

Dear All,

I have carefully selected a few resources for you from the session; that are entirely aimed at helping you develop a more balanced life in your workplace and home life.

### Sleep

A great 10-minute podcast with Dr Matthew Walker (neuroscientist) and leading expert in sleep:

[itune access here](#)

[Android access here](#)

### Meditation Apps

Meditation is one of the smartest things you can do, but only if you want to decrease stress, anxiety, and improve your memory, sleep and executive functioning. The guided apps we recommend are below.

[Chelsea Pottenger's Meditation Channel](#)

[Headspace](#)

[Calm](#)

### Gratitude

Gratitude for 30 seconds everyday improves your telomere length (anti-ageing for your brain), builds resilience and changes your gene expression to positive.

If you were interested in the company that writes hand written cards and sends them on your behalf. They are called:

[Thankly](#)

NB. Use the code: **EQMINDS** to receive your first Thankly free.

If you are interested in telomere research, look at Noble Prize winner Dr Blackburn's TED talk below.

### TED Talk

[Telomeres Dr Elizabeth Blackburn](#)

## Gut Health

If your gut is out of balance - then your mental health could be out of balance.  
If you are interested in this space, I recommend this read.

[GUT by Guila Enders](#)

[The Drive - Peter Attia](#)

You could also try the [Blinkist app](#) (it's an app that gives you the synopsis and tips of books in 15 minutes - excellent for the time sensitive professional's

## Biofeedback Devices

[Muse](#) : Measures brainwaves while you meditate

[Spire](#): Tracks your diaphragmatic breathing

[Oura ring](#) : Very accurate tracking of HR variability and sleep. Use code EQMINDS to receive \$50 off.

## Instagram

Curious for more useful tips for your brain, check out our [account here](#).

## Retreat

I gift professionals who attend my keynote a special price for our retreat in Gerringong, NSW Australia. We are booked out in 2018, however we are now taking bookings for end of 2019 if you want to recharge in a luxury Hampton's style house. The cost is \$1300, however with the discount code below you can attend the retreat for \$550 (excluding accommodation)!

[Click for our retreat here](#)

Use the code: **SPECIALGIFT**

Best regards,

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