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*Charging your battery for better  
wellbeing & performance*





# The ORANGES Story

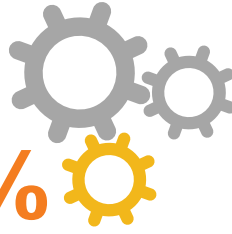


# Wellbeing Research



**6x**

Nearly 6 x more likely  
to feel engaged



**29%**

29% more likely to be  
more productive



**45%**

45% more likely to be  
satisfied in their jobs



**3.5x**

more likely to be seen  
as creative and  
innovative



**125%**

125% less likely to  
burn out



**32%**

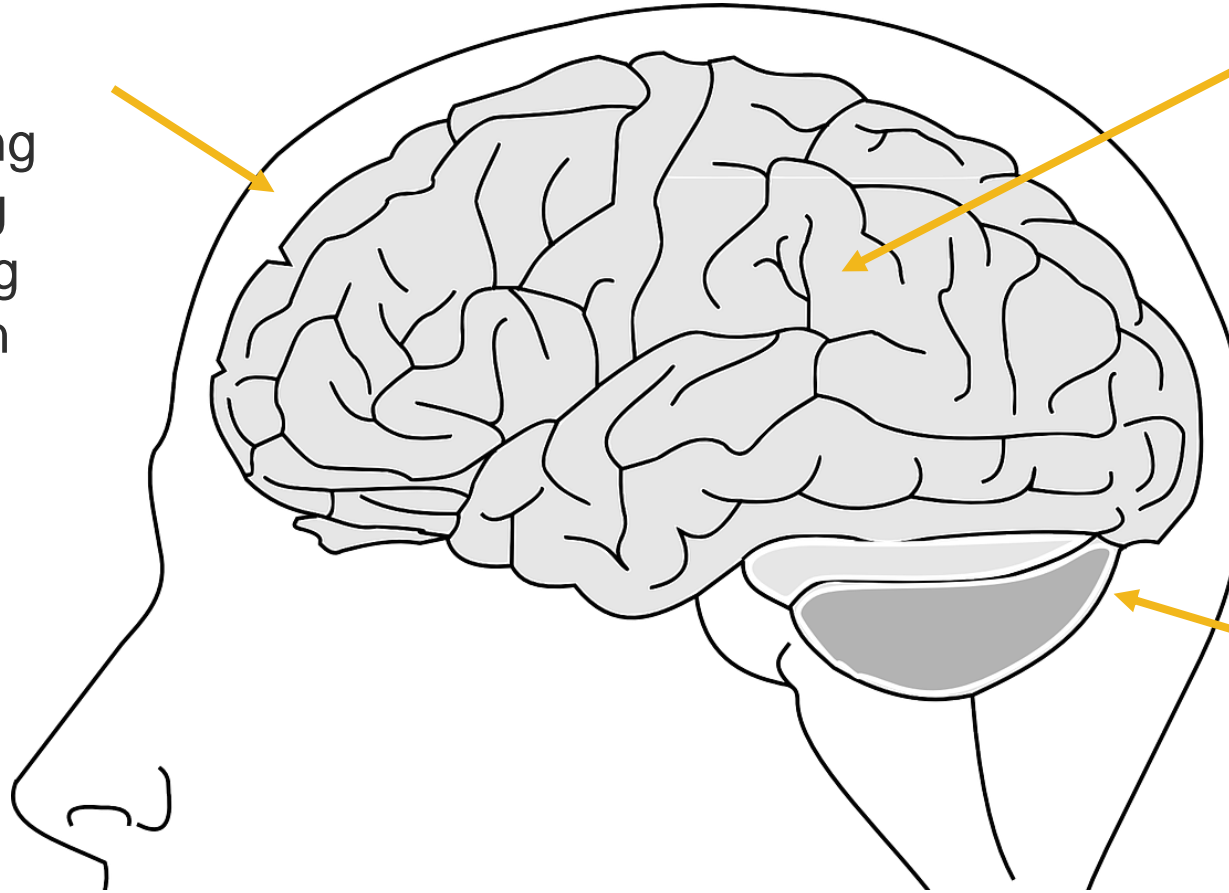
32% less likely to quit

*The Wellbeing Lab Report, 2018*

# Understanding the Brain

## Pre Frontal Cortex

- Strategic thinking
- Problem solving
- Decision making
- Paying attention
- Self regulation
- **Uses lots of 'battery'**



## Limbic System

- Emotional system
- Memory
- Habits
- Automatic
- Very efficient

## Reptilian

- Eat
- Sleep
- Reproduce



# Charging your Battery

Mind



Body



Environment



Relationships



# Super Charging your Battery

- Get 7-8hrs of sleep/night
- Limit distractions/multitasking
- Tech-free time after 9pm
- Minimise processed foods
- Experience positive emotions
- Express gratitude to someone
- Do a random act of kindness
- Get 30mins of physical activity each day







By choosing The ORANGES Toolkit, you're helping Camp Quality support kids impacted by cancer in Australia.



# With Gratitude

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