

Simone Janson (ed.)

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# THE TIME FOR WINNERS

## MINDFULNESS, NO STRUGGLE



Use psychology focus & clarity, learn emotional intelligence self-love & leadership, train anti-stress skills rhetoric & resilience

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# **The Time for Winners – Mindfulness, no Struggle**

incl. Bonus

Use psychology focus & clarity, learn emotional intelligence self-love & leadership, train anti-stress skills rhetoric & resilience

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# **Introduction: Premium information & heavily discounted travel deals - you'll find all this as a bonus in this book**

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For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

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# **Decision Making and Neurobiology: What Happens in the Brain?**

*// By Prof. Dr. Martin Christian Morgenstern*

Relax, be calm, no stress - it's easy to say. But what are the neurobiological foundations of relaxed, good decisions? What happens in our head and body when we should actually relax and not be able to.

## **What happens in the head?**

According to estimates, the human brain consists of 100 billions up to 1.000 billion nerve cells. These nerve cells are connected by a widely branched network of ramifications.

Each individual nerve cell is a cell specialized in stimulation and excitation. The individual nerve cells are linked by lines. They are called dendrites and axons. For these lines, the individual nerve cells exchange information through electrochemical impulses.

## **The amount of experience**

All the information that we have gathered in the course of our lives can be found in nerve cell networks. This means that everything that has helped us in our lives until today in our survival or has endangered in our lives, in the brain has a nerve cell network.

As soon as our sensory organs, such as the eyes, ears, nose or skin sensor, report information about the recurrence of this stored situation to the nerve cells, the nerve cells engage the body with an emotional reaction.

## **How stress develops**

An emotional reaction usually consists of an interplay between muscle tension and physiological excitation, such as an increase in heart beat and / or a sweating of the palm of the hand. Now we get this physical response to our consciousness level I-1 to feel. The process to this point is almost a fixed stimulus reaction chain.

You can compare the responsible nerve cell system with the board of an electronic device. There are also burned paths, which direct electrical impulses in the predetermined lanes. Now that the physical response has started, we feel it as a sensation on our conscious mind level Ich-1.

## **How decisions are made**