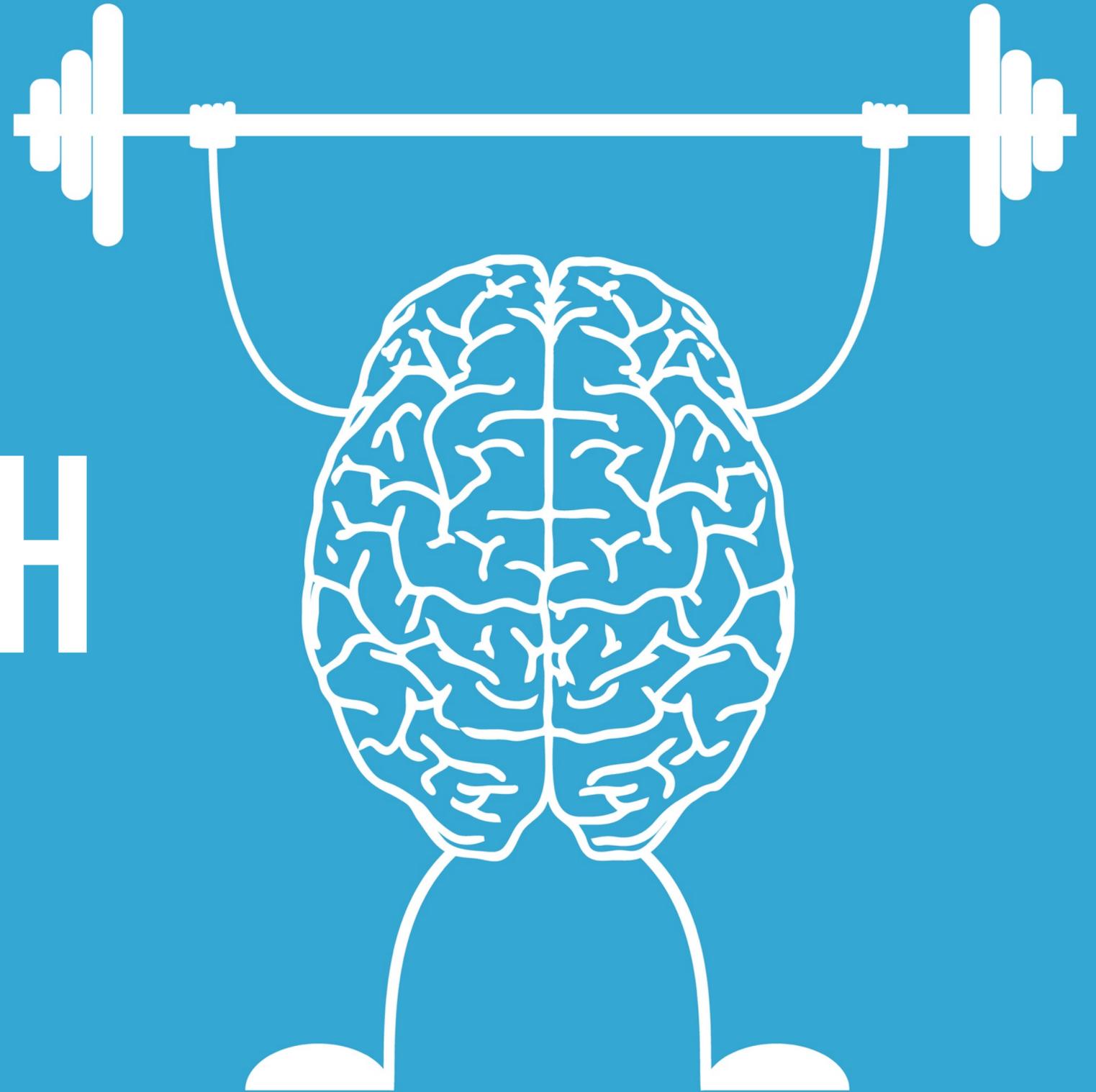


The

BRAIN HEALTH

WORKSHOP



3 CRITICAL LIFESTYLE HABITS TO SUSTAIN YOUR BRAIN

THIS WEEK

- ▶ **How to Bookend Your Daze**
- ▶ **Top 3 Brain Hacks for Better Sleep**
- ▶ **Give Your Brain a Break**

TODAY'S AGENDA

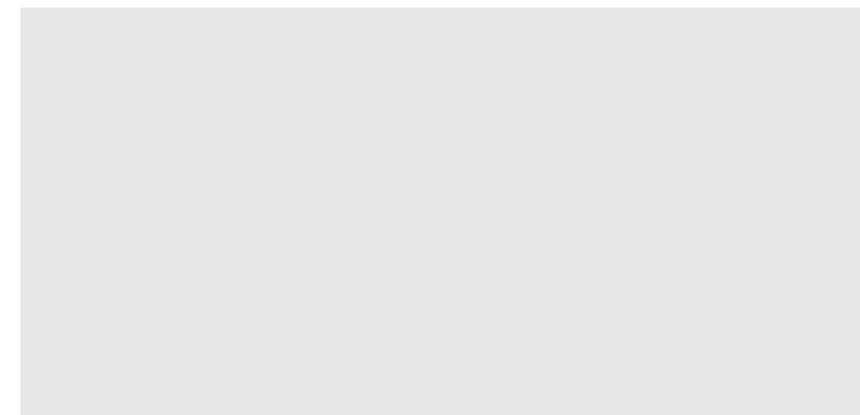
Daily Tasks



Schedule for Today



Inspirational Quote



Any information in this workshop is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any specific diseases or medical conditions.

You should always speak with your physician or other healthcare professional before taking any nutritional, herbal, or homeopathic supplement or adopting any treatment for a health problem.

Information and statements regarding dietary supplements, have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat cure or prevent any disease.

For a full Disclaimer, go to brainsave.com



KEY CONCEPTS



EPIGENETICS



ELSEVIER

Available online at www.sciencedirect.com



Current Opinion in
Neurobiology

Epigenetic influences on brain development and plasticity

Michela Fagiolini¹, Catherine L Jensen² and Frances A Champagne²

“The persistent effects on gene expression that can be achieved through [epigenetic] mechanisms provide a biological route through which **environmental experiences can become embedded, leading to long-term changes in neurobiology and behavior**”

YOUR CHOICES

MATTER

**TAKE CHARGE OF
YOUR BRAIN'S
DESTINY**



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STRESS



**FOCUS ON WHAT YOU
CAN CONTROL...**

AND LET

GO OF THE REST

**HOW TO BOOK END
YOUR DAZE**

BOOKEND YOUR DAZE

- ▶ **Win Your Mornings**
- ▶ **Wind Down Your Evenings**



WIN YOUR MORNINGS

- ▶ **Planning Your Day**
- ▶ **Journaling**
- ▶ **Gratitude**
- ▶ **Relaxing music**
- ▶ **Light exercise**
- ▶ **Water or tea**



WIND DOWN YOUR EVENINGS

- ▶ **Gentle stretching**
- ▶ **Journaling by candlelight**
- ▶ **Detox salt bath**
- ▶ **Cuddling**
- ▶ **Prayer/meditation**



BOOKEND YOUR DAZE

- ▶ **Win Your Mornings**
- ▶ **Wind Down Your Evenings**



“I DON'T HAVE TIME”

MAKE THE TIME!

HOW WILL YOU BOOKEND YOUR DAZE?

TRANSFORMING STRESS

- ▶ **Exercise**
- ▶ **Yoga, tai chi, qi gong**
- ▶ **Hobbies**
- ▶ **Connection**
- ▶ **Spend time in nature**



A synthesis of health benefits of natural sounds and their distribution in national parks

 Rachel T. Buxton,  Amber L. Pearson,  Claudia Allou, Kurt Fristrup, and  George Wittemyer

PNAS April 6, 2021 118 (14) e2013097118

LOWERS BLOOD PRESSURE

IMPROVES COGNITIVE FUNCTION

REDUCES PAIN

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BIRD SOUNDS = best for lowering stress and annoyance

WATER SOUNDS = boosted overall health outcomes + positive emotions

**WHAT ARE YOUR FAVORITE STRESS
ANTIDOTES?**

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SLEEP



GLYMPHATIC SYSTEM



TOP 3 BRAIN HACKS FOR BETTER SLEEP

**#1 RESET YOUR
RHYTHM**

RESET YOUR RHYTHM

1. Light-dark exposure
2. Meal times
3. Sleep



#2 EAT A FATTY SNACK

EAT A FATTY SNACK

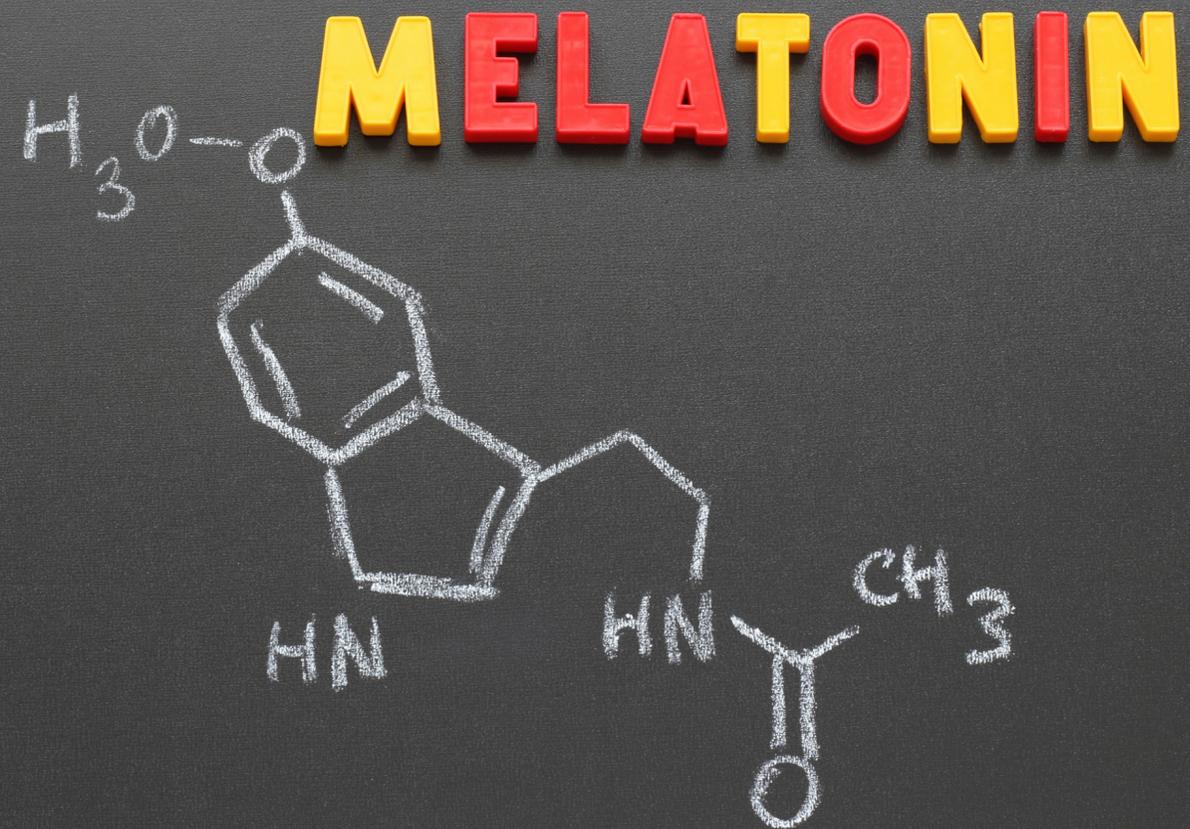
- 1. Slice of avocado**
- 2. Tablespoon of oil**
- 3. Nut butter**
- 4. Bite of dinner**
- 5. Raw honey**



**#3 MAX YOUR
MELATONIN**

MAX YOUR MELATONIN

1. Tart cherry juice
2. Goji berries
3. Eggs
4. Oily fish
5. Pistachio, almonds and walnuts



TOP 3 BRAIN HACKS FOR BETTER SLEEP

- 1. Reset Your Rhythm**
- 2. Eat a Fatty Snack**
- 3. Max Your Melatonin**



**DON'T FORGET THE
BASICS**

Poor blood

Insomnia

Sleep Apnea

Anxiety

OSA

PROTIP

**WHICH OF THESE SLEEP HACKS WILL
YOU TRY?**

3 CRITICAL LIFESTYLE HABITS

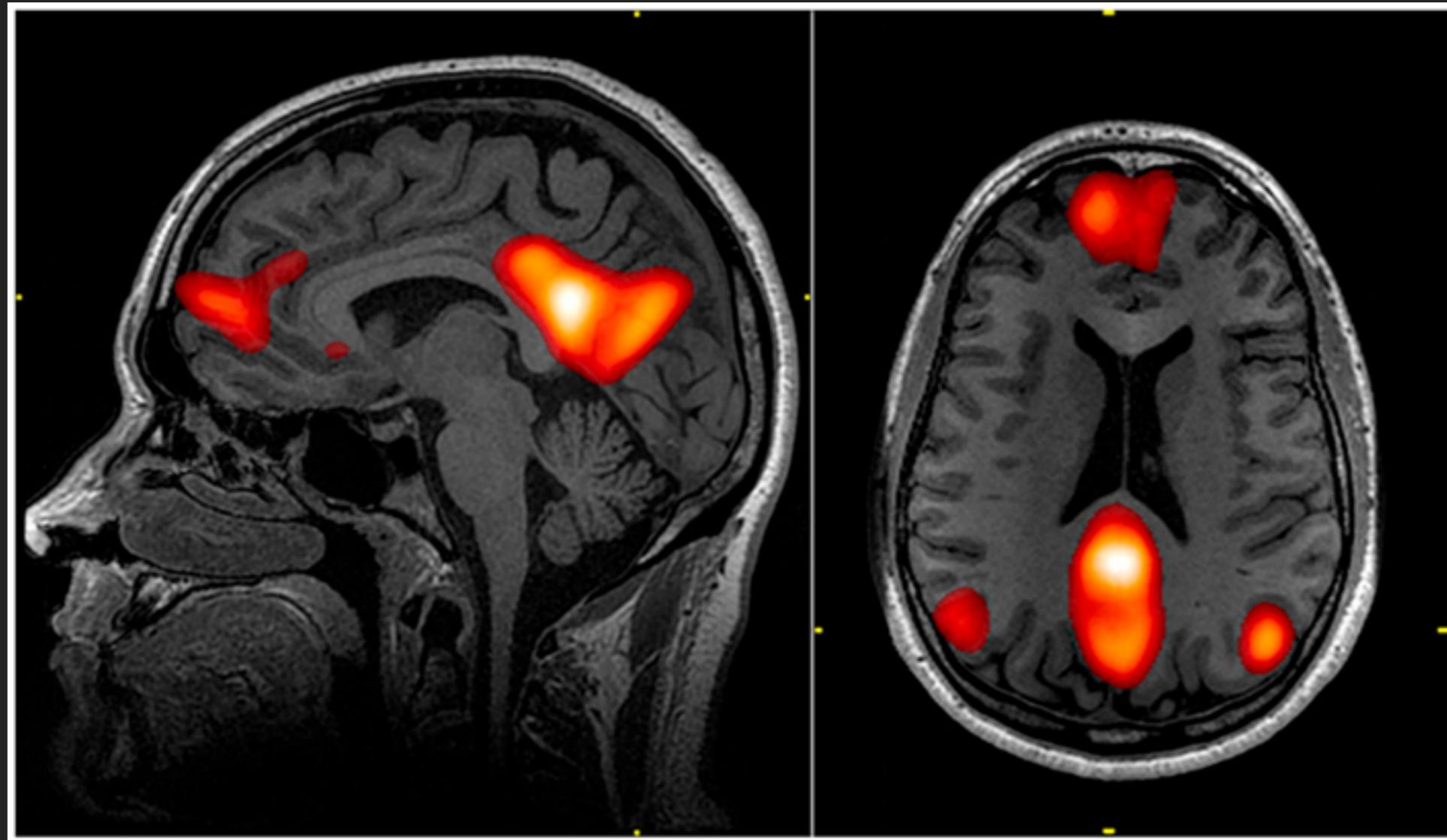
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downtime

DEFAULT MODE NETWORK



GIVE YOUR BRAIN

A BREAK

BRAIN MINI-BREAK

- ▶ **60 to 90 minutes**
- ▶ **Give your brain a break**



BECOME AWARE

CLUES YOU NEED A BRAIN BREAK

- ▶ **Yawning**
- ▶ **Spaced out**
- ▶ **Restless**
- ▶ **Brain fog/fatigue**
- ▶ **Other symptoms**



MINI-BREAK IDEAS

- ▶ **Breathing exercises**
- ▶ **Palming**
- ▶ **Stretching**
- ▶ **Doing something physical**
- ▶ **Power nap**



**NO MENTAL OR
EMOTIONAL EFFORT**

MAKE IT A HABIT

**APPLY IT TO BRAIN
TRAINING**

SET A TIMER

Healing is
Possible

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3 CRITICAL LIFESTYLE HABITS

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downtime

DO'S & DONT'S

ONE STEP AT A TIME

**SET YOURSELF UP FOR
SUCCESS**

KEEP IT SIMPLE

**DON'T GET
DISCOURAGED**

**IT'S ABOUT PROGRESS,
NOT PERFECTION**

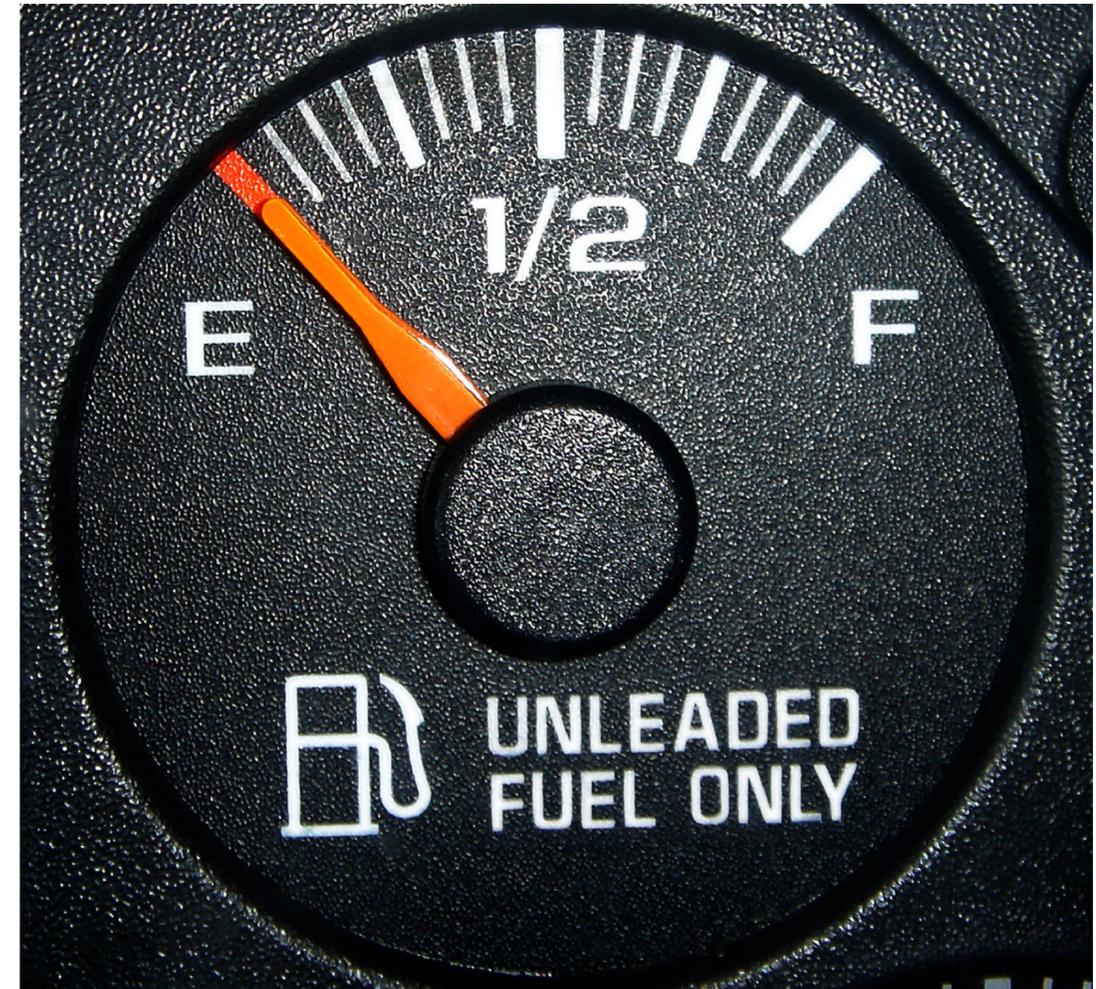
KRISTEN'S STORY

- ▶ **Migraines, brain fatigue and poor sleep**
- ▶ **Taking supplements**
- ▶ **Dialed in her diet**
- ▶ **Still experiencing symptoms and flare-ups**
- ▶ **Was not healing**



KRISTEN'S STORY

- ▶ **A ton of unmanaged stress**
- ▶ **Wasn't sleeping well**
- ▶ **Powering through her days, exhausted**



KRISTEN'S STORY

- ▶ **Stress management and downtime**
 - ▶ **Win Your Morning ritual**
 - ▶ **Mini-breaks**
 - ▶ **Gentle exercise routine**



KRISTEN'S STORY

- ▶ **No migraines**
- ▶ **Sleeping through the night**
- ▶ **A ton more energy throughout her day**





You can
do it!

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downtime

BEST PRACTICES

BEST PRACTICES

- 1. Identify which lifestyle habit is your worst trigger**
- 2. Identify which lifestyle habit is your best antidote**
- 3. Pick 1 action from that category and do it!**



HOMEWORK:

**1. IDENTIFY YOUR WORST
LIFESTYLE TRIGGER**

2. IDENTIFY YOUR BEST ANTIDOTE

3. DO 1 ACTION FOR EACH

CHALLENGE:

- **GIVE YOUR BRAIN A BREAK!**