

The Dolphin Way : Raising happy, Healthy, and Self Motivated Kids

“Look deep into nature and then you will understand everything better” Albert Einstein

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If animal can adapt - it can survive. If humans can adapt- they can survive

Dolphin alternates it brain left to right hemisphere to sleep

Brain- most complex thing in the universe
1 in 4 have diagnosable mental health illness.

We humans are in trouble- slide - lifestyle evolution going the wrong way - paradox sit in front of computer screen.

Suicide ends more lives than homicide and war
Depression will be the #2 killer

hunter gatherer era of evolution- brain developed- create the human intuition system

“stress in the number #1 health epidemic of the 21st Century” World health organization

stress- puts us in stress response- Freeze, fight , or flight response

Neuro plasticity- brain is adaptable learn and change “complicated word for hope”

Solutions are all around in nature- myth or normal?
1.Box breathing- inhale hold exhale hold Navy seals do this

“simple is not easy- knowing is not doing - doing leads to being “

know to drink water - but not doing

Adaptability + Neuroplasticity

Picture of forest trail- walk on the track to create trail. same for behavior - create trail not all trails are created.

Dolphin therapist - move them onto a trail firm, flexibility,

More dolphin less jelly fish- eye contact is nourishment share what you could do better at.

laughter- immediately moves out of fight to flight. simple not easy!

Problem above- solution below

dopamine, serotonin, we do something good - like sleep - get dopamine sleep to much - don't feel good anymore - balance

Natural Highs - feelings of well being
smell (newborn baby) , massage,

3 drives

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1. protect stressed-we overprotect perfectionism is over protection - linked to depression - going up in middle class - young women perfectionist
2. Compete- feels good to win we are over competing
3. Gather- over gathering? shopping, gambling etc.

Consumerism- opposite = contribution gather and give we are not meant to be consumers

What Helps-

Obtain Nourishment- water - food brain is fat - need oils etc.

Sleep restfully

Be active 20 minutes 3 times a week as good as antidepressants

Be Mindful

Play Freely

Explore Bravely

Bond Socially

Challenge Continuously

Neuroscience of giving- sharing - helping activates brain

Die Happily

? sleep issues

to change habit - takes 9 months

acupuncture effect on anxiety- eastern practice vs western research methods

control stress - don't be jelly fish and take on all the crap. be a dolphin - from

21st century skills

how did we get here? negative evolution worries a lot about technology

think of diet- same with tech health tech. junk tech, toxic tech

pronography - what happens - once you see something you cannot unsee it. wire together - fire together.

marajuana- more acceptable - what do we do about it. It is addictive. temporary escape

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