



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

Shy

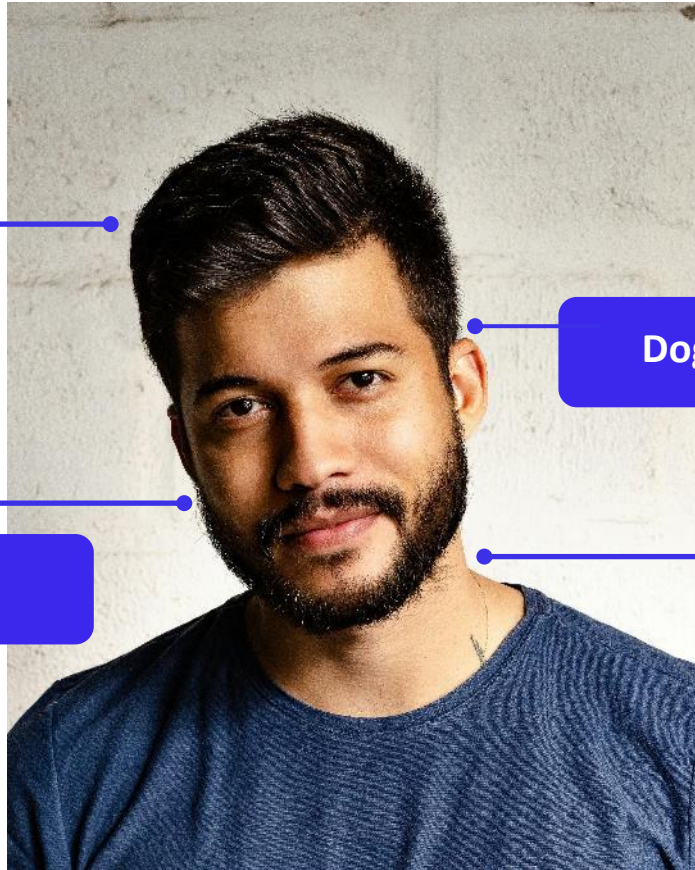
Dog-person

Cat-person

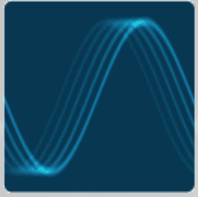
Outgoing

Neurotic

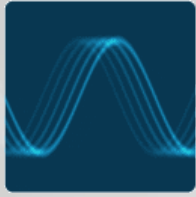
Entertainer



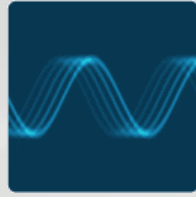
EEG Frequencies



Delta
sleep



Theta
tired



Alpha
relaxed



Beta (low+mid)
focus/concentration

Beta (high)
stress/hyper

„slow“

„fast“







Extroverted

Introverted

Shy

Dog-person

Cat-person

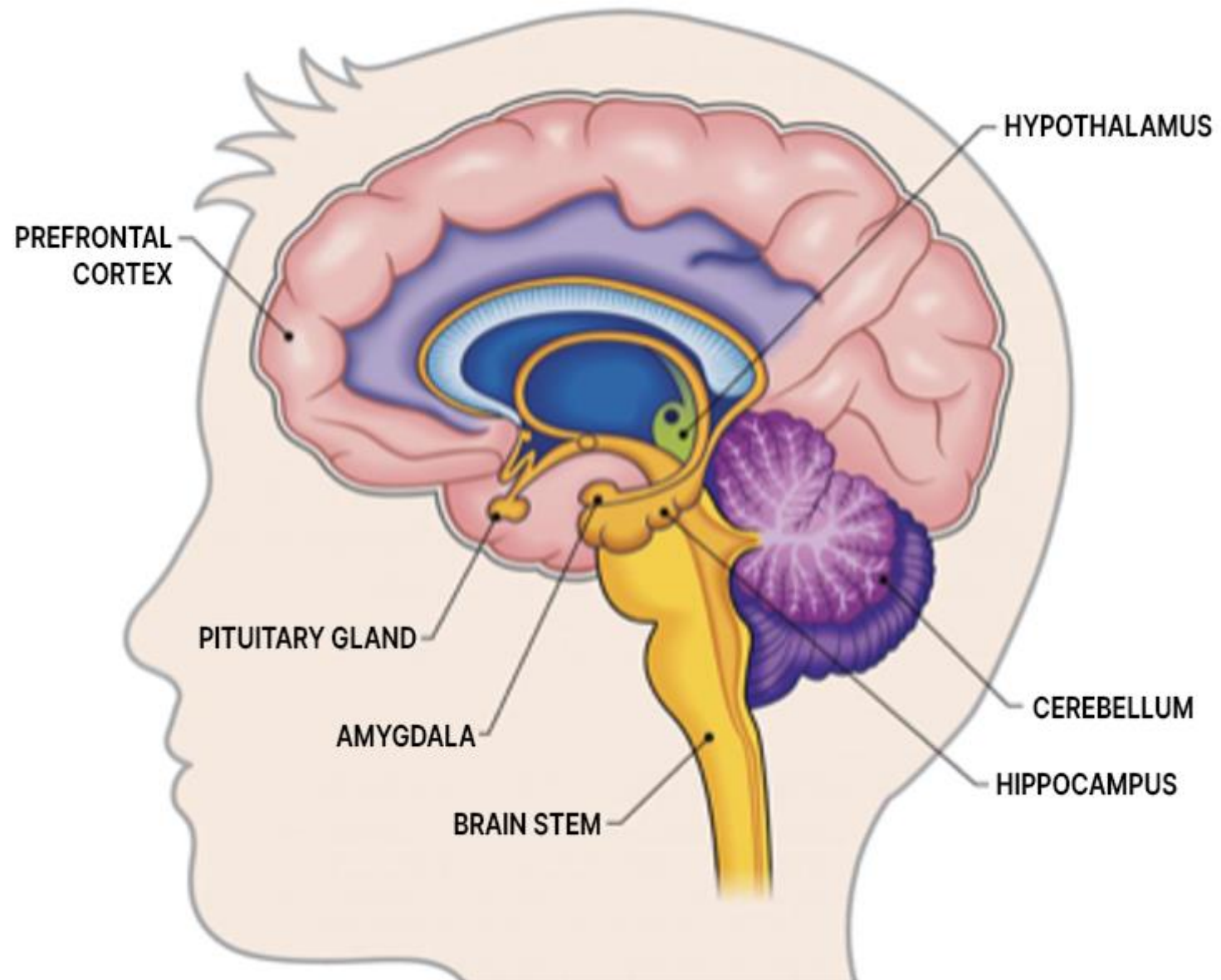
Outgoing

Highly allergic to
peanuts

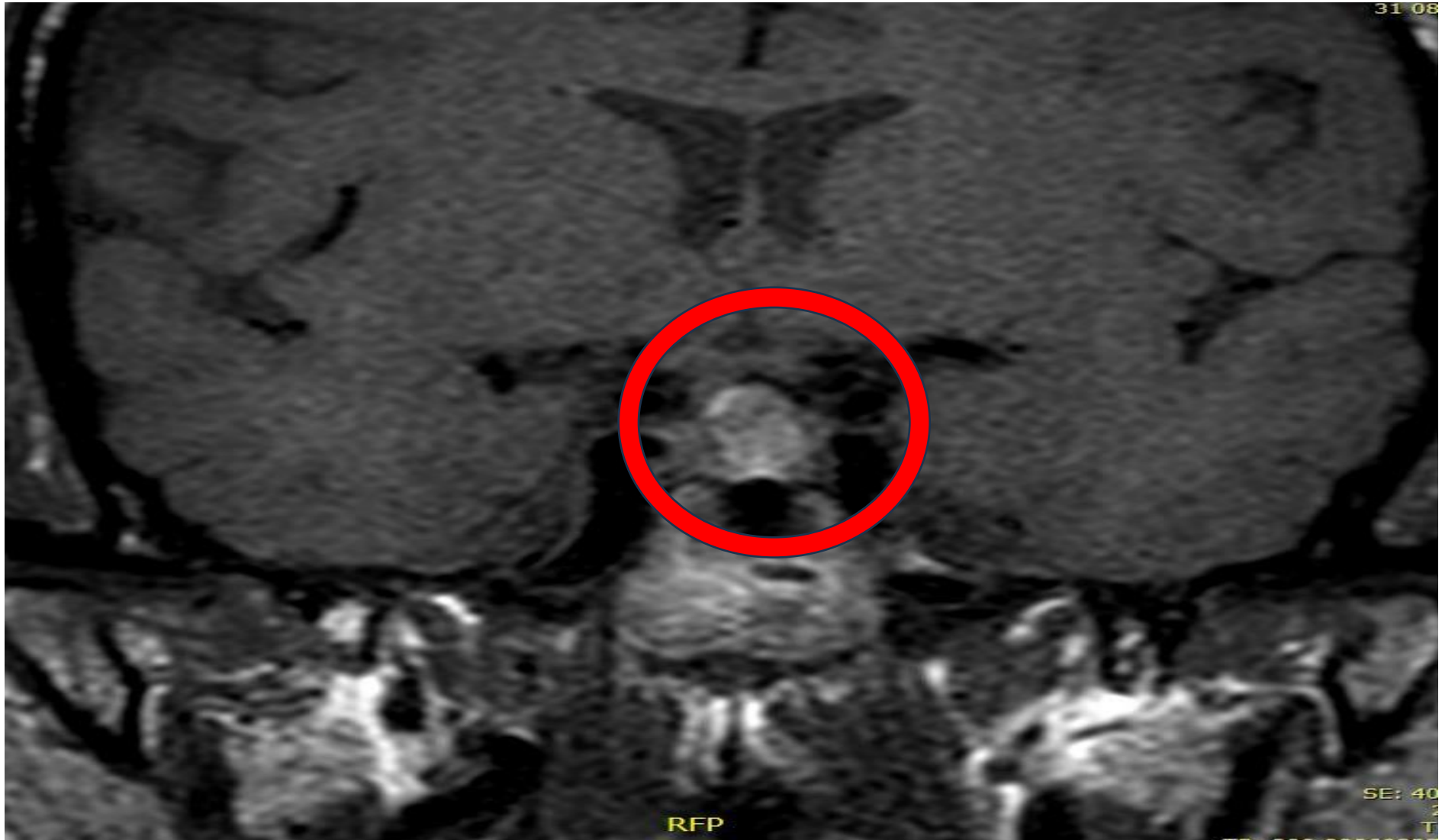
Entertainer

Neurotic

Loves
peanuts



31.08-2018



12.02-2019

