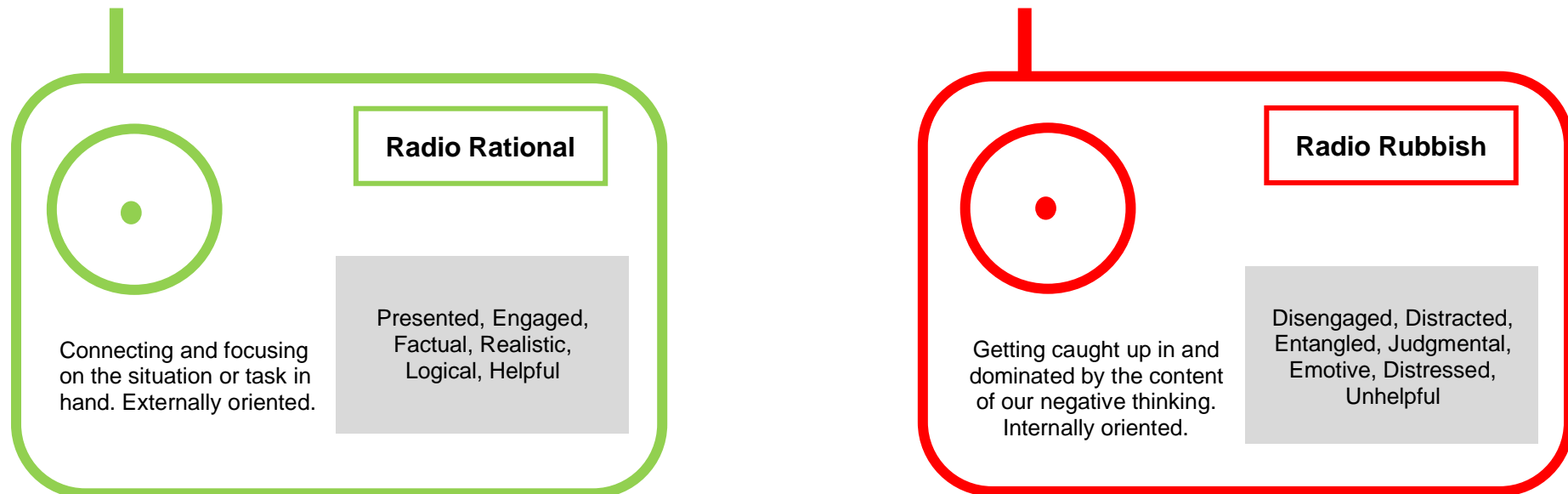


## Tuning In Exercise

The human brain is a thought generating machine, transmitting 12,000-60,000 cognitions each day. Most of our thoughts are automatically generated through triggers and tacit mental associations. Up to 80% of all cognitive activity is negatively oriented. We cannot sustainably control what we think, however we can influence what we tune into and how we react:



We can just notice what's happening on radio rubbish without overanalysing or struggling with the content. We can shift our attention to radio realistic to engage and connect with our priorities and values.

