

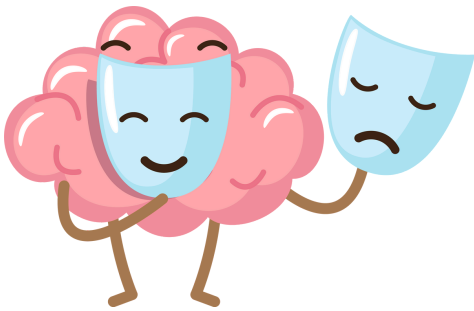
Regulating Your System

Why It Matters

Considering how disruptive our professional and personal world can be, it is essential to remain a steady presence and ensure our systems are healthy and able to navigate complexity. There are simple steps you can easily incorporate into your day that will help regulate your brain and set you up to be your best. Thinking about your brain as a system will help you understand how to maintain it.

8 Tips

Tip 1: Run a Diagnostic & Label the Error Code



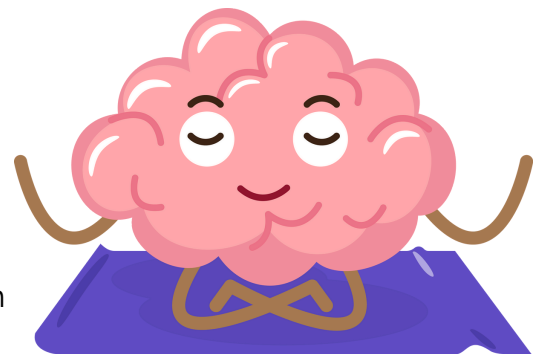
Just like identifying a fault code in a system, labeling your emotions helps isolate and reduce internal "malfunctions."

- Say to yourself "I feel...because..."
- If you don't know the emotions, use an emotions wheel.
- What data is your brain trying to tell you?

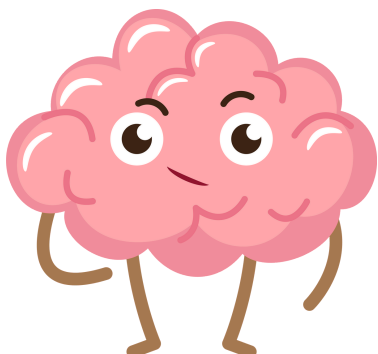
Tip 2: Engage the Cooling System with Controlled Breathing Protocols

Use breathwork like you'd use a thermal regulator—prevent overheating and keep your system running at optimal performance.

- Breathe in through your nose for 4 counts.
- Breathe out through your mouth for 4 counts.
- Do this for 2 minutes, and then revisit the current situation or problem.



Tip 3: Insert a Delay Loop and Pause Before Reacting



Introduce a deliberate lag so your executive processor (prefrontal cortex) can override reactive subsystems (limbic spikes).

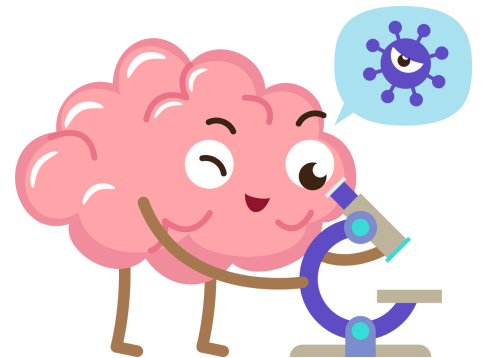
- When you feel your system start to react, take a pause.
- Take a deep breath and count to 10.
- Then revisit the current situation or problem.



Tip 4: Modularize the Chaos by Breaking Down the Problem

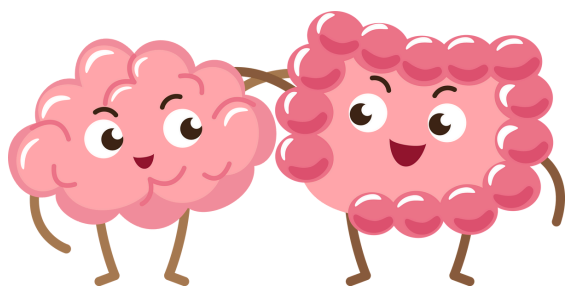
Decompose complexity into manageable subsystems - run each module one step at a time to avoid overload.

- Define the first small next step and execute that step.
- Identify the next 2 to 3 small steps and execute on those.
- Continue in this pattern until you are able to break down the entire problem.



Tip 5: Use Distributed Processing and Co-Regulate with Stable Systems

Sync with calm "nodes" in your network — borrow bandwidth and stability from trusted connections.

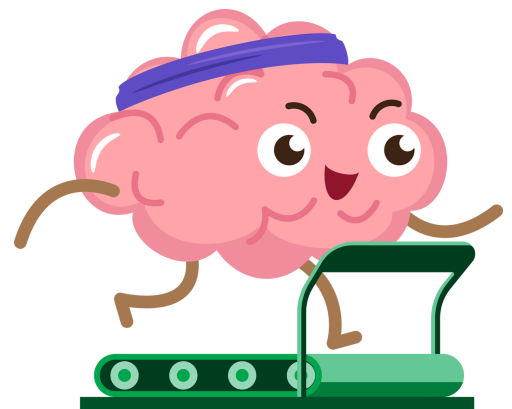


- Connect with a teammate or mentor who is grounded in chaos.
- Ask them how they stay grounded and listen to their story.
- Consider how you can apply their approach to your situation or problem.

Tip 6: Flush the Cache and Move to Reset the System

Physical movement clears out system lag (cortisol) and boosts throughput (neuroplasticity and mood).

- Take a 10 minute walk.
- Take microbreaks throughout the day where you stretch and move (and get away from a screen).
- Combine your walk and movement with being outside for maximum effect.



Tip 7: Protect the Main Thread by Reducing Cognitive Load



Avoid mental multitasking. Offload repetitive processes, automate low-stakes decisions, and prioritize critical tasks.

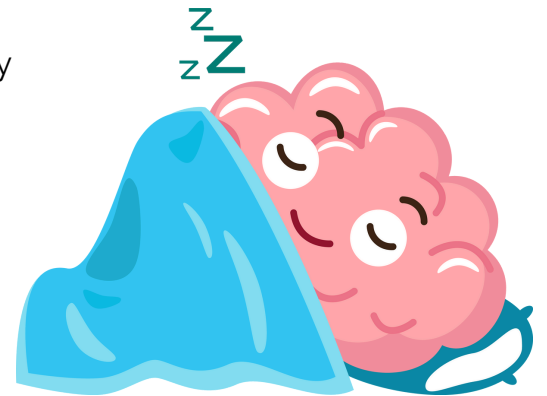
- Write it down on a list to rest your short term memory
- Automate tasks, create routines, and use AI to support you.
- Complete task triage where you evaluate what is critical, what can wait, and what can be eliminated.



Tip 8: Maintain the System with Power, Cooling & Fuel Inputs

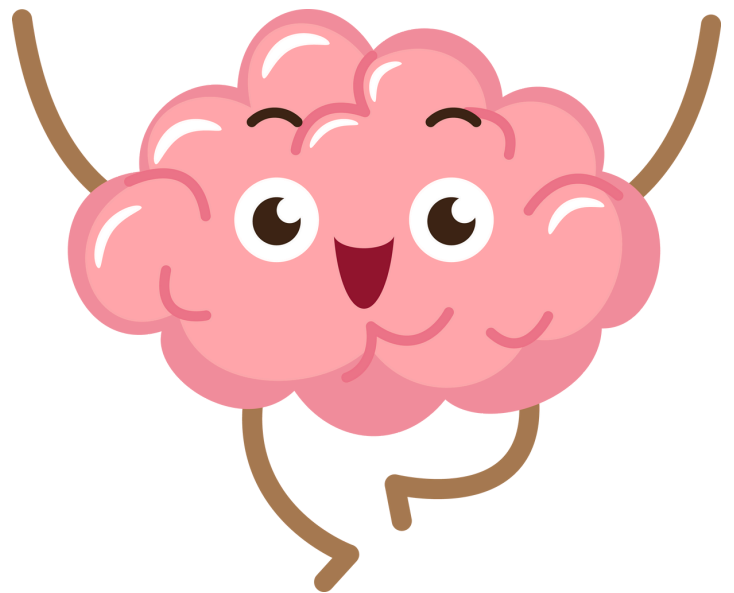
Like any high-performance machine, your brain requires steady power, thermal regulation, and quality fuel to operate reliably.

- Aim for 7 to 9 hours of sleep.
- Hydrate hourly.
- Eat balanced meals.
- You always have time for vitamins!



Your System Optimization Checklist

- Diagnosed emotional state
- Activated breathing cycles
- Pause before response
- Tasks broken into small steps
- Connected with someone calm
- Moved the body
- Reduced multitasking
- Powered & fueled the brain



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