

The Future-Ready Mind

Look deep into
nature and then
you will understand
everything better.

- Albert Einstein





DR. SHIMI KANG M.D.
PRESCRIPTIONS FOR BEING SMART, STRONG, & HAPPY!

FOR: All Humans

DATE: NOW!

Rx

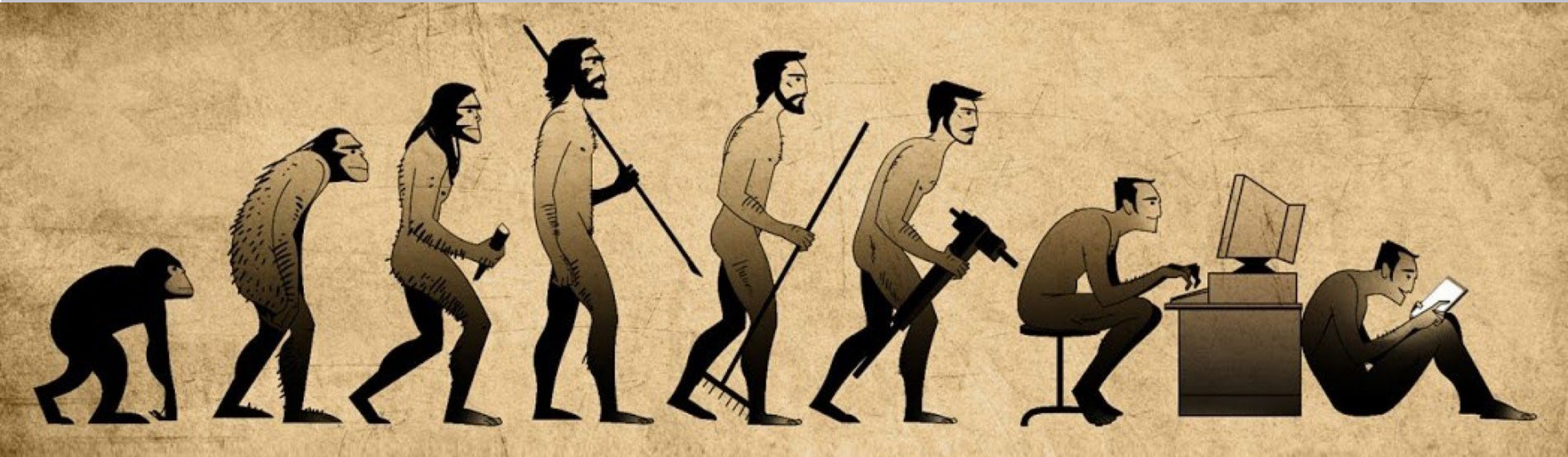
Be a
human.

REPEAT: NO YES

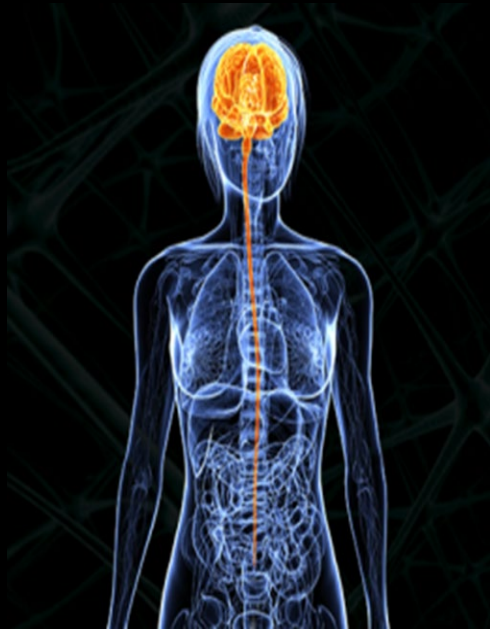
PHYSICIAN: Dr. Shimi Kang



We humans are in *trouble*.



Disruption
Play



Innovation

Disconnection
Others



Collaboration

Burnout
Downtime



Wellness

Stress

Freeze- Anxiety



Fight - Irritability



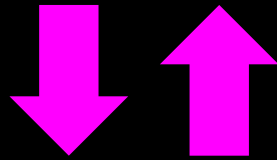
Flight - Distraction



Adrenal
Cortisol

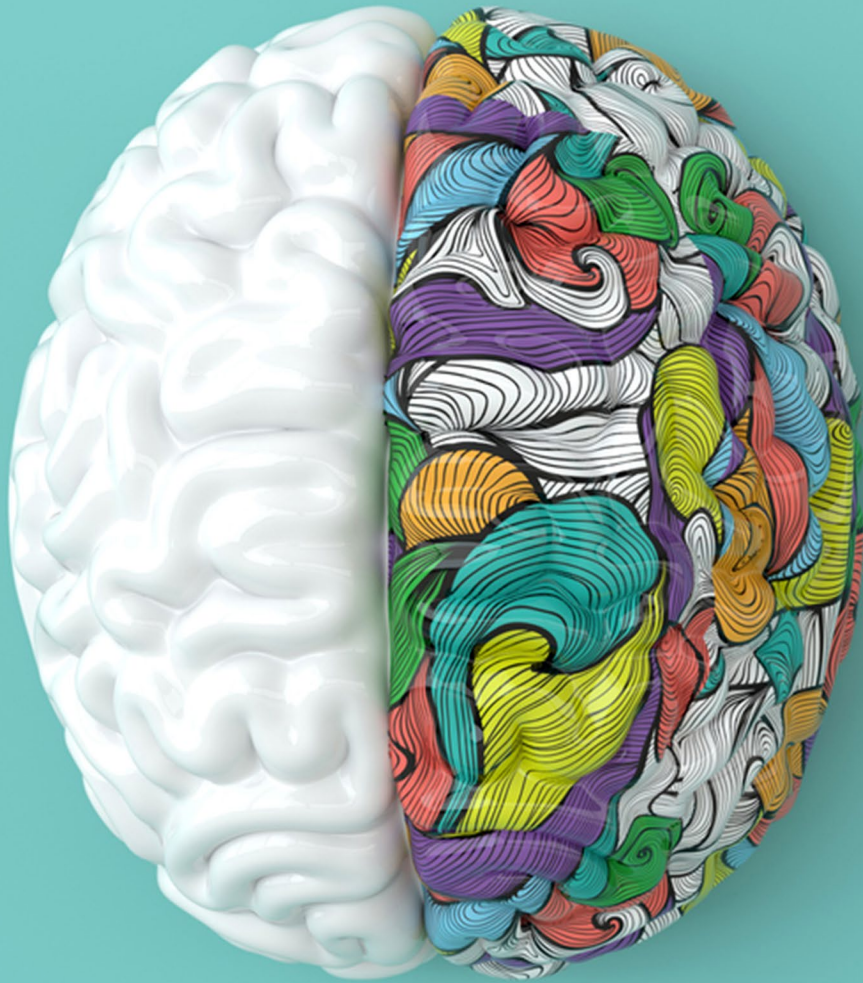
Inflammatory Cytokines

Interacts →
Choices



Reacts →
Freeze Fight Flight





19th Century IQ

- “Left Brain”
- Logical
- Analytical
- Separate

20th Century EQ

- “Right Brain”
- Emotional
- Meaning
- Connected

CQ = Future-Ready

CQ = Conscious Quotient



Critical Thinking
Communication
Collaboration
Creativity
Contribution



Get Future-ready!

Creativity is the most crucial skill for successfully navigating an increasingly complex world

– IBM Global CEO Summit

The Life Diet



Cortisol

STRESS
"Toxic"

Sleep deprivation

Loneliness

Perfectionism



Dopamine

PLEASURE
"Sugar"

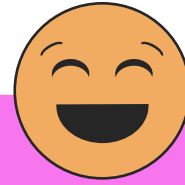
Hunting

Gathering

Entertainment



Endorphin



Oxytocin

HAPPINESS
"Future Ready Skills"

Downtime - Wellness

Others - Collaboration

Play - Innovation



Serotonin

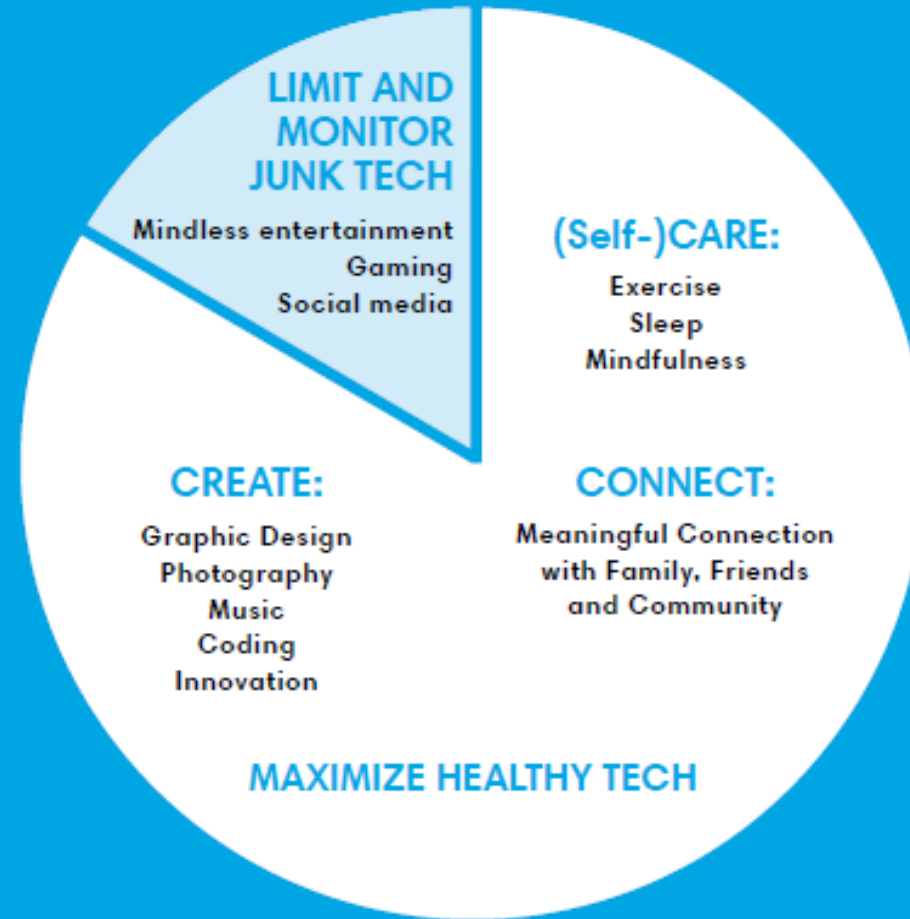
THE TECH SOLUTION PLATE

for a Balanced Tech Diet



NO TOXIC TECH!

Addiction
FOMO
Comparisons
Bullying
Hidden Stress



The Fire of Our Time



Tech use linked to

Anxiety

Depression

Addiction

Loneliness

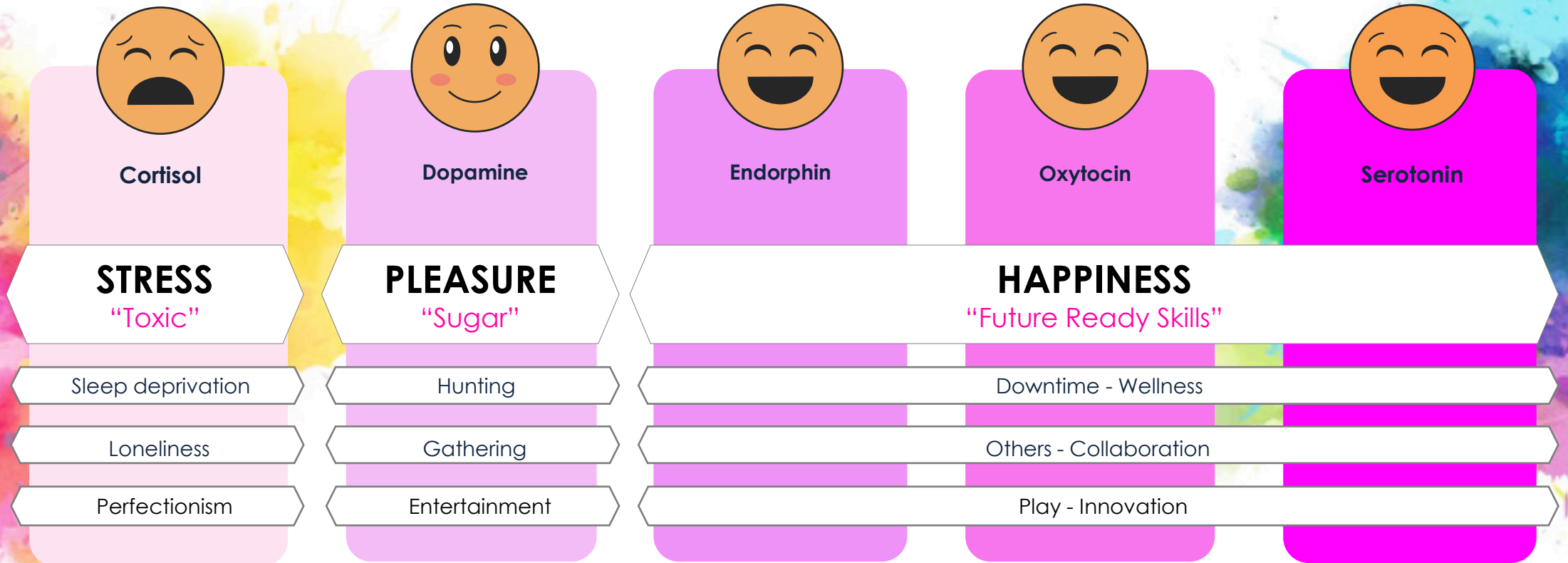
Sleep disorders

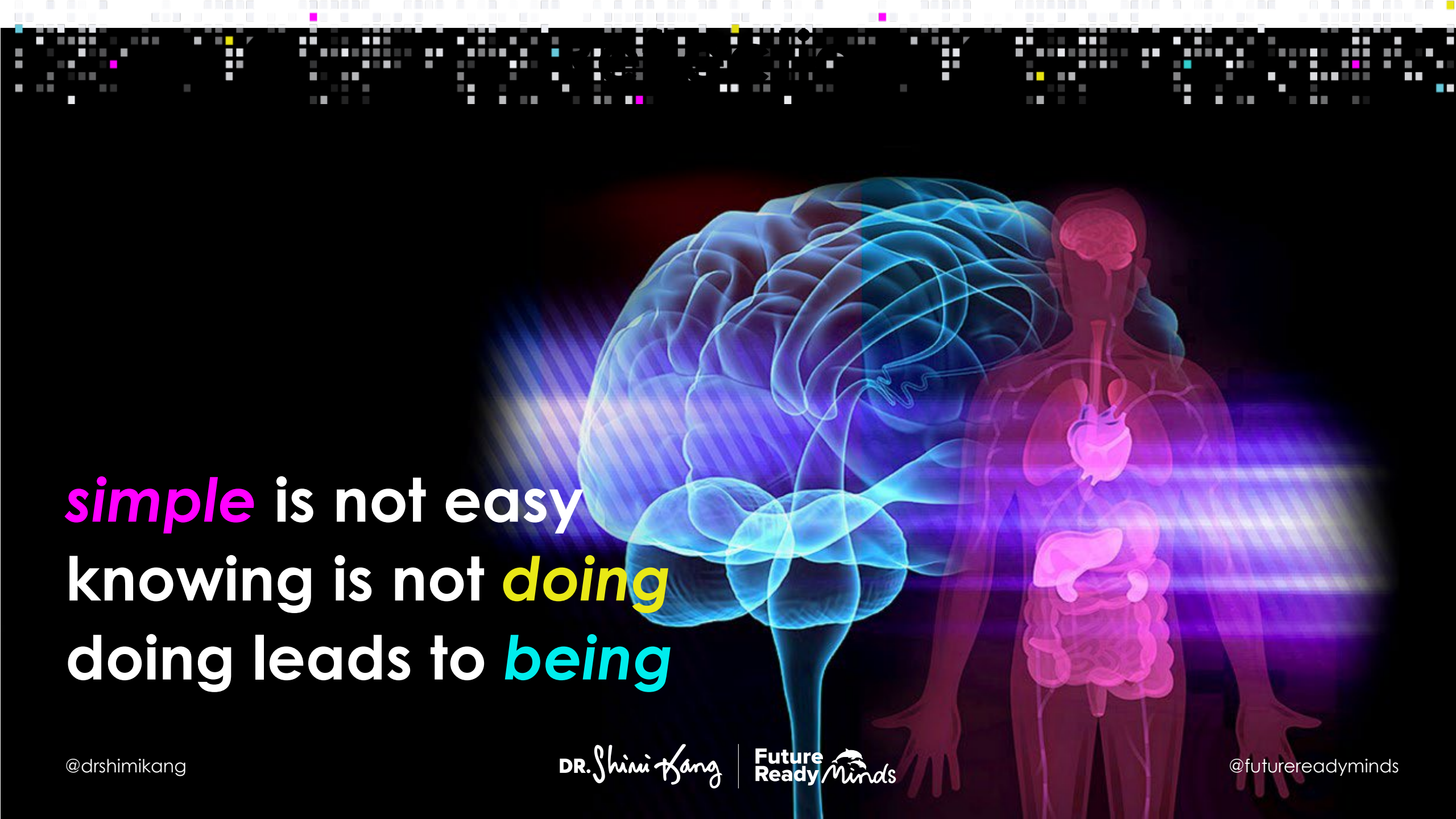
Body image disorders

Social Skills Impairment

Diabetes, Heart Disease, Obesity

Reflection: The Life Diet





simple is not easy
knowing is not *doing*
doing leads to *being*

Knowing is Not Doing





@drshimikang

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Laughter – An Elixir

Release endorphins

Stimulates the immune system

Increase brain oxygen

Alter neurochemicals

- reduce stress hormone
- release neural growth factors

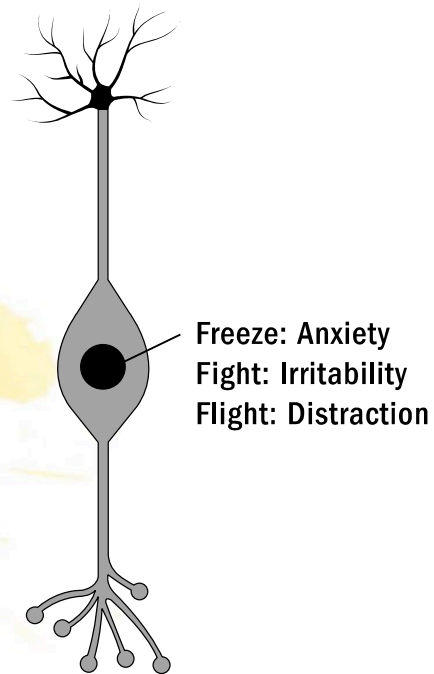


Doing Leads to Being

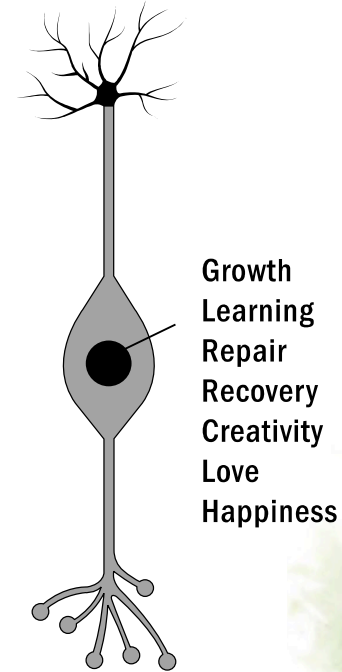
SURVIVAL

vs

GROWTH



Sympathetic
Nervous System

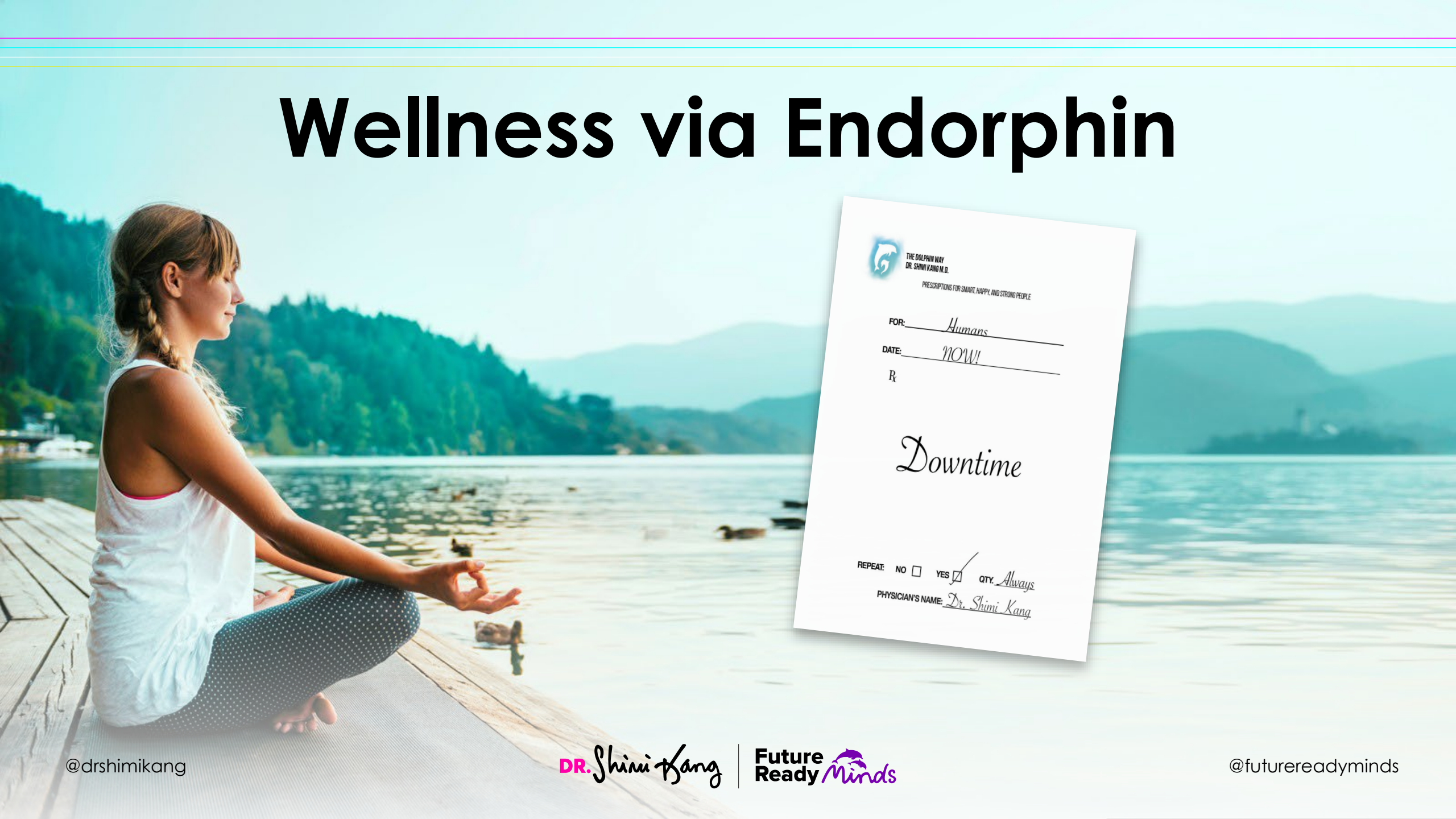


Parasympathetic
Nervous System

SURVIVAL VS. GROWTH NERVOUS SYSTEMS



Wellness via Endorphin



THE DOLPHIN WAY
DR. SHIMI KANG M.D.
PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

R

Downtime

REPEAT: NO YES QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang

Downtime


Lifestyle ←

Nature ←

Mindfulness ←

Breathing ←

Gratitude ←

 THE DOLPHIN WAY
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R

*breathe, close your
eyes, walk in nature*

REPEAT: NO YES QTY: Always

PHYSICIAN'S NAME: Dr. Shimi Kang

“Multitasking” = Stress



Mindfulness

Department of Psychiatry and Behavioral
Sciences, Stanford University

@drshimikang

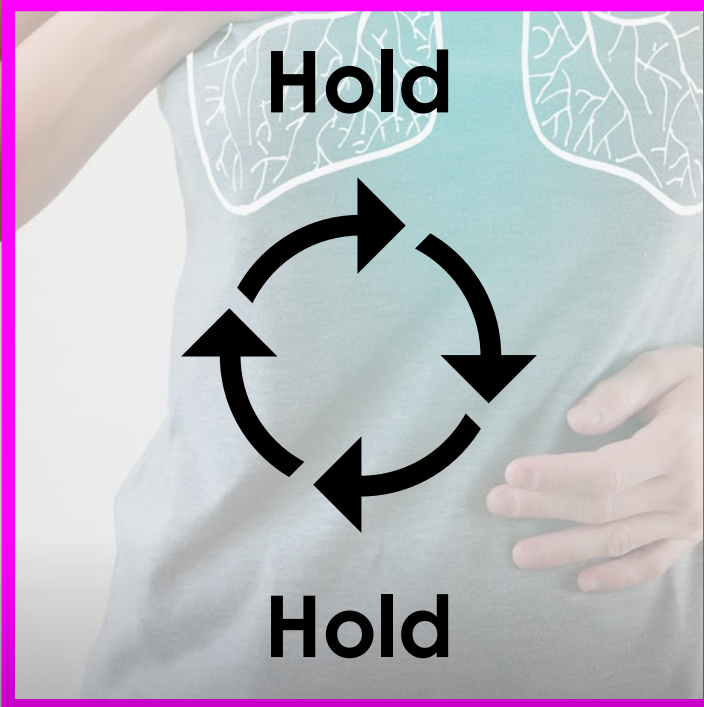
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Box Breathing

Inhale

Exhale



Gratitude

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Connection via Oxytocin

Mental Health
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PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: Humans

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R

Others

REPEAT: NO YES QTY. _____

PHYSICIAN'S NAME: Dr. Shimi Kang



Authoritarian Shark



Collaborative Dolphin



Permissive Jellyfish





Favorite Teacher


Firm yet flexible.

Love with limits.

Warmth & control.

Moving forward.

Shoulder to shoulder.

 THE DOLPHIN WAY
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PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

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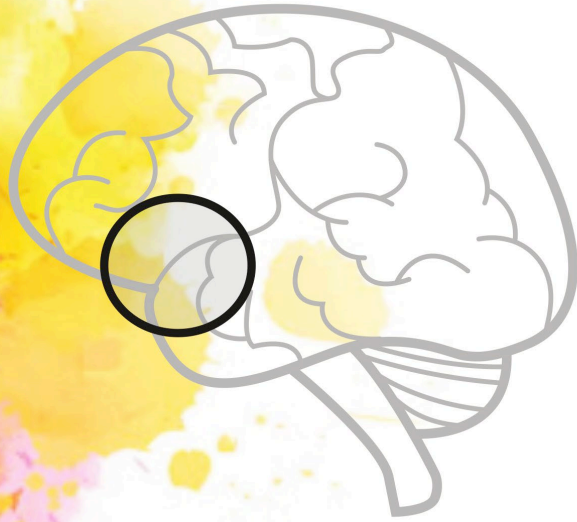
R Others

Communication ✓ Community ✓
Collaboration ✓ CQ ✓
Contribution ✓

REPEAT: NO YES QTY. _____

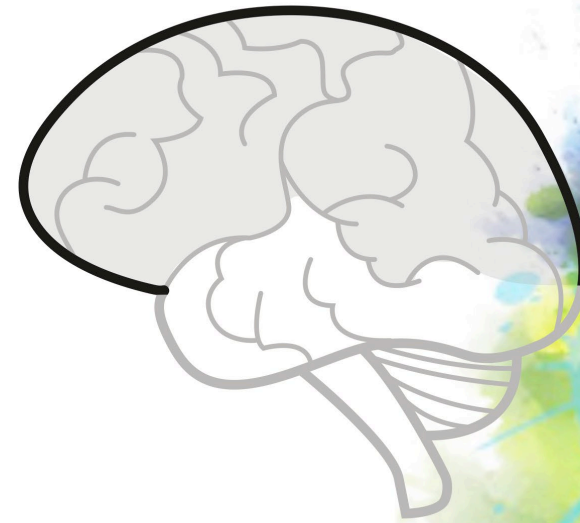
PHYSICIAN'S NAME: Dr. Shimi Kang

STRESS VS CHALLENGE BRAIN ACTIVATION



STRESS

vs



CHALLENGE

Innovation via Serotonin

Mental Wealth
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FOR: Humans

DATE: NOW!

R


Play!

REPEAT: NO YES QTY. _____

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Play is a Mindset

 THE DOLPHIN WAY
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PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

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Rx

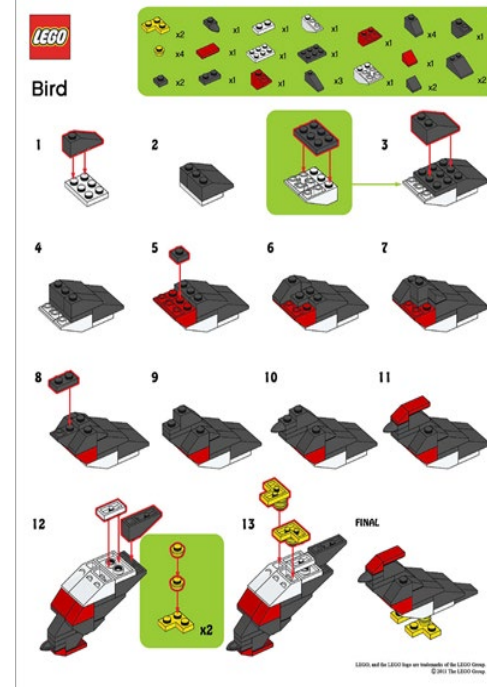
Try new and different ways. Disregard outcome or evaluation.

REPEAT: NO YES QTY. Always

PHYSICIAN'S NAME: Dr. Shimi Kang



Play = Creativity



A Play Mindset for Innovation

- 1) Try first before instruction
- 2) Give a hint not a solution
- 3) Take healthy risks
- 4) Praise effort not performance





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PRESCRIPTIONS FOR SMART, HAPPY, AND STRONG PEOPLE

FOR: All Humans

DATE: NOW!

Rx Play

Let go of perfectionism ✓ Critical Thinking ✓
Mistakes ✓ Innovate ✓
Trial and Error ✓ CQ ✓

REPEAT: NO YES QTY. _____

PHYSICIAN'S NAME: Dr. Shimi Kang



Play Types

Storytelling ←

Object ←

Social ←

Celebratory ←

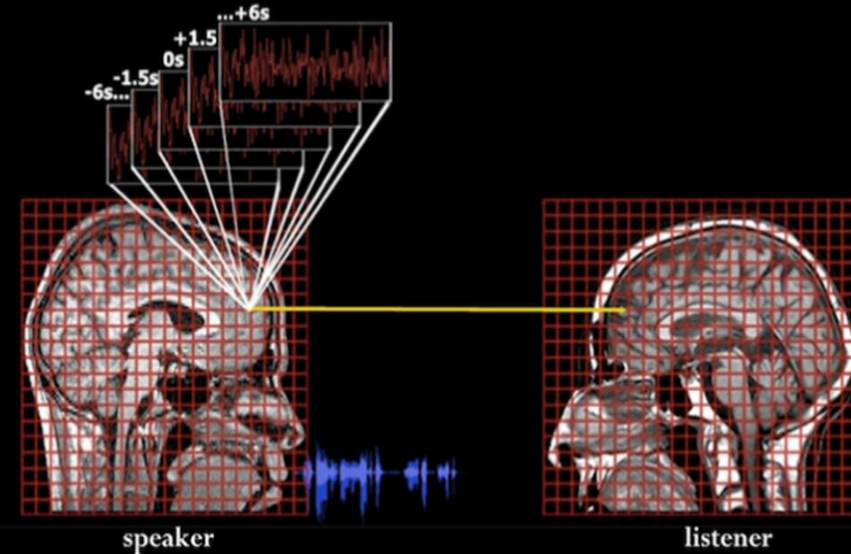
Body Movement ←



Story-telling Play



B Neural Coupling Model



Object Play!

Social Play: Brainstorming



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Celebratory Play!

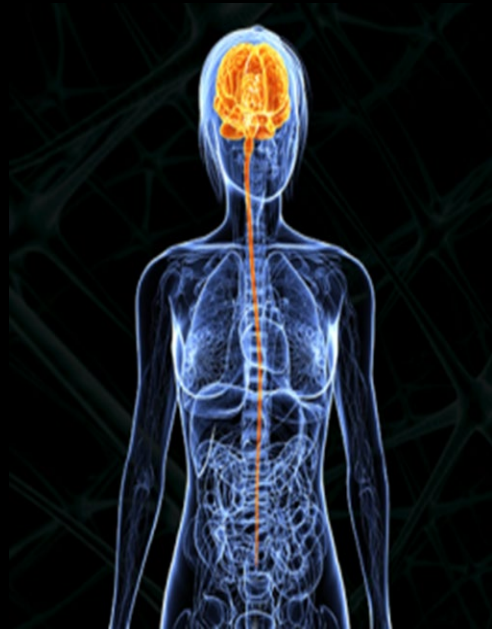


Body Movement Play



Future-Ready Mind: Meeting Template

Play



Innovation

Others



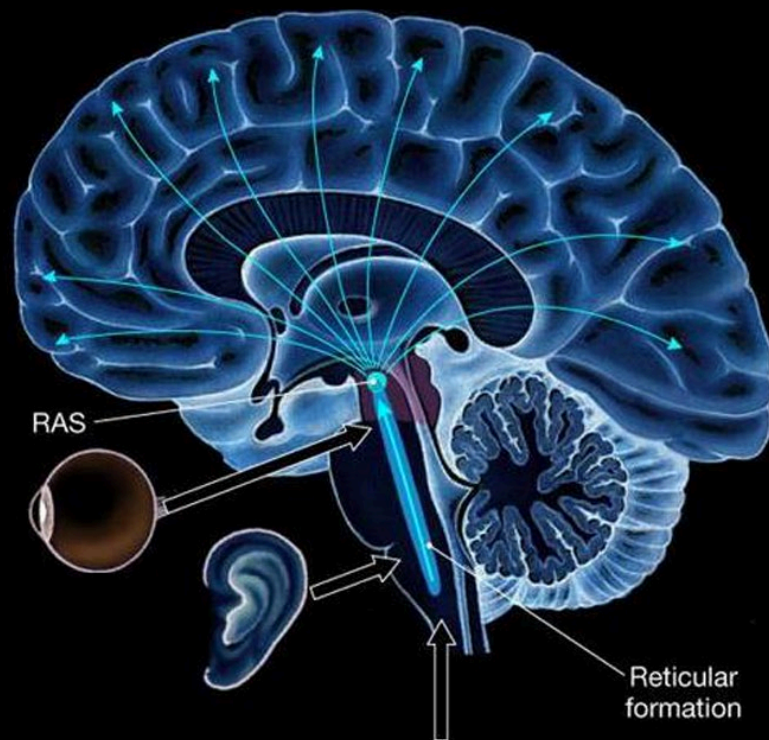
Collaboration

Downtime



Wellness

Imaginary Play



With Gratitude - Q&A

THE DRUGMAN WHO
IS GRATEFUL
PRESCRIPTION FOR GRATE, HAPPY AND STRONG PEOPLE

FOR: Humans

DATE: NOW!

R

*A daily dose
of P.O.D.*

REPEAT: NO YES *Always*

PHYSICIAN'S NAME: Dr. Shimi Kang



DR. *Shimi Kang*

@drshimikang



**Future
Ready** *Minds*

@faturereadyminds