



MindHarbor

ANCHORED IN WELLNESS, GUIDED BY MINDS

- Infants who were deprived of maternal care and human contact exhibited significant developmental delays, failure to thrive, and even death.
- Adults who experience isolation and lack of social connection can also face significant mental and emotional challenges.



Tragic Experiment

He observed the effects of severe maternal deprivation on infants by comparing two groups of children:

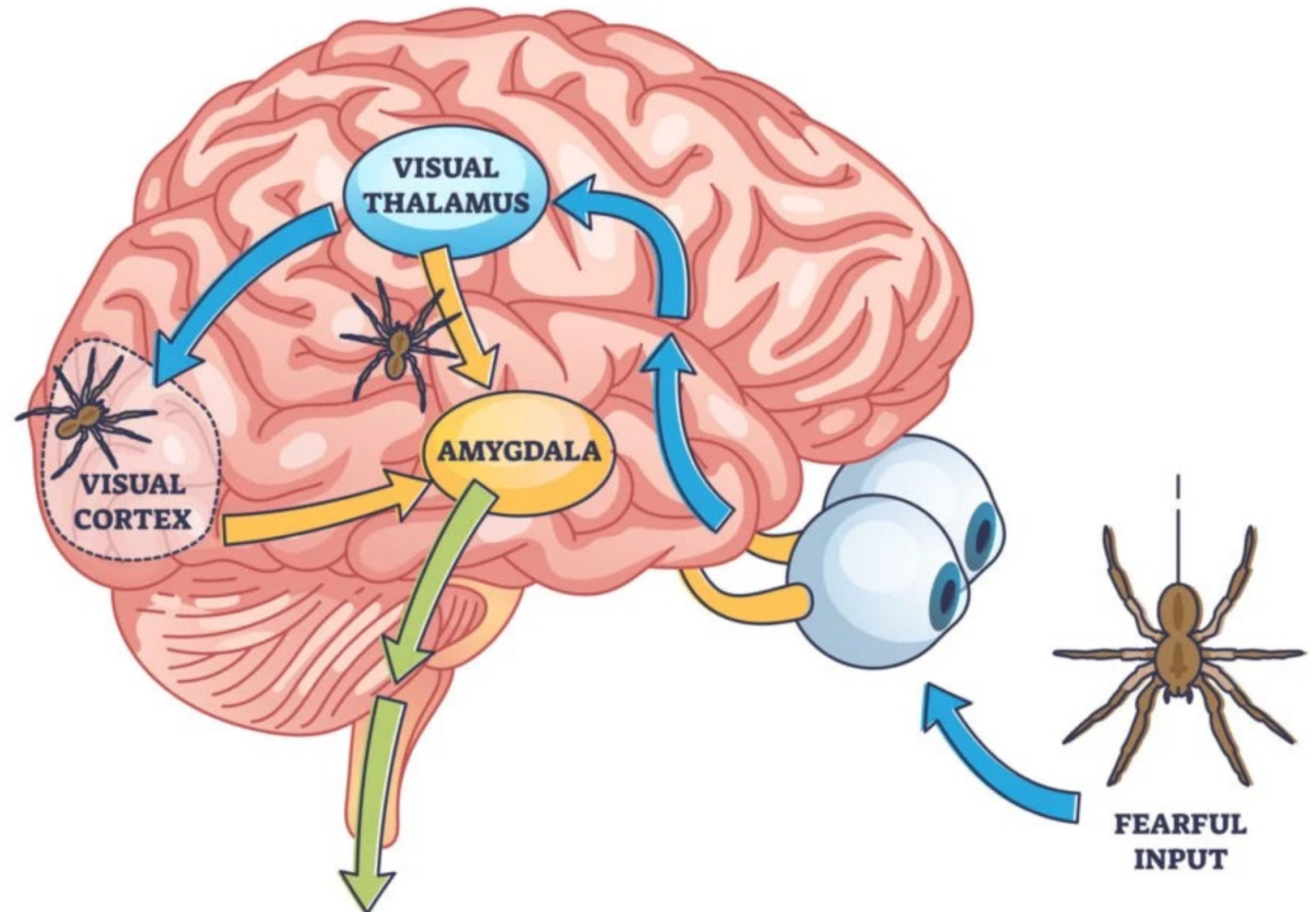
- one group raised by their mothers
- other raised in a nursery setting with minimal human contact

Human Contact

- Adults who experience isolation and lack of social connection can also face significant mental and emotional challenges

AMYGDALA FUNCTION

- Roughly 50-70% of people have a significant blind spot, which can negatively impact their relationships and leadership skills.
- Statistics show that only 10-15% of people are truly self-aware.



ADHD

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

- Increased screen time and digital distractions may contribute to attention-related issues, including focus and impulse control difficulties.
- Dopamine High





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Boundaries: Working hours

- In Europe, emailing or calling someone outside working hours or on the weekend is severely frowned upon.
- Japan ranked the world's worst for employee well-being.
- In a survey, seven out of ten people said they would like to be able to refuse any contact outside of working hours.



Work Culture

- Recreational activities in the workplace increase productivity because employees have a way to relieve their tension.
- 70% of our time, if not more, is spent at work. This leaves little time for interpersonal relationships and hobbies.
- A sedentary life reduces longevity and increases the risk of cardiovascular disease and complications.



- **4-7-8 Breathing:**
 - Inhale for 4
 - Hold for 7
 - Exhale for 8
- It helps to reduce the size of your amygdala.
- A skill that develops and prepares you for higher stress.



Daily Mindfulness Pause

Practising mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Indaba Delegates: Mental Health Assessment

This form is active from March 18th to March 25th



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