

Author's note: We have intentionally reprinted last week's Insider in a slightly different form to model the principle of repetition.

In "telling your employees how to vote," be sure to remind them that it's important for them to vote their conscience. In order to connect with their conscience as best as possible, brain science tells us they need to do a few key things to diminish the levels of adrenaline, cortisol and a multitude of elevated stress hormones:

- *Turn off their screens*
- *Go for a walk*
- *Drink lots of water*
- *Reflect on:*
 - *What their core values are*
 - *What is in the best interest of their loved ones*
 - *What is in the best interest of their community, our nation, and our world*

Then cast their vote.