

Achieving Flow & Energy Management

Haley Prophet

Wellbeing Specialist

Certified Workplace Wellness Program Manager

Workplace Wellness Top 50 U.S. Practitioners

Mindfulness, Resilience & Thrive Facilitator

In the News:

Forbes

CAREERS

3 Surprising Benefits Of Flow State

MEDICALNEWS**TODAY**

Health Conditions ▾

Discover ▾

Tools ▾

What a flow state is and how to achieve it

HUFFPOST

NEWS

POLITICS

ENTERTAINMENT

LIFE

PERSONAL




SHOPPING

VIDEO

THE BLOG

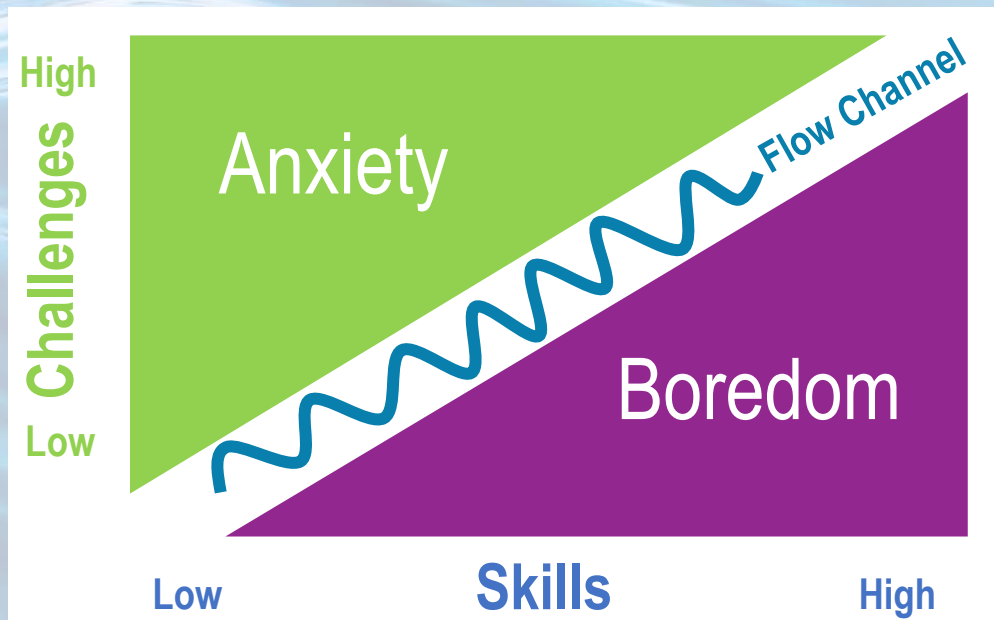
Flow State: What It Is and How to Achieve It

The Neuroscience of the Flow State: Involvement of the Locus Coeruleus Norepinephrine System

 Dimitri van der Linden^{1*},  Mattie Tops² and  Arnold B. Bakker^{1,3}

Where it all started... What even is FLOW?

“What makes an experience genuinely satisfying is a state of consciousness...”



Why be in a *state of FLOW*?



Productivity



Happiness





Creativity



Well-being

Science behind it

 Suppressing brain activation associated with thinking about ourselves

 Dampening activation associated with negative thoughts

 Increasing activation in reward-processing regions

Elements of FLOW



Clarity of goals
& feedback



Concentration



Transformation of
time



Actions &
awareness merge



Effortless &
ease



Skills ∞ Challenges



Intrinsic reward

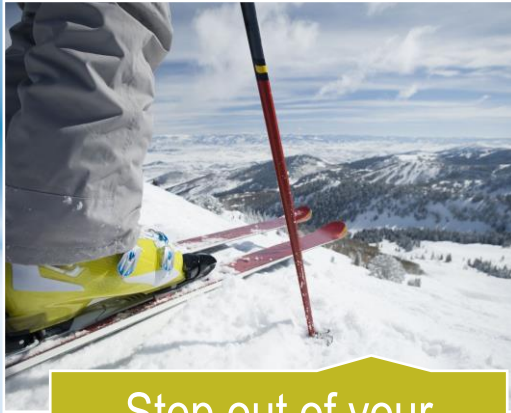


Control over the task

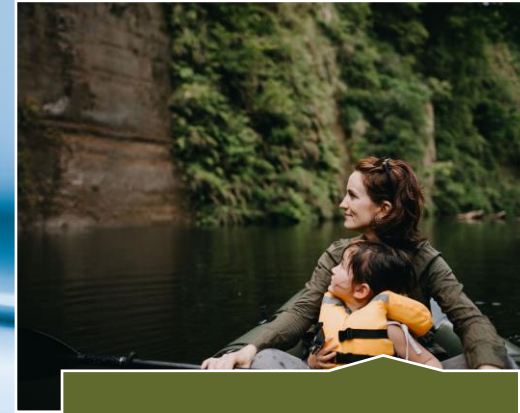
You have the power to *induce* a state of flow!



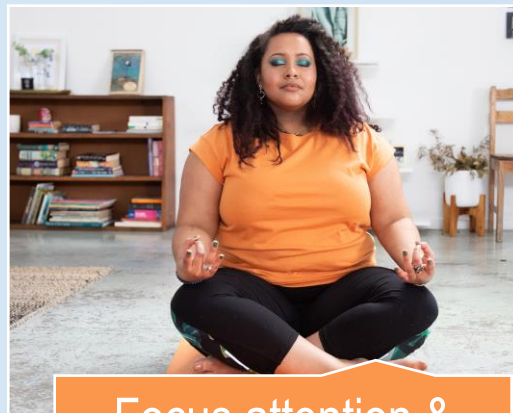
Creativity to increase challenge



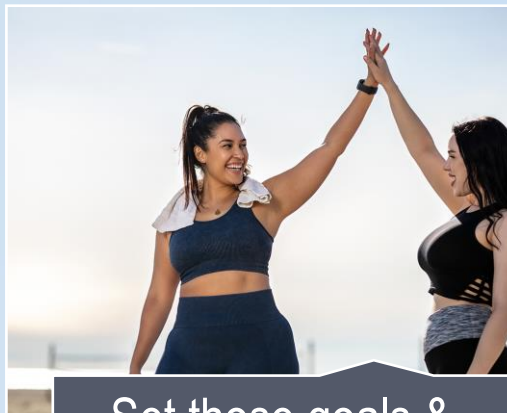
Step out of your comfort zone



Make it social



Focus attention & reduce distractions



Set those goals & feedback



Energy Management...To Create Flow



Manage Your Energy – Not Your Time



State of Flow ∞ Energy Management





Thank you!