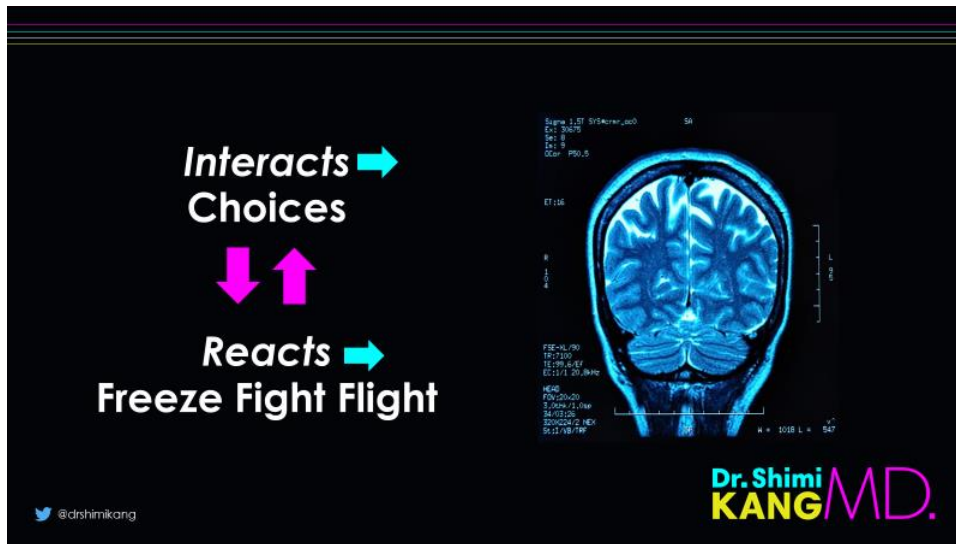


PART 1: MENTAL “WEALTH”

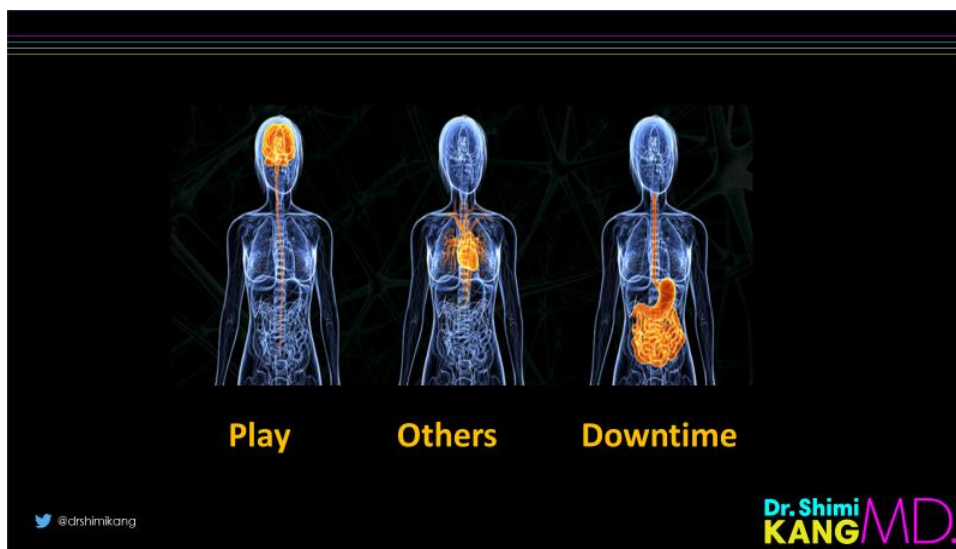
Stress moves us from interacting with our environment through conscious choices to reacting via freeze (anxiety), fight (irritability), and flight (distraction/avoidance).

- Resource link: [Do you have coping skills?](#)



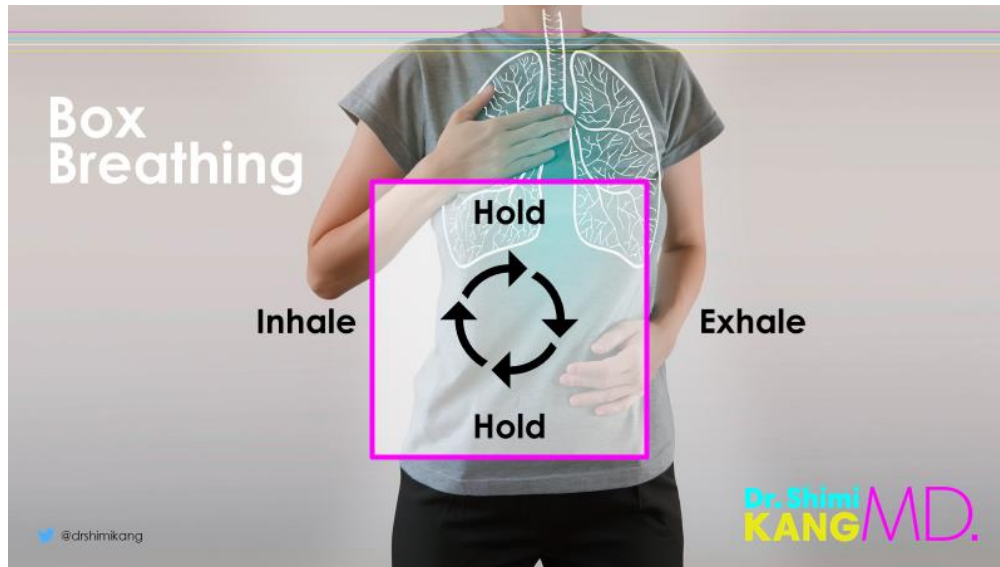
We can move our 3 brains from the stress (sympathetic) to growth (parasympathetic nervous system) through vitality training activities of play, others, and downtime.

- Resource link: [Did you know you have 3 brains?](#)



The box breathing technique uses breathing, mindfulness, and gratitude to move into the powerful growth response and prepares us for learning and challenge.

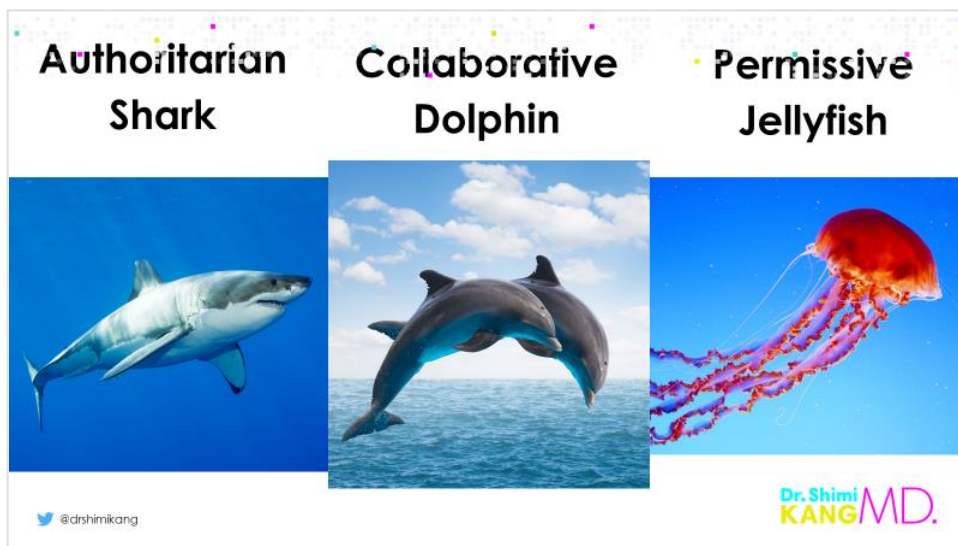
- Resource link: [What to do when you are stressed!](#)



PART 2: CONNECTION

The firm and flexible dolphin interpersonal model is a proven model for empowering interpersonal connection.

- Resource link: [Managing Relationships During Stress](#)



The K.E.Y.S to Motivation

The K.E.Y.S are the essence of motivational communication. They complement but not intrude on the development of self-motivation. It is a four-step process focusing on a balanced state of mind, empathy, autonomy, and optimism.

Kill the shark and jellyfish. Behavior science tells us that pushing and micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.

Empathy. Empathy is a powerful tool to connect with others as it activates powerful mirror neurons and releases the trust hormone oxytocin. Put yourself in their shoes and make a statement of empathy!

Your Goals. Identify and express an understanding of the other person’s goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.

Support success. Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.

Ex: If you want to help motivate someone to go to the gym.

K – Kill Shark & Jellyfish - be a Dolphin.

E – “Aww, you look a bit tired and sounds like it’s been a long day.” (empathy)

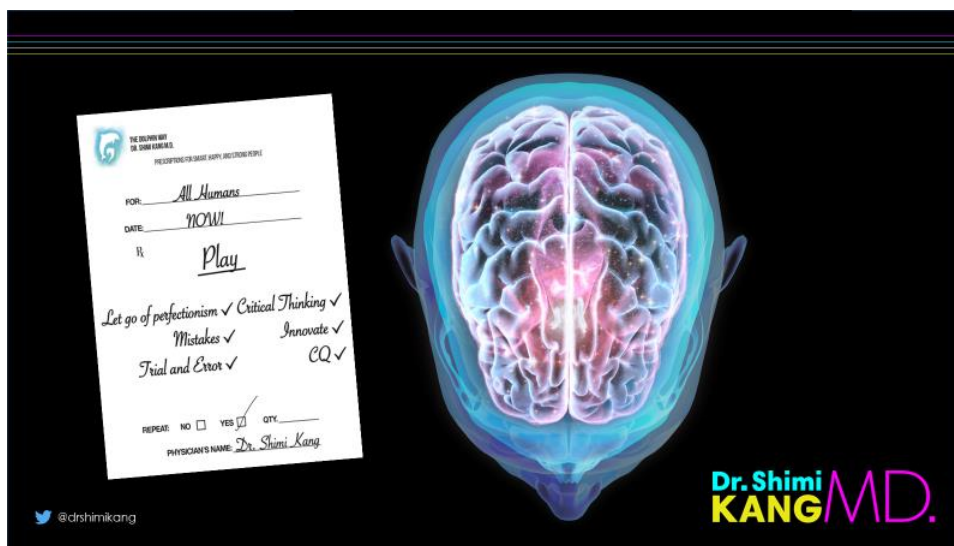
Y – “Remember, you wanted to get in better health.” (autonomy)

S – “Come on, I know once you are there, you always feel great!” (optimism)

PART 3: ADAPTABILITY

The power of “play” is the key to adapting to an ever-changing world.

- **Resource links:** [Two Ingredients for Success](#)



Adaptability can be nurtured.

- **Resource links:** [The Power of Play](#), [The Science of Play Types](#)
- [How Visualization Works](#)

Innovative Thinking

- 1) Try first before instruction
- 2) Give a hint not a solution
- 3) Take healthy risks
- 4) Praise effort not performance



Dr. Shimi KANG MD.

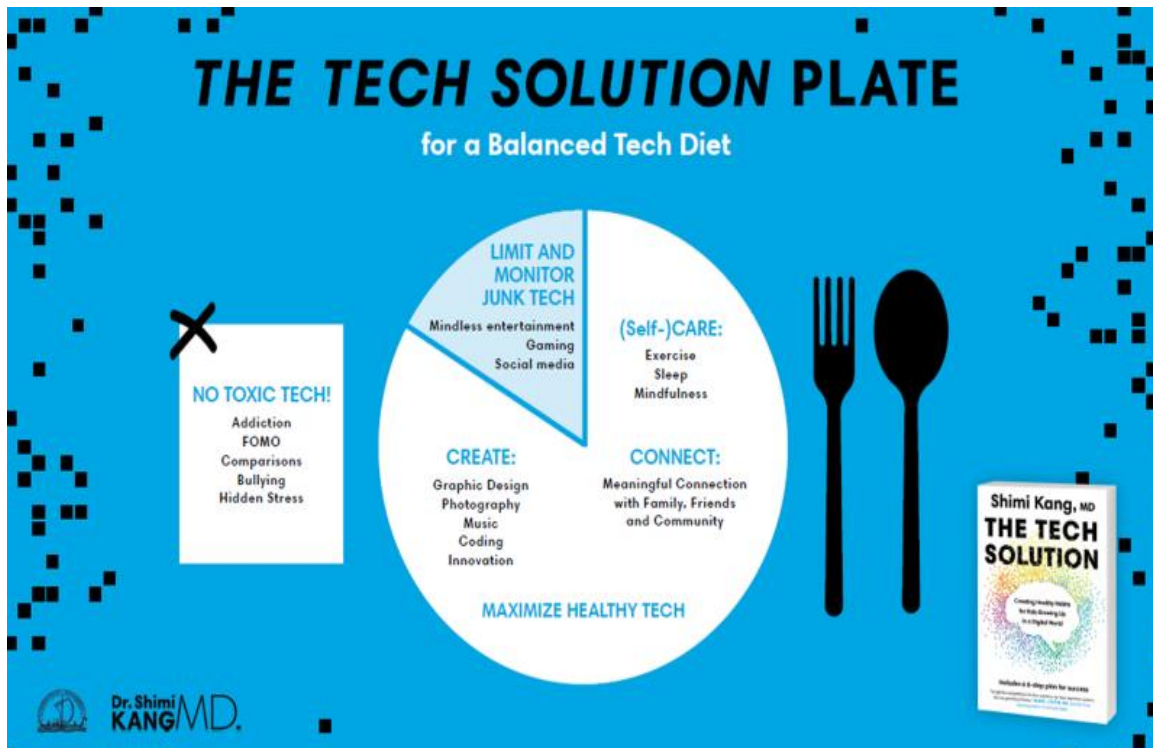
@dshimikang

Watch your tech diet!

- Resource links: [What is your tech diet](#), [Limit Junk Tech](#), [Consume Healthy Tech Diet](#)

THE TECH SOLUTION PLATE

for a Balanced Tech Diet



NO TOXIC TECH!
Addiction
FOMO
Comparisons
Bullying
Hidden Stress

LIMIT AND MONITOR JUNK TECH
Mindless entertainment
Gaming
Social media

CREATE:
Graphic Design
Photography
Music
Coding
Innovation

(Self-)CARE:
Exercise
Sleep
Mindfulness

CONNECT:
Meaningful Connection
with Family, Friends
and Community

MAXIMIZE HEALTHY TECH

Shimi Kang, MD
THE TECH SOLUTION
Creating healthy habits for the growing up in a digital world
Includes 2 e-copy offers for success

Dr. Shimi KANG MD.

Additional Resources

Dolphin Kids: Future-ready Leaders: [Science of Play, Others, & Downtime & Free Lessons](#)

Dolphin Kids: [Free Downloadable Tech Solution Reset Worksheets](#)

Common Sense Media: www.commonsensemedia.org/

Center for Humane Technology Use: [For Families](#)

TEDx on Adaptability by Dr. Shimi Kang: [Here](#)

Kelty Resource Center BC Children’s Hospital: [Keeping Tech in Check: Healthy Habits](#)

National Institute of Play: <http://www.nifplay.org/>

For healthy tech, try SPARK Mindset: [Welcome to SPARKY!](#)

Buy Dr. Kang’s books: [The Dolphin Parent & Tech Solution](#)

Watch Dr. Kang’s short videos on Mental Wealth [Here](#)



About Dr. Shimi Kang

An award-winning Harvard trained medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, [Dr. Shimi Kang](#) provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Dr. Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

She is the author of the #1 bestseller [The Dolphin Parent](#) and newly released book, [The Tech Solution](#). She is a Clinical Associate Professor at UBC, the founder of [Dolphin Kids: Future-Ready Leaders](#), CEO of [Spark Mindset App](#), and host of the YouTube show, [Mental Wealth with Dr. Shimi Kang](#).

With Gratitude

#1 NATIONAL BESTSELLER
The Dolphin Parent
A Guide to Raising Healthy, Happy, and Self-Motivated Kids
Dr. Shimi K. Kang

Mental Wealth
with
Dr. Shimi KANG MD.
DrShimiKang

Shimi Kang, MD
THE TECH SOLUTION
Closing Healthy Habits for Kids Growing Up in a Digital World
Includes a 6-step plan for success

Dr. Shimi KANG MD.

@drshimikang www.drshimikang.com