

### Transition Magicians:

#### ***Weaving the Magic in Everyday life by Mastering Change!***

Category – Change Management and Transitions

A transition is the movement, passage or change from one position, state, stage, subject, concept, to another.

Transitions are crucial and frequent occurrences in our daily life that most of us experience hundreds of times per day, yet may not even be aware of. ***How well we transition determines the quality and success of our daily life experience. For most people, transitions are done unconsciously and with stress and struggle.*** Ineffective transitions, inevitably limit how well we engage and perform at work, in the classroom, and daily life.

Once people become conscious of when transitions are being made they can then choose to affect the quality of the shift by using tools such as Cognitive Fitness to make smooth and easy transitions. This is especially necessary for children with special needs, adults who are managing multiple tasks and people, the elderly and aging workforce.

Here's one we all experience on a daily basis; waking up! Do you typically wake up energized and in 'ready to go mode', after sleep? A new study shows that regions of the human brain go silent after different times through the night, losing their ability to communicate. ***Brain in the News – May 2011***

Transitioning oneself, the brain and body from sleep mode to being fully awake and online ready for the day is a big daily demand. How well we reactivate the regions of the brain that have been deep in slumber, back to their ability to communicate and function in daily life mode has a huge impact on how efficient and successful our day will be.

During the warmer months, it may be easier and more welcoming to get up and engage the day. When the sun is shining, we are more active, and everything works better, including the communication connections within our brain. Likely we have greater success in supporting transitions with the energy and motion that the summer naturally elicits in our lives and in our bodies. It's easy to be active and energetic when the grass is green, the birds are chirping, and the nearby park, pool and cottage beacons us.

Now that summer vacation has come to a close and the seasons begin to change, many of us will be longing for the warmth and bright light the sun has been shining on us for the past few months. More than that however, we will be missing the natural transition that summer freely provides us.

As we move into the fall season, our activities shift to more 'neck up' (brain/mind) activities vs. the whole body (mind/body) activities that are part of summertime. During a period when for most, there is time away from school and work; we are ironically activating our brains more effectively. How do we keep up these good habits when we return to the workplace and classroom?

As we transition from active living (playing outdoors at the park) to more sedentary living (sitting at desks behind computers) we still expect ourselves to be productive without as much brain/body activation.

John Ratey, author and associate professor of psychiatry at Harvard Medical School in Boston says that exercise stimulates our grey matter to produce what he calls "Miracle-Gro" for the brain. According to him (and the many studies he cites), it's good for everything that ails your brain as well as your heart.

Movement and/or exercise are good because our biology evolved from the historic life of the hunter-gatherer. Now "the relationship between food, physical activity, and learning is hardwired into the brain's circuitry." Dr. Ratey has written chapters on the effects of exercise on anxiety, depression, ADHD, addiction, hormonal changes, and aging.

Many people, institutions and workplaces are beginning to recognize and implement the value and importance of mind/body movement year round - not only the health benefits, but for the cognitive and behaviour benefits as well.

A local school in Etobicoke, Ontario, has integrated treadmills and stationary bicycles into Grade 8 instruction. Not only are grade levels augmenting, behaviours are more positive, and the overall attitude for school has improved!

While treadmills and stationary bikes are an excellent idea, it is costly, most schools do not have budgets to support this and the equipment takes up a lot of space. Cognitive Fitness is an easy and highly effective mind/body movement technique that can be done anywhere, anytime. No equipment necessary!

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., licensed Brain Gym® Trainers and Cognitive Fitness Experts. Their company trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

For over a decade Jill Hewlett has been providing inspirational and educational [keynotes](#), as well, Brain Works provides [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call Sharon Todd, Director of Sales and Operations 905.830.6902.



Become The Sculptor Of Your Brain!