

## Understand Your Biology; Maximize Your Productivity

**Introduction:** As a health coach, I have studied and now share (within my practice) an incredible amount of knowledge and wisdom around **working with** the body's natural rhythms and cycles to not only be more productive, but to truly be present in every moment—I teach my clients how to **leverage their body's natural rhythms** so that they can **feel great, be more productive and live with purpose and joy**. And, although I've always had a passion for health and wellness, there was a time when I felt *out of sync* with my body's natural "tempo." My health journey grew out of a deep need to understand how I could **join forces** with my body—I set out to fine-tune my **mind, body and soul** connection. If you are interested in creating more harmony—mind, body, soul—while also maximizing your productivity, please read on.

**General Principles:** You've probably read articles that discuss the advantages of doing particular activities at particular times of the day, but do you understand **why**? Through my extensive certification and training process, I've had the privilege of learning how you can use your own physiology to **hack life, health, and productivity to maximize your daily impact**.

**About Stress:** Before you can understand *how* to work with your own natural rhythms, it is important to first understand the factors that can disrupt the natural rhythms within your body. Stress is a **biological reaction** that affects you **physically**. Here's how: **Insert Page 7 (from "Radical Wellness At Work" PDF)**. As you can see, stress is linked to more than just sweaty and an increase in perspiration. Therefore, it is important to understand how to *respond* to stress. When you respond with **intention and awareness**, your body will thank you. SO, when you are triggered by a stressful event—a looming deadline, a conflict with a friend or family member, etc.—pause and ask yourself the following questions: What is stressing me about this situation? Then, **acknowledge it** by writing it down. Ask yourself whether it's something you should really be stressing about. For example, are some of the elements out of your control? Then, step back and take a moment to brainstorm a **plan of action**. **Refocus** on priorities. Taking **control** (of your thoughts) will help you **take the edge off**.

**About Food:** Food is another factor that can interfere with the **ebb and flow** of your body's natural cadence. However, food, unlike stress, can also *enhance* your body's innate rhythm and *motion*. Take a look: **Insert "Slide 18"—"Food Digestion Speeds"**.

The speedier the digestion process, the less time there is for issues—gassiness, bloating, and fermentation—that could slow you down, decreasing **productivity**. And, just as there are foods that can speed up digestion, there are also foods that can slow you down: **Insert "Slide 14."** These foods can cause inflammation—the root cause of many diseases and disorders. So it's important to limit your intake.

Remember: ***You are what you eat!***

**Circadian Rhythms:** What you choose to eat, and how you respond to stress, plays a **significant** role in your productivity. When you leverage these elements and work with your body's **natural rhythms**—known as **circadian rhythms**—you **maximize productivity**. So, what are these **natural rhythms**? **Circadian rhythms** are the physical, mental and behavioral changes that follow a 24-hour cycle—they are responsive to the light and darkness patterns within an organism's environment (National Institute of General Medicinal Sciences). **Insert "Slide 31."** Your hormones are **hugely** important (as you can see) in regulating your body's natural rhythm. Therefore, working with your natural cycle, e.g. making important decisions early in the day when cortisol is at its highest, working out after 5 pm when testosterone is at its peak, etc., **maximizes productivity**. And don't worry, you don't need to follow this schedule "verbatim." While it's important to be aware of (and work with) your body's natural tempo, it's also a good idea to be realistic and only take on what you know you can handle—be gentle with yourself. What can you start doing, today, that is going to create lasting and sustainable change?

**Befriend Your Biology:** Maybe that first step (or continued process) of **befriending your biology** begins by instituting a “Work/Rest Cycle”: Insert “Slide 32.”

The more you **work with your body’s** natural cadence, the more you will increase your productivity—matching your work and meeting schedule to your body’s powerful and natural rhythms can have a **huge impact** on your workflow—it’s more than “new-agey,” **it’s biology**.

**Conclusion:** Therefore, what goals will you set for yourself? Insert “Slide 5.” Setting goals are **more half the battle!** Therefore, write down your goals, review them regularly, and **take action**. Your body is an **amazing composition**—complete with crescendos, decrescendos, and interludes. **Listen:** in every moment, it sings its wisdom.

*More resources:*

Attached PDF “Radical Wellness at Work.pdf”

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