



Mismatched: Your Brain Under Stress

Educational Unit

Lesson Plan Module #6: *Unlock the Power of the Unfocused Mind*

Overview

We usually pride ourselves on our ability to analyze, plan, reason, and solve complex problems. The human brain, particularly our brain's pre-frontal cortex, enables us to do that. But where does innovation, life's "Eureka" moments, creative inventions, and spontaneous epiphanies come from? Surprisingly, they rise from our unfocused mind. We can harness our mind's natural tendency to wander, stall, rest and become more productive—in the boardroom, living room, or classroom.

Lesson Objectives

After viewing Episode #6: *Unlock the Power of the Unfocused Mind* participants will be able to:

1. Demonstrate how to do a breathing relaxation exercise.
2. Compare advantages and disadvantages of being focused and unfocused.

Vocabulary

Alpha State

Neurons

Amygdala

Lesson Discussion Points

- Have you ever experienced solving a problem or coming up with a solution to a situation when you were not trying to? Explain what happened.
- How does a focused brain positively affect a person?
- What are the disadvantages to a focused brain?
- What is meant by an unfocused brain?
- "To charge your phone, you must plug it in. To charge your brain, you must unplug it." What is meant by this quote?
- What are ways we can use to encourage our brains to enter an unfocused state?
- How does an unfocused brain help us with stress and stress management?



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Activities

Activity #1: Breathing Relaxation Exercise

Directions:

1. Smile inwardly with your eyes and mouth.
2. Take one deep breath.
3. Visualize the air coming in through large pores in the bottom of your feet.
4. Imagine the warm air moving slowly up your leg and filling your lungs.
5. Now imagine the air leaving your body the same way.

Activity #2: Watch Video

View Episode #6: *Unlock the Power of the Unfocused Mind* and discuss content using discussion questions.



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Name _____ Grade or Employee Dept _____

Module #6 Quiz: *Unlock the Power of the Unfocused Mind*

Directions: Please circle the correct answer.

- 1. What is one disadvantage of being focused?**
 - a. It increases productivity
 - b. It can be painful
 - c. It drains energy
 - d. It gives you too much energy

- 2. What is said to be the foundation of being physically alive?**
 - a. Distracts
 - b. Electricity
 - c. Cells
 - d. Memory

- 3. Your brain can respond to something without your being aware of it.**
 - a. True
 - b. False

- 4. What percent of what goes on in our bodies is “outside” our conscious mind?**
 - a. 10%
 - b. 50%
 - c. 90%
 - d. 100%

- 5. Your brain can produce enough electricity to light up a lightbulb.**
 - a. True
 - b. False



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- 6. Curiosity restricts the brain from being more flexible and adaptable.**
 - a. True
 - b. False

- 7. Applying the C.I.R.C.A. (Chunk, Ignore, Reality Check, Control Check, Attention Shift) strategy helps manage stress by moving blood away from the anxiety center in the brain.**
 - a. True
 - b. False

- 8. Positive Constructive Daydreaming allows your mind to enter an unfocused state.**
 - a. True
 - b. False

- 9. Which activity does NOT encourage your unfocused brain to enter a daydreaming state?**
 - a. Knitting
 - b. Gardening
 - c. Jogging
 - d. Napping

- 10. Doodling has been found to make a person less creative because it interferes with your ability to remember information more effectively.**
 - a. True
 - b. False