Welcome to the HBDI BrainBytes

Recent News on Thinking and the Brain

Surfing the Internet can be good exercise for your brain, according to a recent study conducted by scientists at UCLA.

Are lefties more creative? A recent study suggests that balance may be more important as it appears that the strongest creativity occurs when both sides of the brain are communicating well with each other.

• In his Letter to the Editor in response to the recent Harvard Business Review article, “Innovation in Turbulent Times,” Tom Boldrey, Professor Emeritus at Eastern Illinois University, points out that a Whole Brain® approach serves as an effective method for breaking down barriers to collaborative innovation and maximizing the full intellectual potential of an organization.

Reducing Stress the Whole Brain Way®

Susie Leonard Weller, M.A.

The following illustrates how we can utilize Whole Brain Thinking to comfort us when we are under stress and help us understand the triggers that can lead to stress.

Focus and Think to Reduce Stress
• Look at the facts before jumping to conclusions
• Accept reality, but don’t dwell on today, rather look at your long term goals and how to best get there
• Avoid unclear goals and moving targets
• Avoid excessive drama and emotions

Reduce your Sources of Stress
• Control what you can—and get more done
• Prepare for morning the night before
• Avoid out-of-control atmosphere
• Avoid changes in plans mid-route

Take Care of Yourself to Help Cope
• Never wear uncomfortable clothes (especially shoes)
• Walk everywhere you can for built-in exercise
• Avoid lack of participation in change decisions
• Avoid no communication about what is going on

Get Creative Around Stress
• Find the humor in it (it must be there somewhere!)
• Loosen up, decide to “let it go” and relax your standards.
• Avoid inflexibility in a changing world
• Avoid getting bogged down in detail and numbers in lieu of the big picture

Using HBDI at Fischler

“Since the introduction of the Herrmann Brain Dominance Instrument, the Fischler School has become a stronger, more cohesive learning community. We use the tool in accessing the viability of new ideas. It is used daily throughout our organization where it has proven to be extremely beneficial in opening doors to new ideas, concepts, and thought”.

H. Wells Singleton, Ph.D., Provost and University Dean

“Honor the uniqueness of the learning brain by learning to speak its multiple languages”.

Ned Herrmann

Number 1, January 2010, Nova Southeastern University, Fischler School of Education and Human Services