Sunil Bali

No love handles…..

> *"When it comes to stress, our system is designed to cope with problems that last for seconds and minutes – typically kill or be killed – and not months or years."*

Cavemen had no cars, no computers and no love handles.

In their paper Stone agers in the fast lane, researchers at Atlanta University's School of Medicine say that our cavemen ancestors did cardiovascular interval training every day.

These exercise sessions weren't optional because our ancestors were either searching and sprinting after prey, or running away from it.

When it comes to stress, our system is designed to cope with problems that last for seconds and minutes- typically kill or be killed – and not months or years. Our DNA and brain haven't changed very much in the last 10,000 years.

The result is that 75% of deaths in Western nations can be attributed to "*diseases of civilization*" which were rare in our pre-agricultural ancestors.

There's a mismatch between our cavemen body and brain, and our modern world. Love handles can be removed with increased activity, but what about how our relatively primitive operating system – the brain – deals with stress?

How can we reduce our levels of stress and become more resilient?
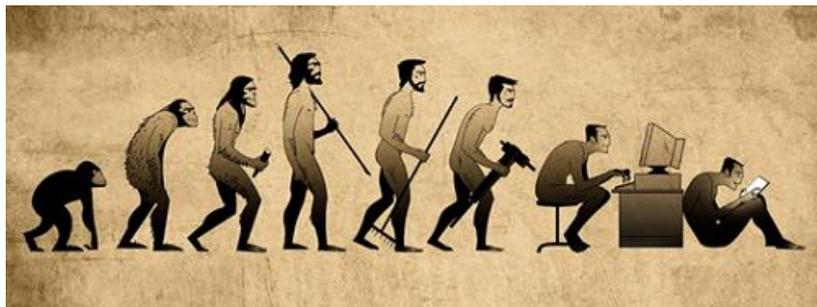
Warren Buffet has a great solution.

He books a meeting with himself at the end of every day, where he goes for a walk and thinks about how he has reacted or responded to issues during the day. Where Buffet finds that his thinking has caused him stress, he identifies any underlying beliefs, behaviours and habits that need to change.

This daily review process works best when your mind is still and you can tap into your innate intelligence, hence a walk away from all distractions is ideal.

A daily *ME-eting* increases awareness, disrupts sub optimal thought patterns, and clears the way for new mental patterns which support what you want to achieve.

As Buffet says, "The chains of habit are too light to be felt until they are too heavy to be broken, and we then function in our dysfunction."

… and you wouldn't want function in your dysfunction would you?

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About the Author
Sunil is a Performance Coach, Speaker and Author.

Ex Head of Talent for Vodafone Group and Santander, and having run a £50m business, Sunil has been responsible for hiring over 50000 people and has had the pleasure of working with some great entrepreneurs, professionals and leaders.

Co-ordinates
E-mail: sunil@sunilbali.com
Web: www.sunilbali.com
LinkedIn:
uk.linkedin.com/in/sunilbali1