



EPIGENETICS – the new black!

*- and thoughts about new ways
to train resilience in crew members*



NaviMinds
Be brilliant together

Screen Time...

Totally destructive for
children's concentration.

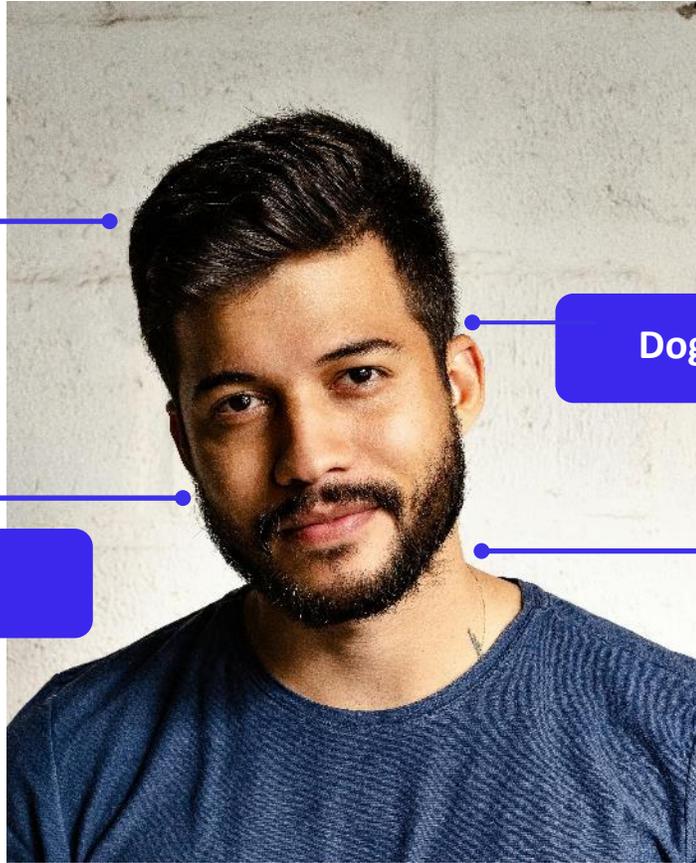
Week in language and
thinking abilities

Brain disorders

“ We have created a digital world where you can get the illusion of having thousands of friends but at the same time become unable to feel any of them.

Extroverted

Introverted



Dog-person

Shy

Cat-person

Outgoing

Neurotic

Entertainer

EEG Frequencies



Delta
sleep



Theta
tired



Alpha
relaxed



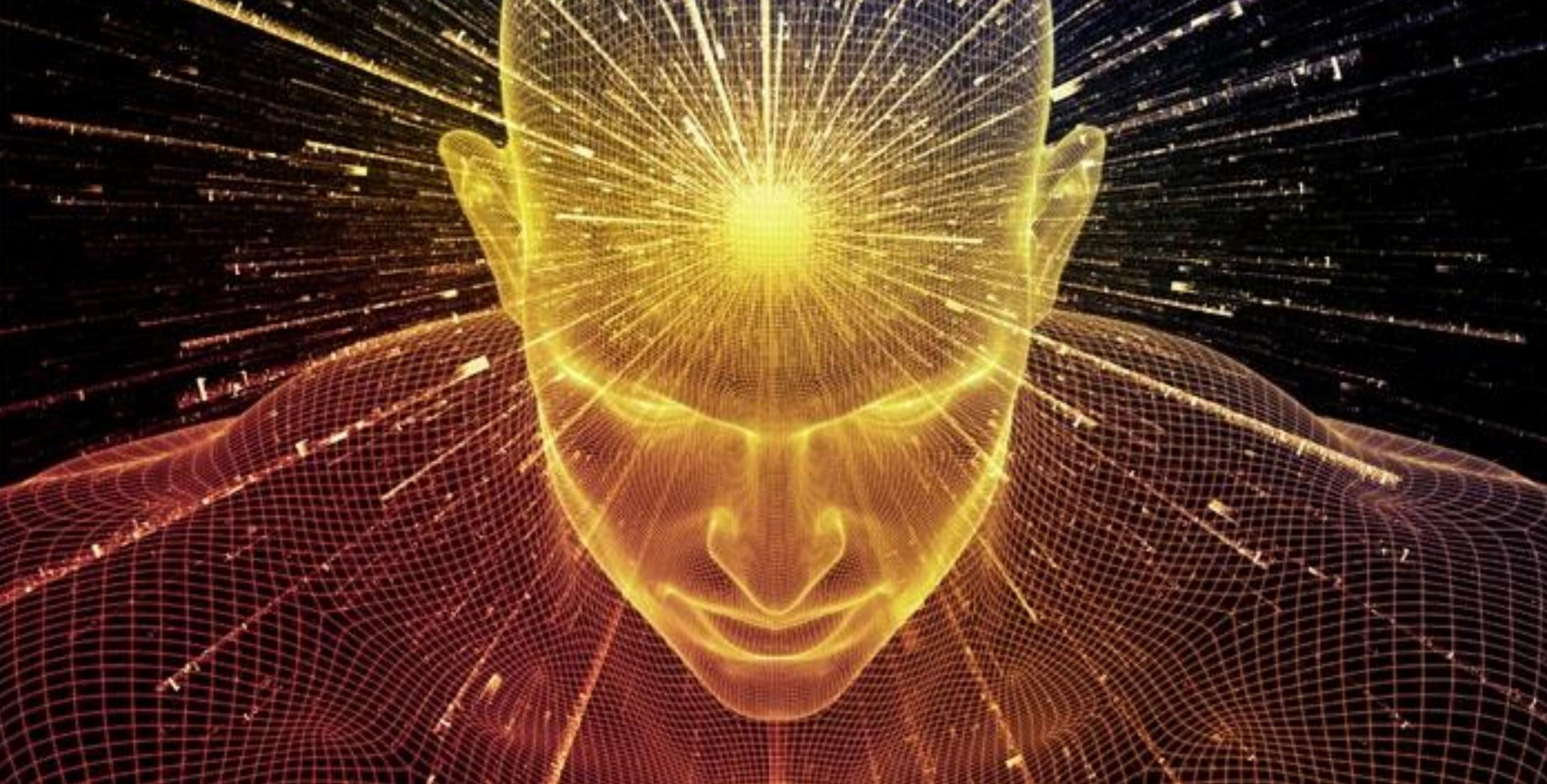
Beta (low+mid)
focus/concentration

Beta (high)
stress/hyper

„slow“

„fast“

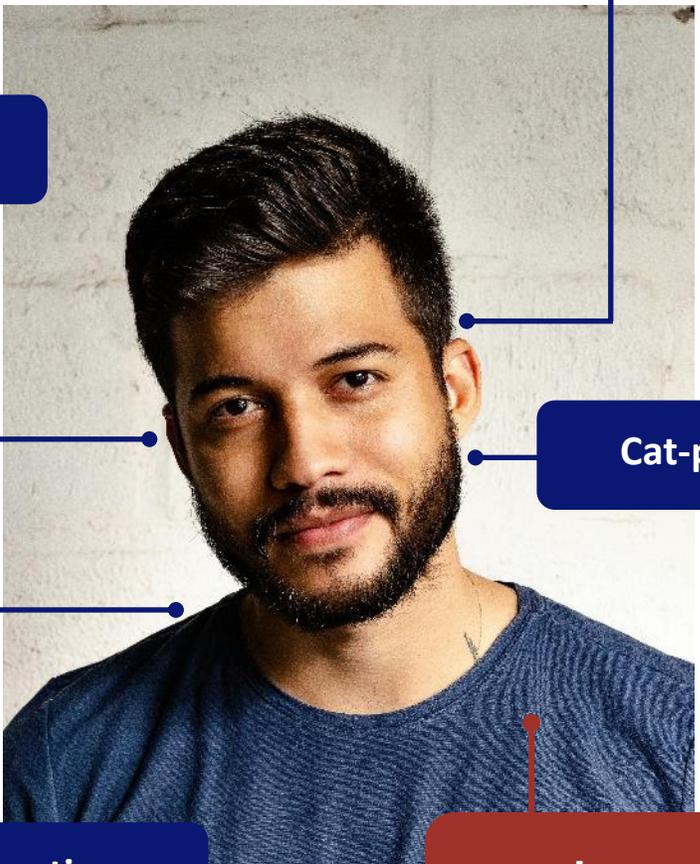
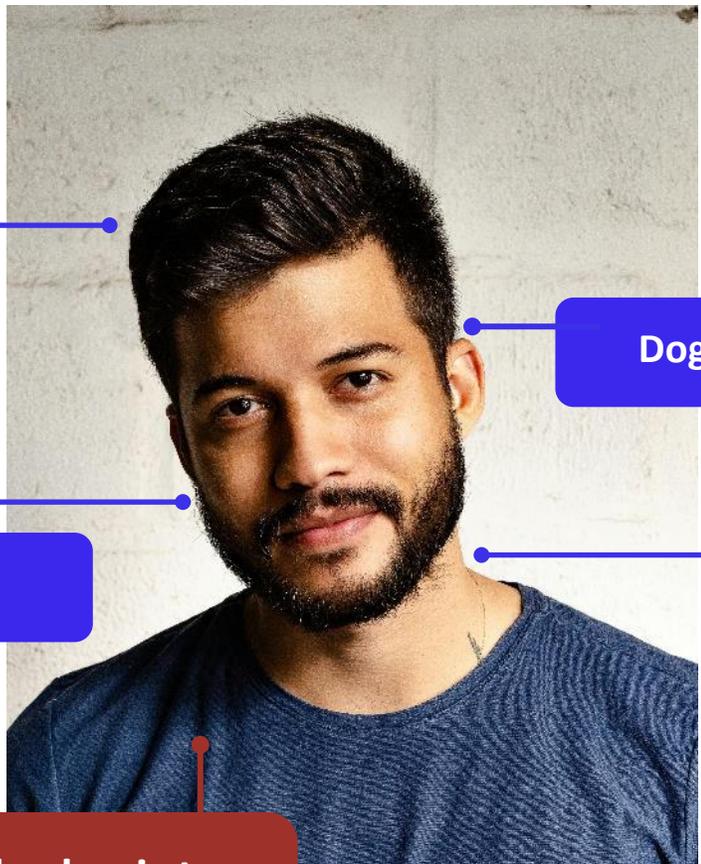






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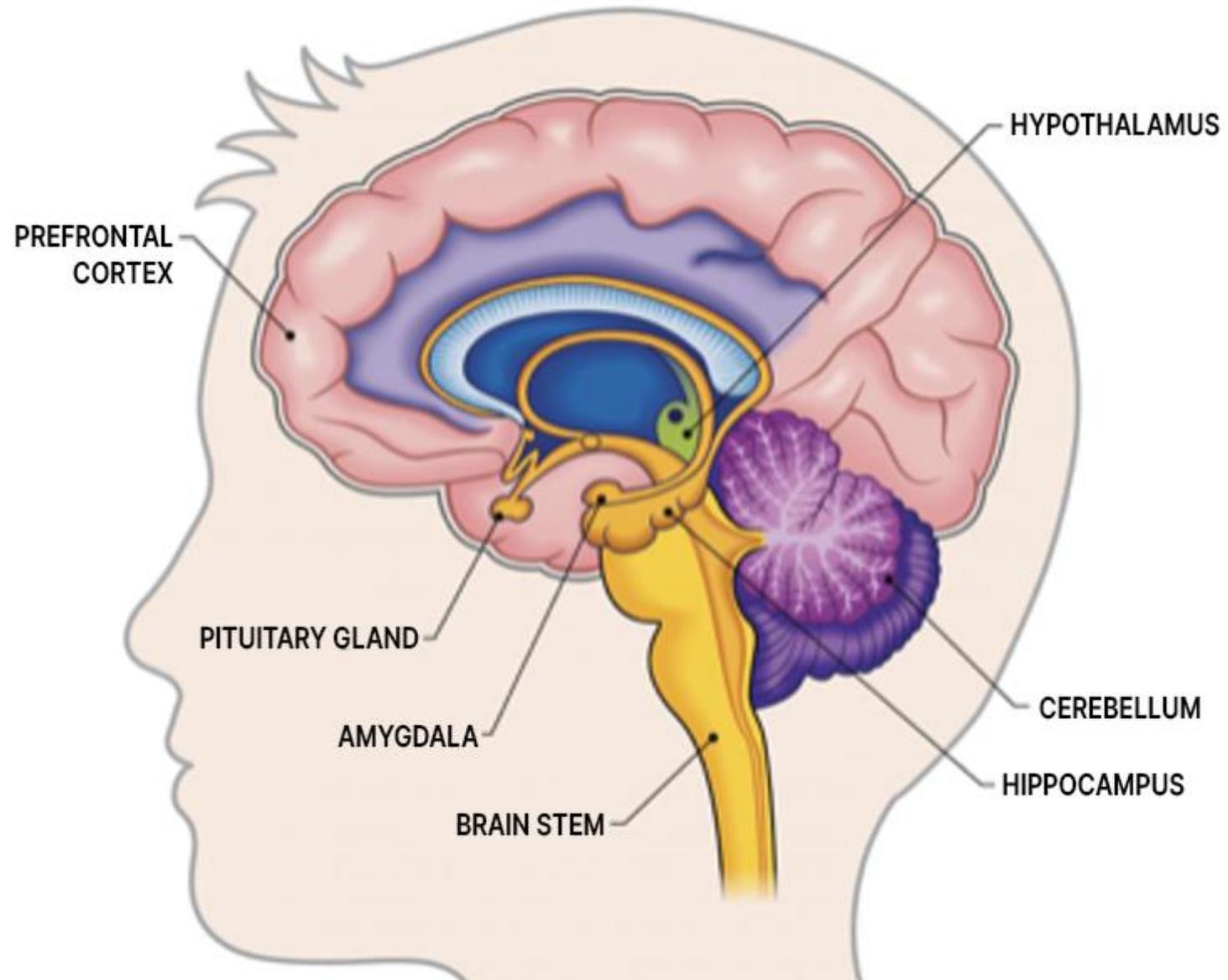
Cat-person

Highly allergic to peanuts

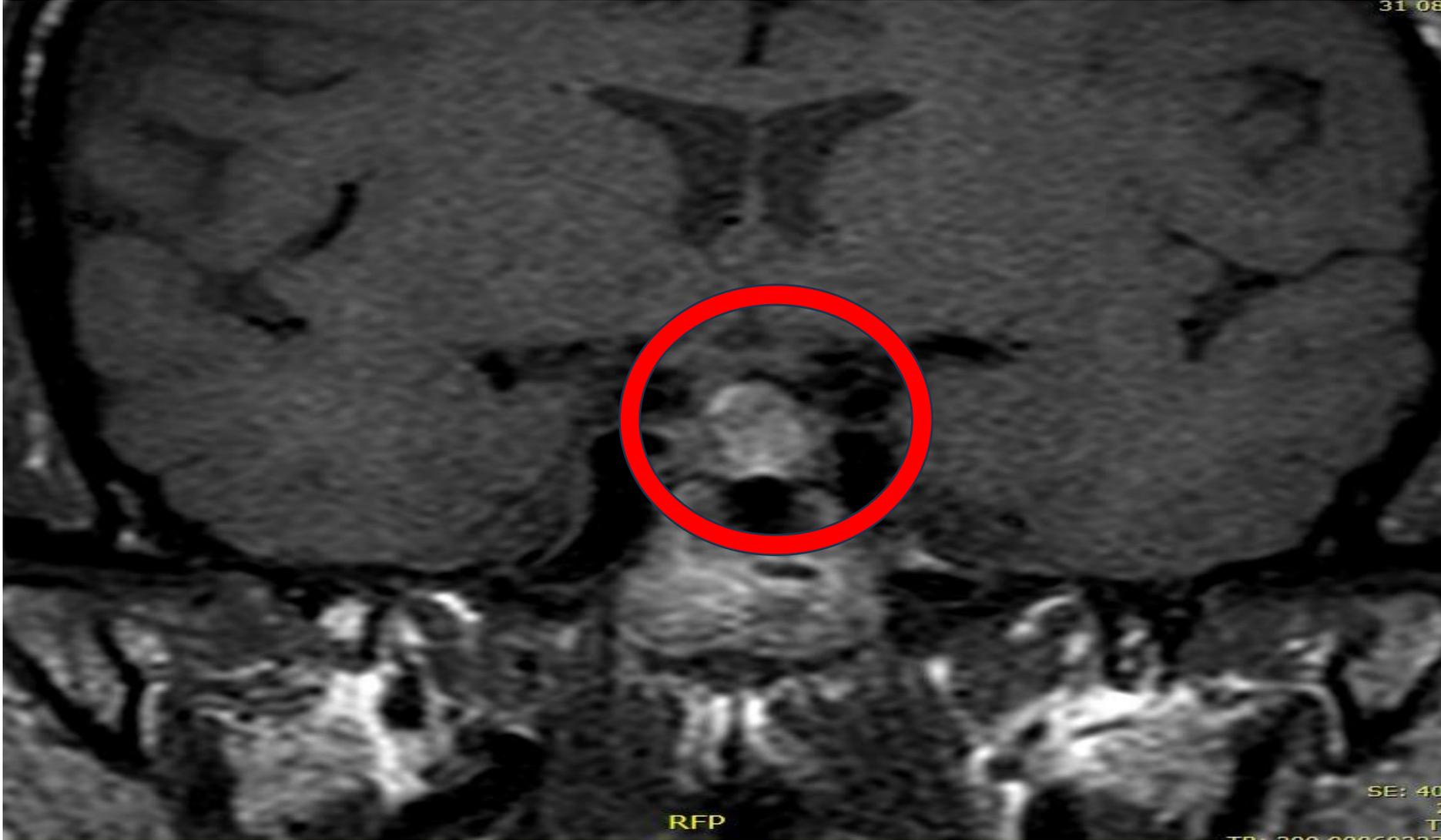
Entertainer

Neurotic

Loves peanuts



31.08-2018



12.02-2019

