



## 2019 MDRT Global Conference e-Handout Material

<b>Title:</b>	Mind and Movement: Minimum Investment, Maximum Productivity
<b>Speaker:</b>	Dr. Cameron McDonald
<b>Presentation Date:</b>	Sunday: September 1, 2019
<b>Presentation Time:</b>	9:30a.m. - 11:00a.m.
<b>Session Room:</b>	ICC - Exhibit Hall 7

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Dr.  
Cameron  
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# Mind and Movement: Minimum Investment, Maximum Productivity

MDRT  
**GLOBAL  
CONFERENCE**

SYDNEY  
SEPTEMBER 1-4, 2019





# The Common Story...

**7am:** Coffee and Skip Breakfast (Maybe a piece of toast on the way out of the door)

**9.30/10am:** Coffee, raisin toast, banana bread

**12pm:** Sandwich, Bagel, Chips

**2pm:** Coffee, Chocolate/Sugar snack

**6pm:** Takeaway meal, Glass or 2 of wine



**We know the physical benefits  
of lifestyle...**





# Stress and Performance

- 'Presenteeism': Low productivity due to stress it is costing up to \$600 dollars per worker every single year and \$28 billion per year in total lost revenue for companies.
- Stressed workers tend to be tired and prone to making more mistakes. Significantly, they incur healthcare costs twice as high than for other employees.



When added together, the consequences of stress-related illnesses, costs businesses an estimated \$200 to \$300 billion a year in lost productivity. (1,2,3)

# Physical, Mental, Emotional



**The human mind-body is an interconnected system of systems!**



# Physical, Mental, Emotional



healthy  
body

+



healthy  
mind

=



happy  
human!

**Everything is  
Connected...**





## Environment

FOOD



SOCIAL



INDOORS



OUTDOORS



## Lifestyle

EXERCISE



CAREER



SLEEP



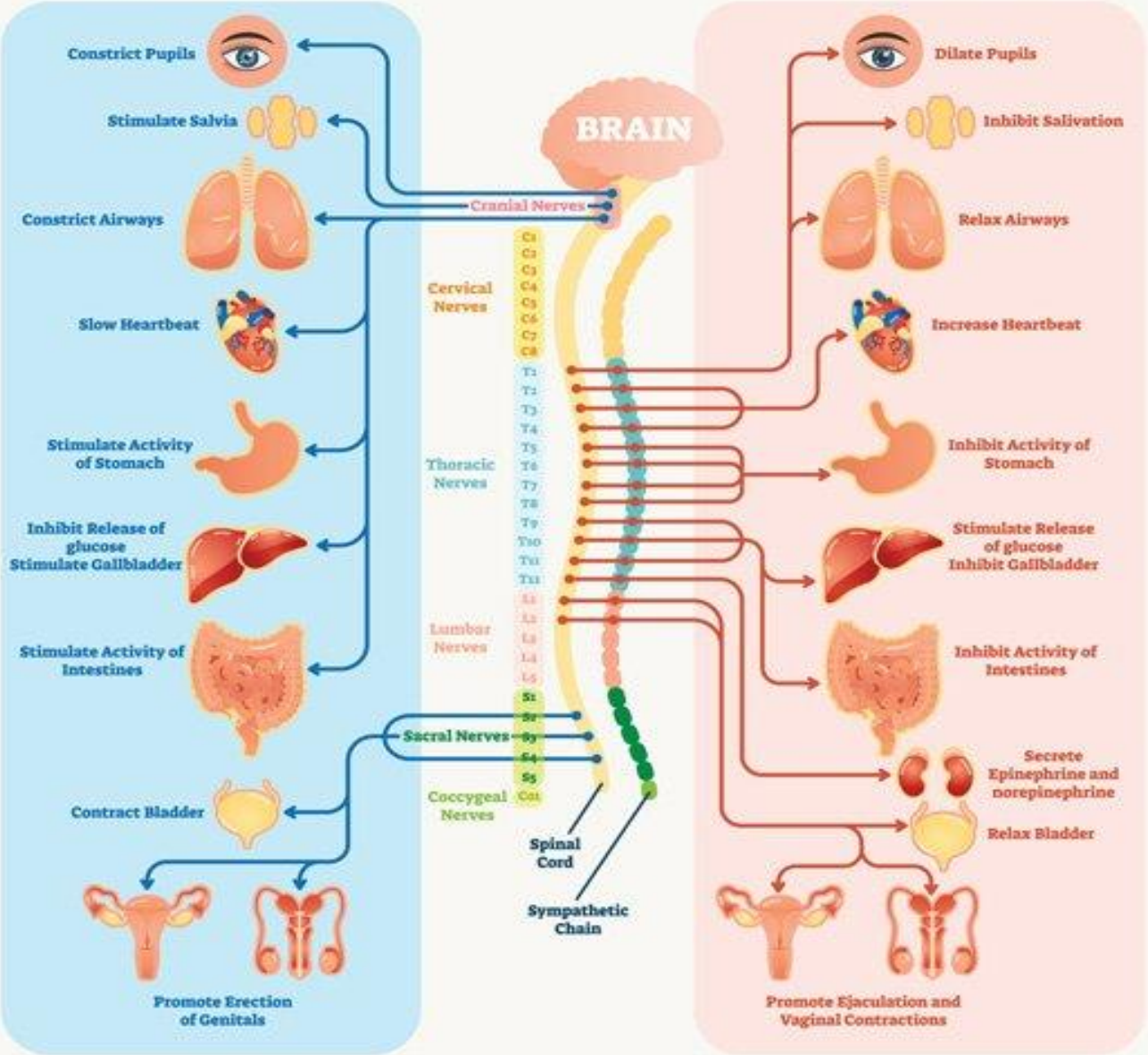
MIND



# PARASYMPATHETIC AND SYMPATHETIC NERVOUS SYSTEMS

## PARASYMPATHETIC NERVES

## SYMPATHETIC NERVES



Rest/Digest



Fight/Flight





# Chronic Stress

## Physical:

- Not enough exercise
- Not enough sleep
- Poor food choices
- Not enough water

## Personal:

- Financial Stress
- Relationship Stress
- Social Stress

## Professional:

- Taking work home/long hours
- Too much responsibility
- Job Security
- Poor management



# Symptoms

## Physical:

- Increased Inflammation
- Constipation/Digestive Issues
- Low Sex Drive
- Headaches
- Low Energy
- Increased Risk of Heart Disease

## Mental:

- Increased risk of depression
- Increased Risk of Anxiety
- Lower self esteem
- Less Resilience
- Less capacity to handle stress
- Mind Fog/Sluggishness

# Your Turn:

Locate your sabre-tooth tigers and write them down:

Physical...

Personal...

Professional...



What simple steps can you take to empty your stress buckets?



## Environment

FOOD



SOCIAL



INDOORS

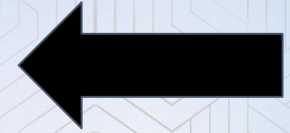


OUTDOORS



## Lifestyle

EXERCISE



CAREER



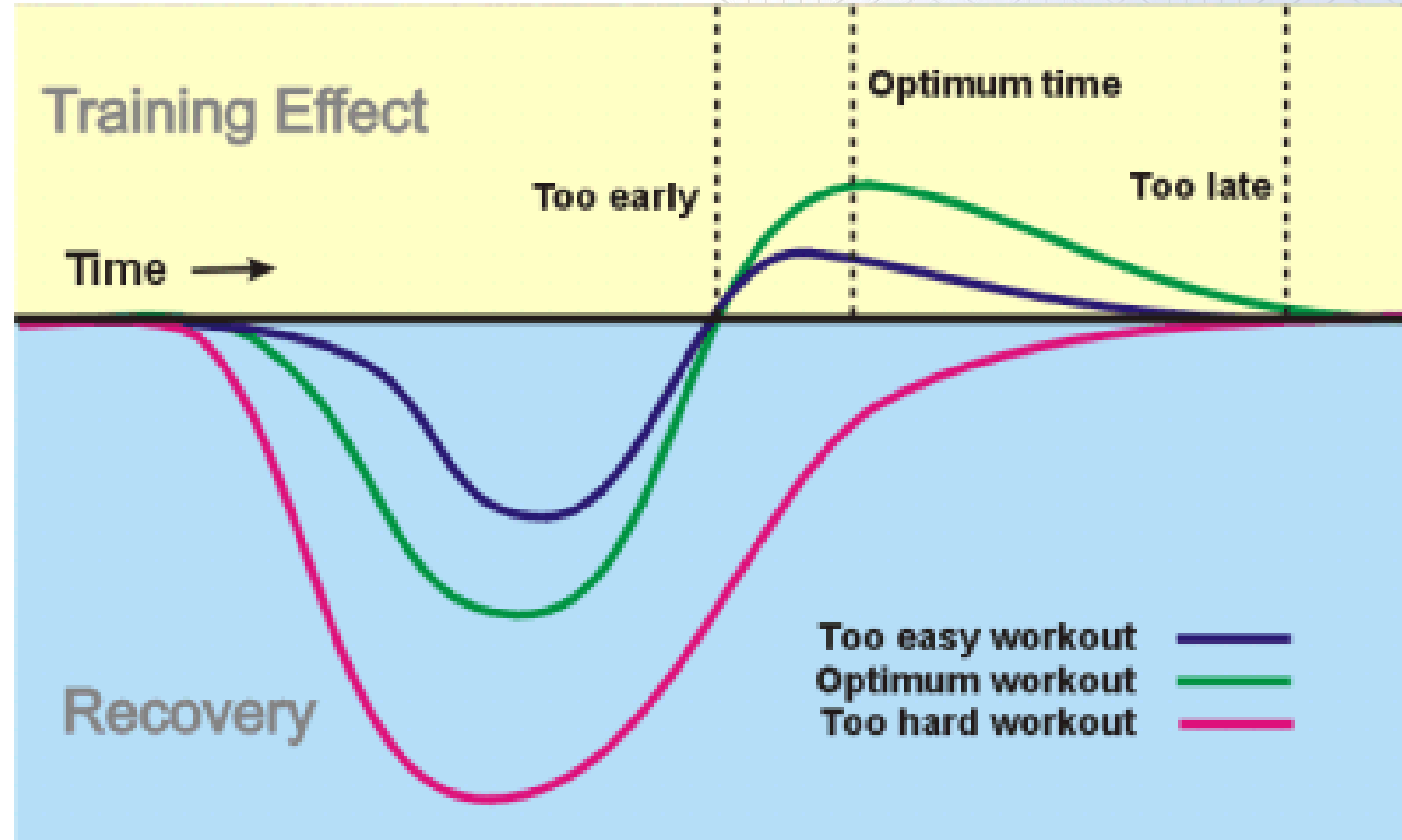
SLEEP



MIND



# Supercompensation: Not all Stress is bad!





# Supercompensation in the Workplace

## Too Sympathetic

- Too much/too hard exercise
- Long hours at work
- Stimulant abuse
- Too much responsibility
- Prolonged Pressure
- Lack of Sleep/Downtime



## Too Parasympathetic

- No exercise/sedentary
- Excess eating
- Work unmeaningful
- Work too easy
- Boredom

**Flow and Productivity lie in the balance!**

# Movement for the Mind

Using movement to control your nervous system, stress and biohack productivity

## Working Out

Weight training  
Circuit Training  
HIIT  
Running  
Cycling  
Swimming

**SNS**

**PNS**

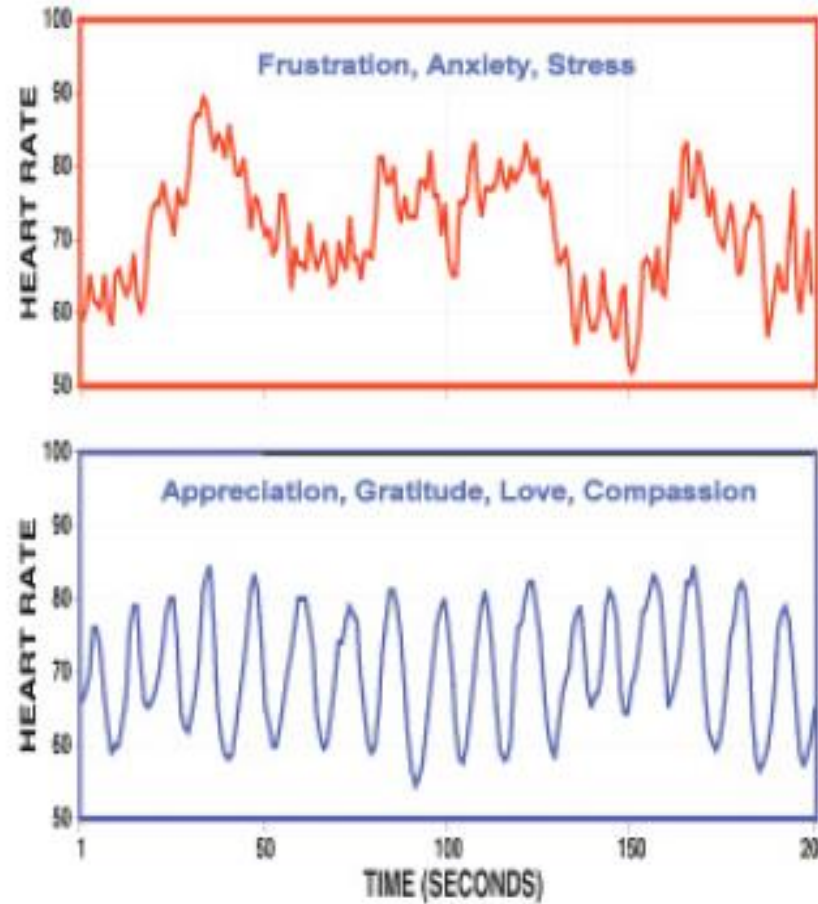
## Working In

Breathing  
Stretching  
Tai-Chi  
Yoga  
Rhythmic  
Movement



# HRV: Objective ANS Tracking

- Real time feedback on ANS response
- Wearable technology and apps can help you track your stress response
- Heart Math Institute
- Garmin, Whoop, Polar etc.



Incoherent  
heart rhythm  
pattern

Stressful "negative" attitudes and emotions, like frustration and anxiety cause chaotic heart rhythms - leading to increased cortisol level and disruptive sleep rhythms

Coherent  
heart rhythm  
pattern

Positive attitudes and emotions, like appreciation, create smooth coherent heart rhythms – leading to more restful and revitalizing sleep.

Copyright 2009 Institute of HeartMath

# Practical Application



**How to use  
'work out' and 'work in' movements in everyday life to biohack  
your productivity and control your stress!**

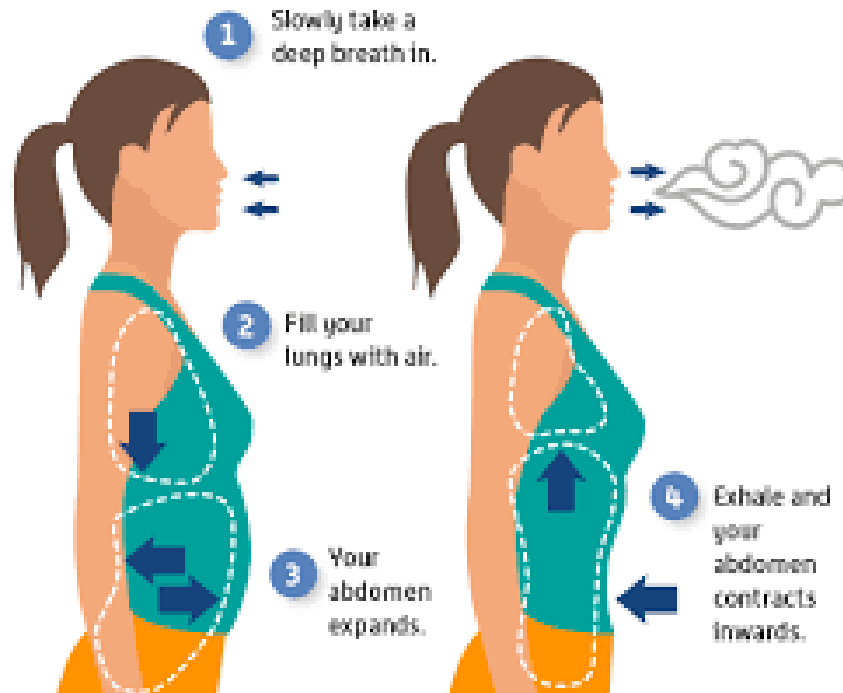


# Working in: Seated Diaphragmatic Breathing

## Breathing Mechanics

- Inhale:  $\frac{2}{3}$  into belly (pushes out),  $\frac{1}{3}$  into chest. Expand ribs laterally, Upper shoulders and neck relaxed
- Exhale: belly and ribs relax and return, used pursed lips on exhale to work on core stability

**NOTE:** If restricted or tight, practise this in a supine position, or use stretches provided to assist



## Benefits

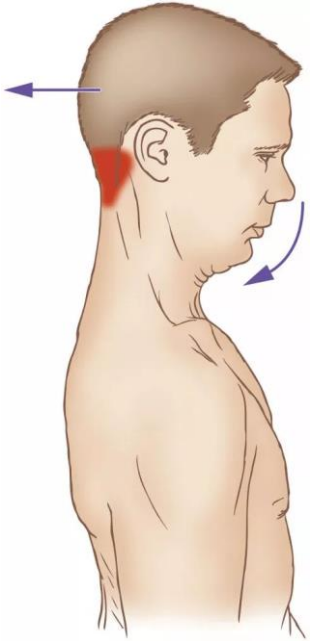
- Increases PNS Response
- Lowers HR and BP
- Reduces stress
- Core stability and control

Source: <https://www.ncbi.nlm.nih.gov/pubmed/19798037>

## Usage:

**5-10 mins a couple of times per day**

# Working in: Stretching



**Hold stretches for 20 seconds, breathe throughout, repeat 2-3x**



# Working in: PNS Exercises

You can turn any movement into PNS

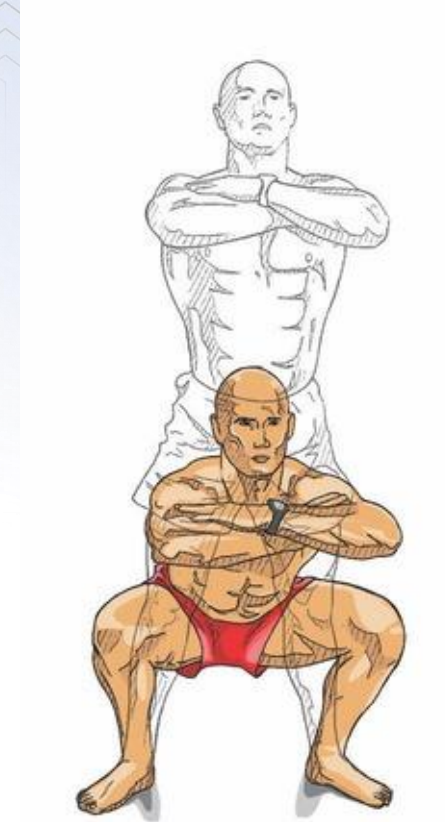
Rules:

- 1) Follow natural breathing rhythm
- 2) Match movement to breath
- 3) Slow it down!
- 4) Should be able to complete on a full stomach
- 5) Focus mind on movement
- 6) Eyes shut for sensory rest

**10-15 reps 2-3 sets (can use different movements)**

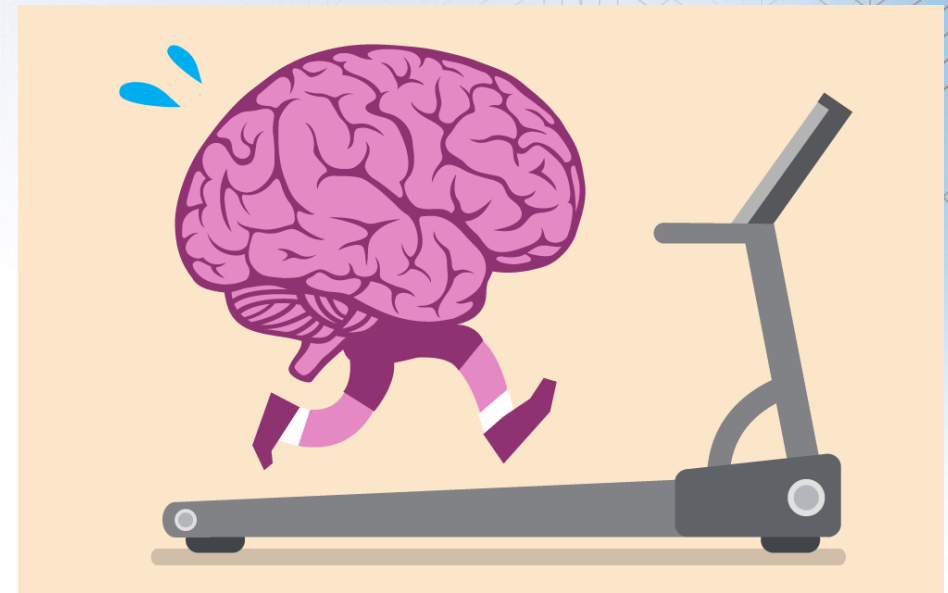
**NOTE: Should not increase heart rate into a workout!**

## Breathing Squats



# Working Out: BDNF and Exercise

- **Long term effects**
  - Increased memory
  - Prevention of neurodegenerative diseases
  - Some research has suggested exercise may offset some of the harmful effects of drinking alcohol on the brain
- **Acute effects**
  - High intensity training makes us smarter: One study found 2x3 min sprints resulted in **20% increase in learning** compared to low intensity aerobics or rest
  - Test subjects exhibited improved vocabulary in both the short-term and long-term following the sprints
  - BDNF increased as well as the catecholamines, dopamine (responsible for the short-term memory boost), epinephrine (long-term memory assistance) and norepinephrine



Source:

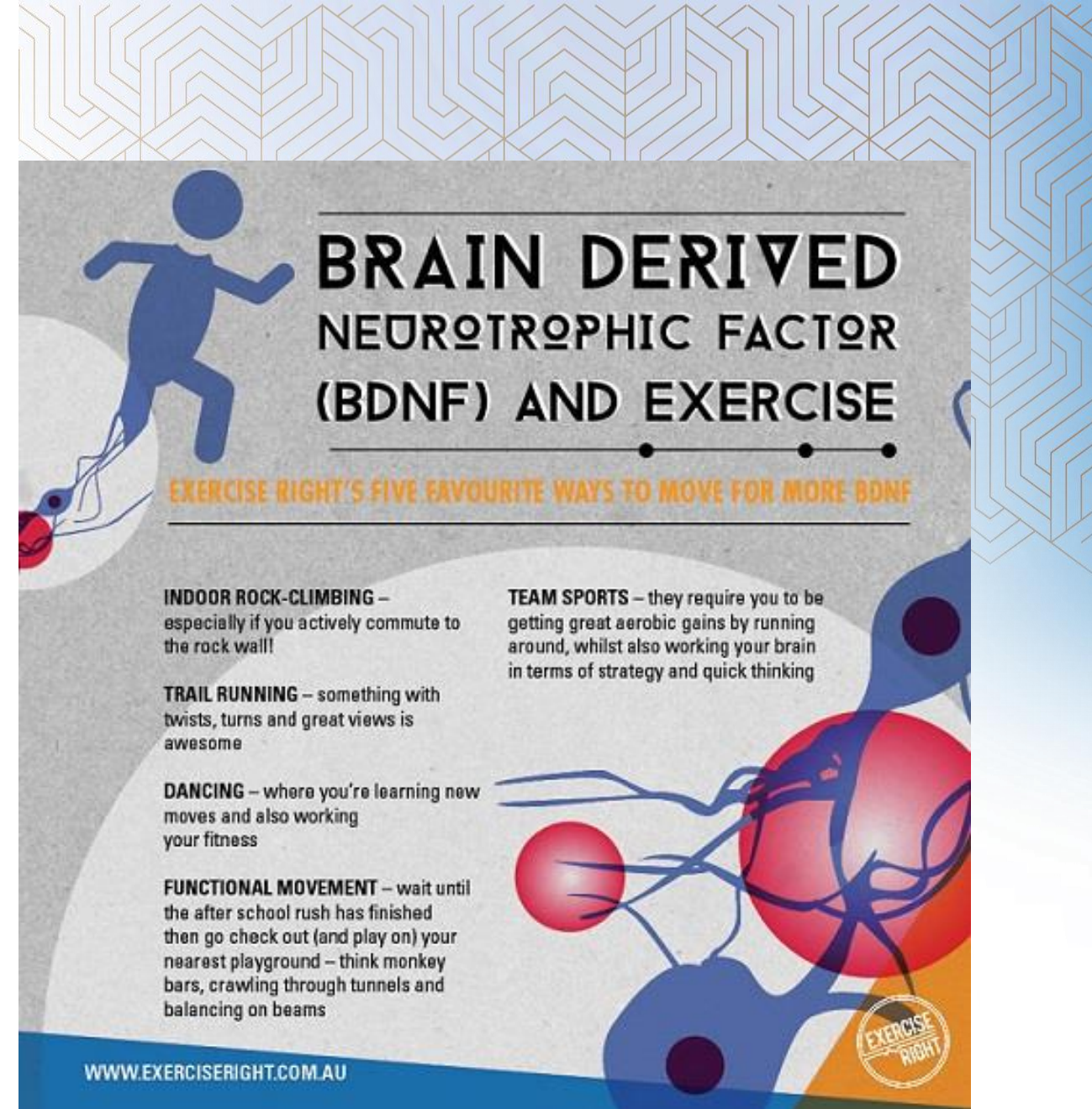
<https://www.ncbi.nlm.nih.gov/pubmed/17185007>



# Working Out: How to increase BDNF

- **Aerobic exercise** within the 60% to 75% of your max heart rate should be maintained for approximately 30 minutes.
- **High intensity short duration interval training** has been shown as an effective way to release endorphins and the neurotransmitters dopamine and serotonin, which may enhance mood.

Source: [Spark: The Revolutionary New Science of Exercise and the Brain](#)- John J. Ratey



# Working Out: Try Tabata

- 20 seconds work: 10 seconds rest x 8

- High Knees and Mountain Climbers (Alternate)

OR

- Jogging on the spot and Push ups (full, knees or wall)

**IMPORTANT:** To get the full effects from Tabata, it needs to be Very High Intensity. Work at comfortable pace and build depending on your fitness level



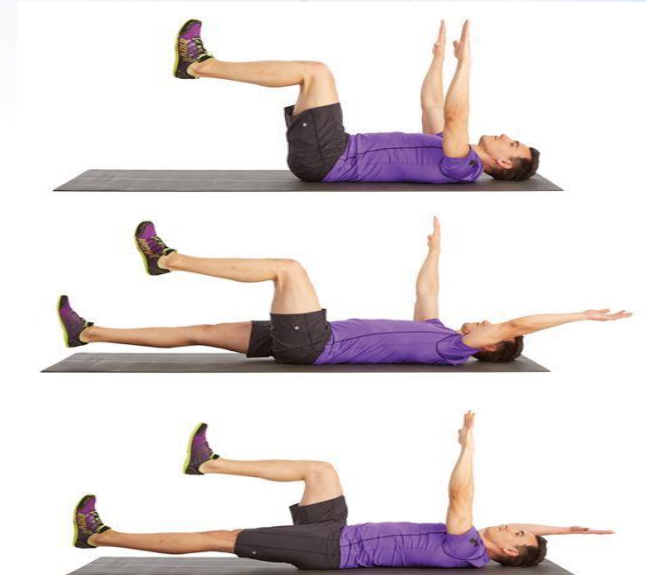
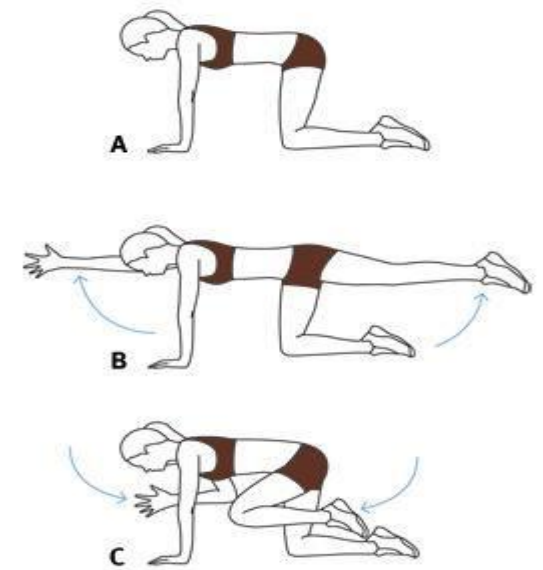


# Working Out: Contralateral Movements

- Have been shown to improve cognition, learning ability and improve focus
- As little as 10 minutes of walking has been shown to improve mathematical problem-solving in students

source: <https://www.frontiersin.org/articles/10.3389/fpubh.2018.00100/full>

**How to use:** Use these movements as an activity break from work to improve levels of concentration and focus. You can use these as part of a circuit to work out, or slow them down as a work in.



**Try it: 12 reps of each exercise**

# Working Out: Finding Opportunities to Move

- A recent meta-analysis with a total of 266,939 participants reported that being active for 150 minutes or more per week was associated with a 20 per cent reduction in risk for depression. source: <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2018.17111194>
- **How:** 150 mins aerobic exercise per week, could be a walk or hike, friends/family/colleagues.



**Where can you find opportunities to move in the day?**



# Where to from here?

**Much of which (up to 90-95%)  
can be controlled through  
lifestyle**

## Good or Bad News?

**More than 1 in 3 (39%)**

of potentially preventable hospitalisations in 2013-14 were due to the 8 chronic diseases



**Around 1 in 3**

(30%) problems managed in general practice in 2014-15 were associated with the 8 chronic diseases

**More than 11 million**

Australians (50%) reported having at least 1 of 8 chronic diseases in 2014-15



**Over 7 in 10**

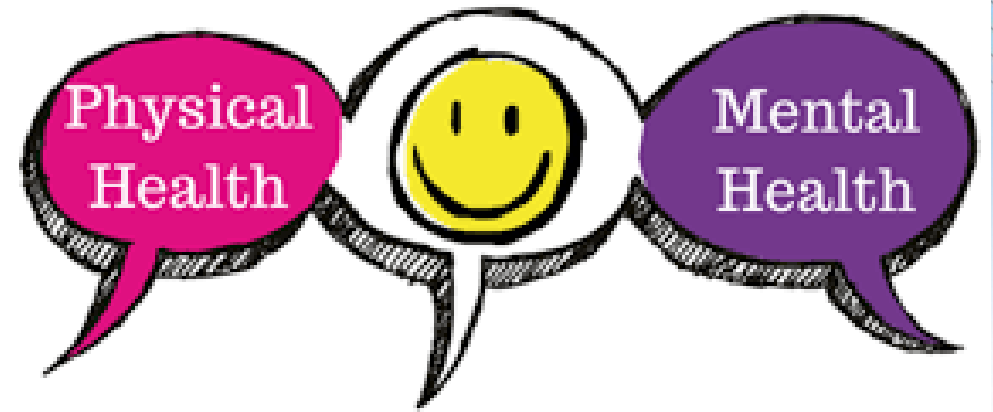
(73%) deaths in 2013 were due to the 8 chronic diseases

**87%**

of people aged 65 and over had at least 1 of 8 chronic diseases in 2014-15 compared with 35% of people aged 0-44

# Use Exercise to take control of your physical + mental health!

- Cheap
- Convenient
- Acute and Long Term Benefits
- Stress management, Mood, Cognition, Learning ability, Energy levels, Productivity



**Where can you find opportunity to move in your day to day life to take control of your health, happiness and productivity?**