Inspire Everyone To Action. Portfolio: 2011.

Sinek, Simon. Find Your Why. New York: Penguin. 2017

Small, Gary. M.D. and Gigi Vorgan. iBrain Surviving the Technological Alteration of the Modern Mind. NY: HarperCollings. 2008

Wolfe, Patricia. Brain Matters: Translating Research into Classroom Practice. VA: ASCD. 2001.