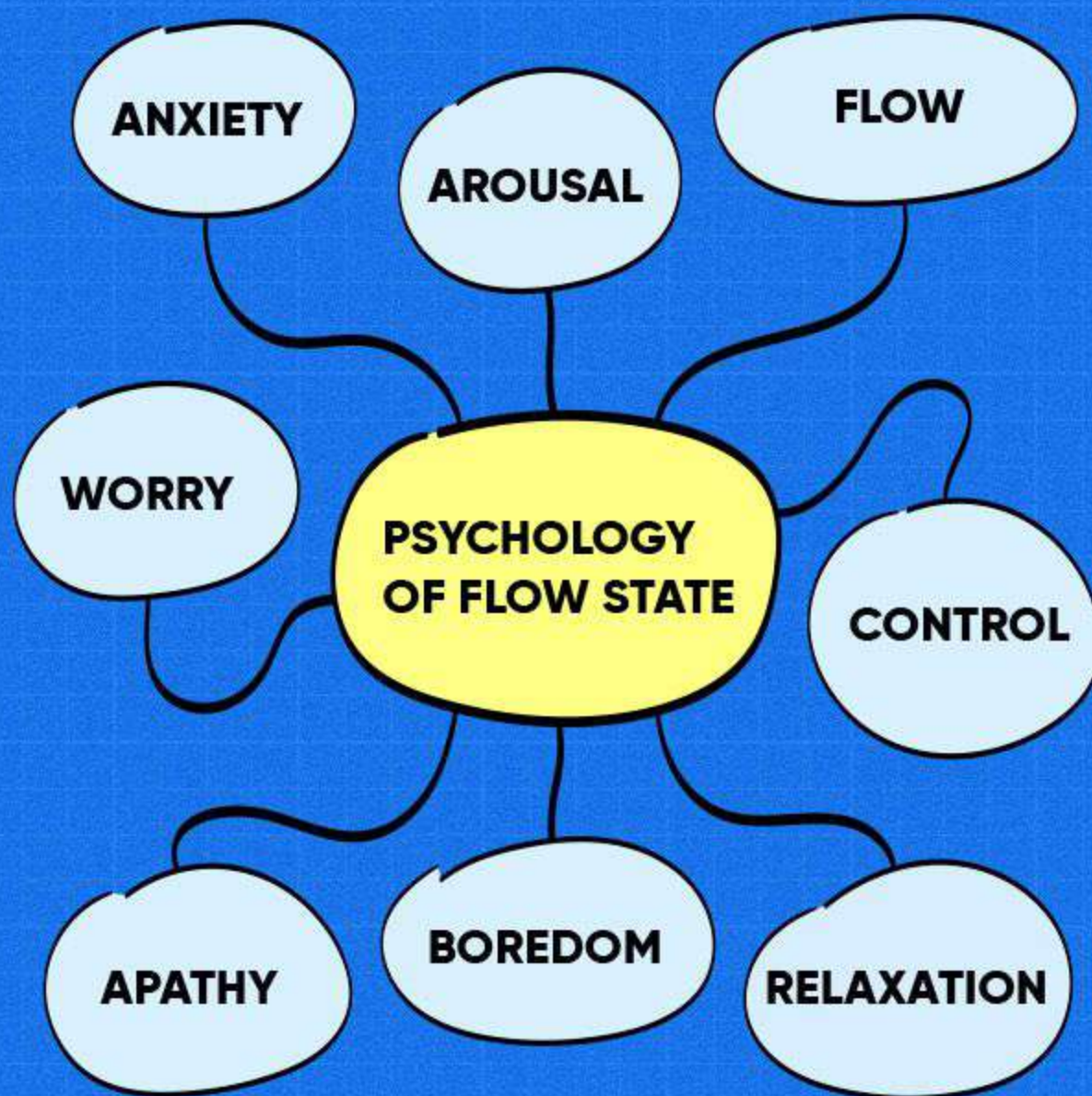
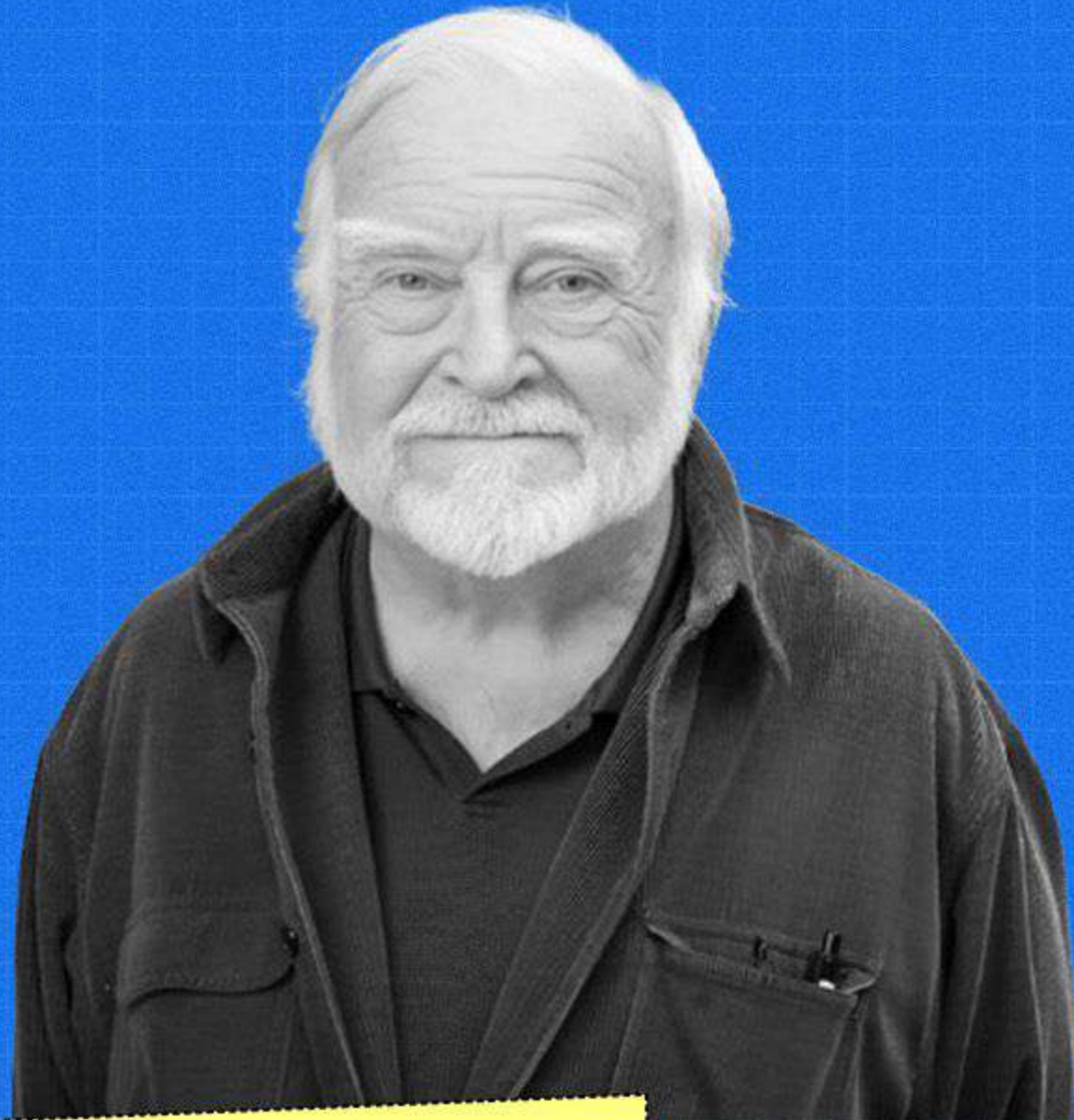


YOUR BRAIN ON FLOW:

What Happens When You're in the Zone?





What is Flow?

It's that sweet spot where focus feels easy, time flies, and you're deeply "in the zone."

Psychologist **Mihaly Csikszentmihalyi** called this state Flow.

What's Going on in the Brain?

During Flow:

- **You stop overthinking**
- **Your stress lowers**
- **Your inner critic goes quiet**

Your brain becomes calm, focused, and sharp.



A Neurochemical Power-Up

Flow triggers a mix of feel-good
and focus chemicals:

- **Dopamine = motivation**
- **Norepinephrine = alertness**
- **Anandamide = creative thinking**

It's the brain's peak-performance
cocktail.



The Flow Formula

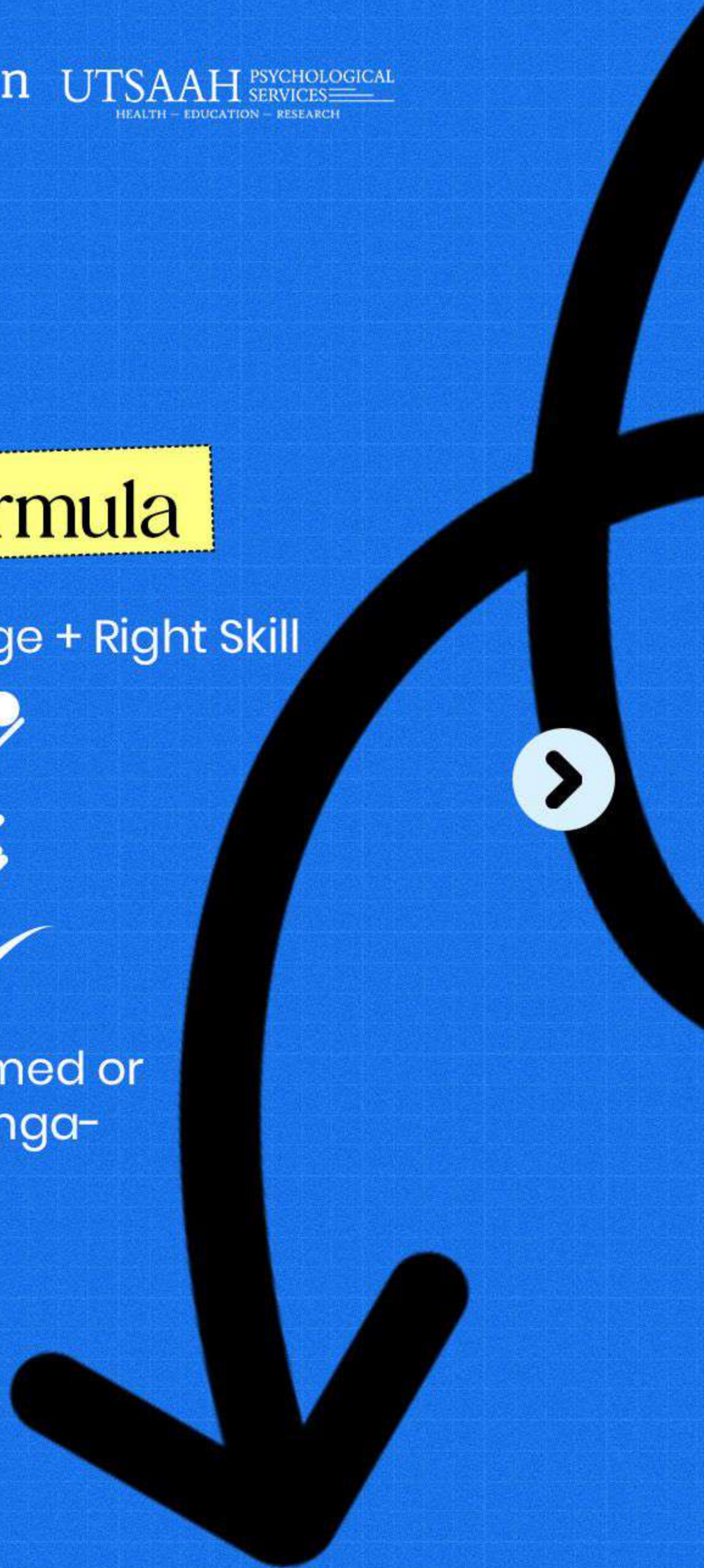
Flow = Right Challenge + Right Skill

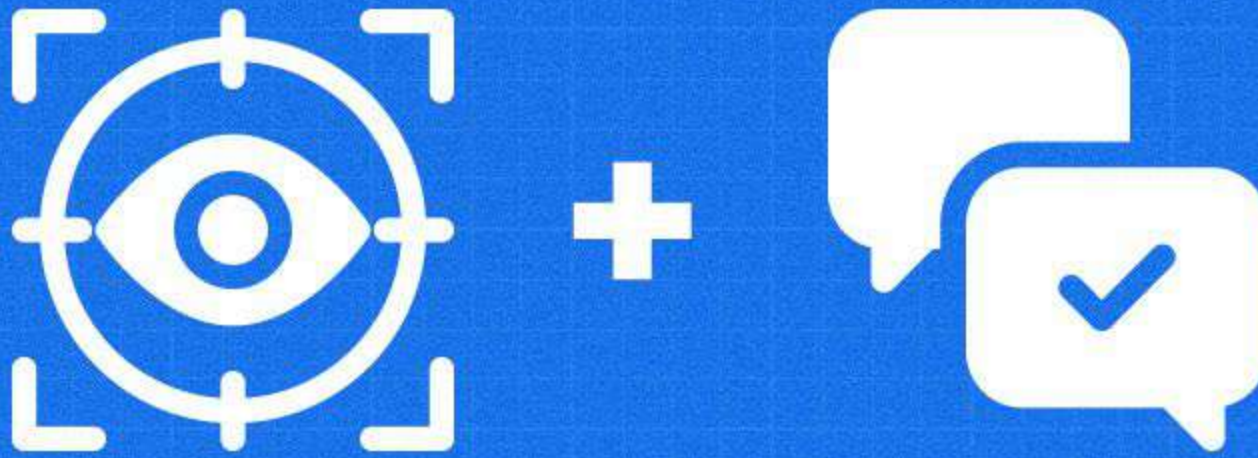
↘ **Too hard** = 

↘ **Too easy** = 

↘ **Just right** = 

You're not overwhelmed or bored—you're fully engaged.





Focus + Feedback = Flow

Want to get into flow?



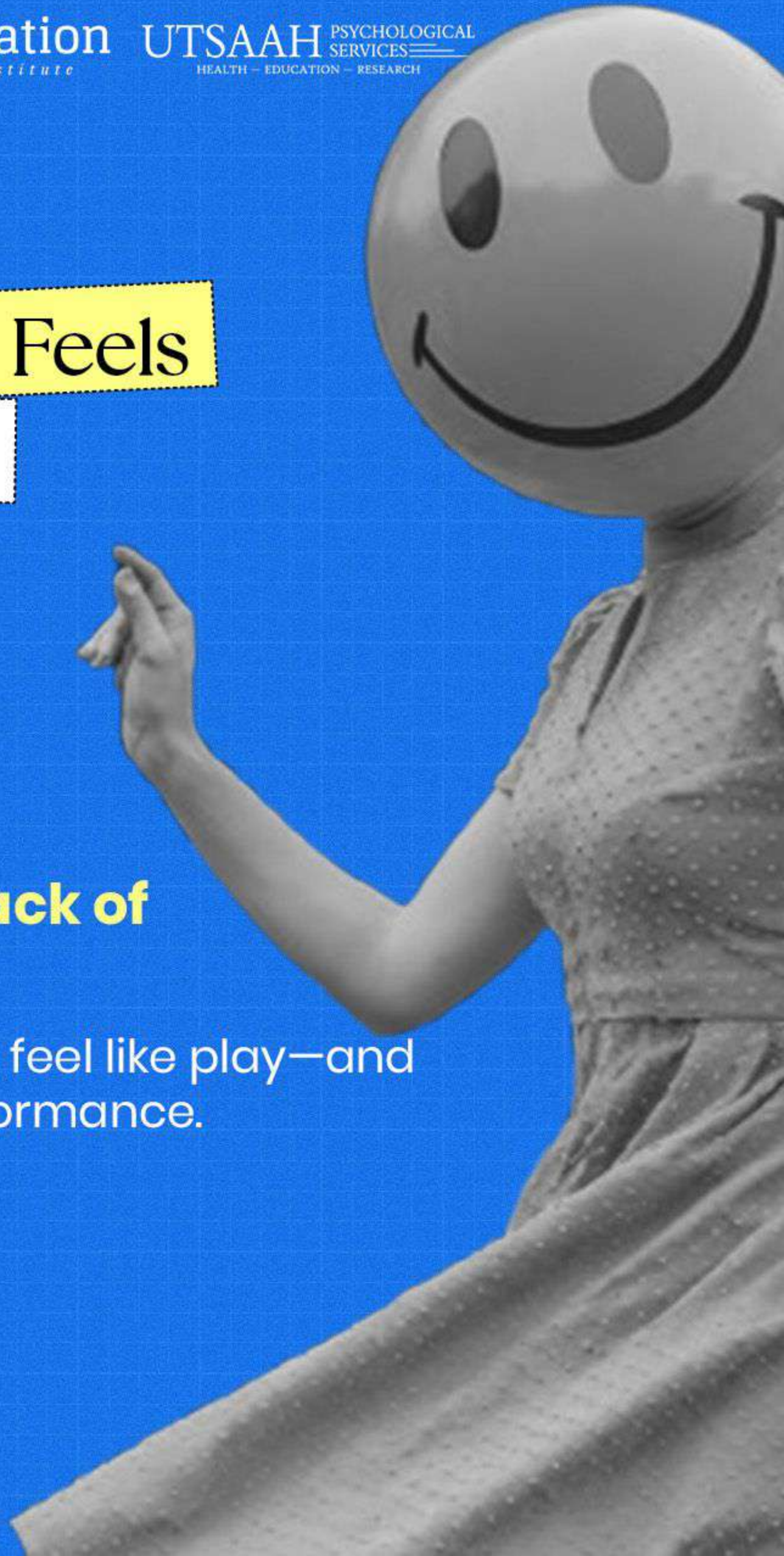
- **Set a clear goal** 
- **Get quick feedback** 
- **Remove distractions** 

Your brain loves structure and rewards focus with Flow.

Why Flow Feels So Good

- **You're focused**
- **You feel confident**
- **You lose track of time**

Flow makes work feel like play—and boosts your performance.



Can You Train Flow?

Absolutely! Try:

- **Blocking time for deep work**
- **Eliminating distractions**
- **Challenging yourself a little more each time**

Flow is a skill—not magic.



Flow Is Your Brain at Its Best

When you're in flow, you perform better and feel better.

➤ **It's not just for athletes or artists—you can find flow in studying too.**

So next time you feel totally absorbed...

You're not just focused.

You're in Flow.



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