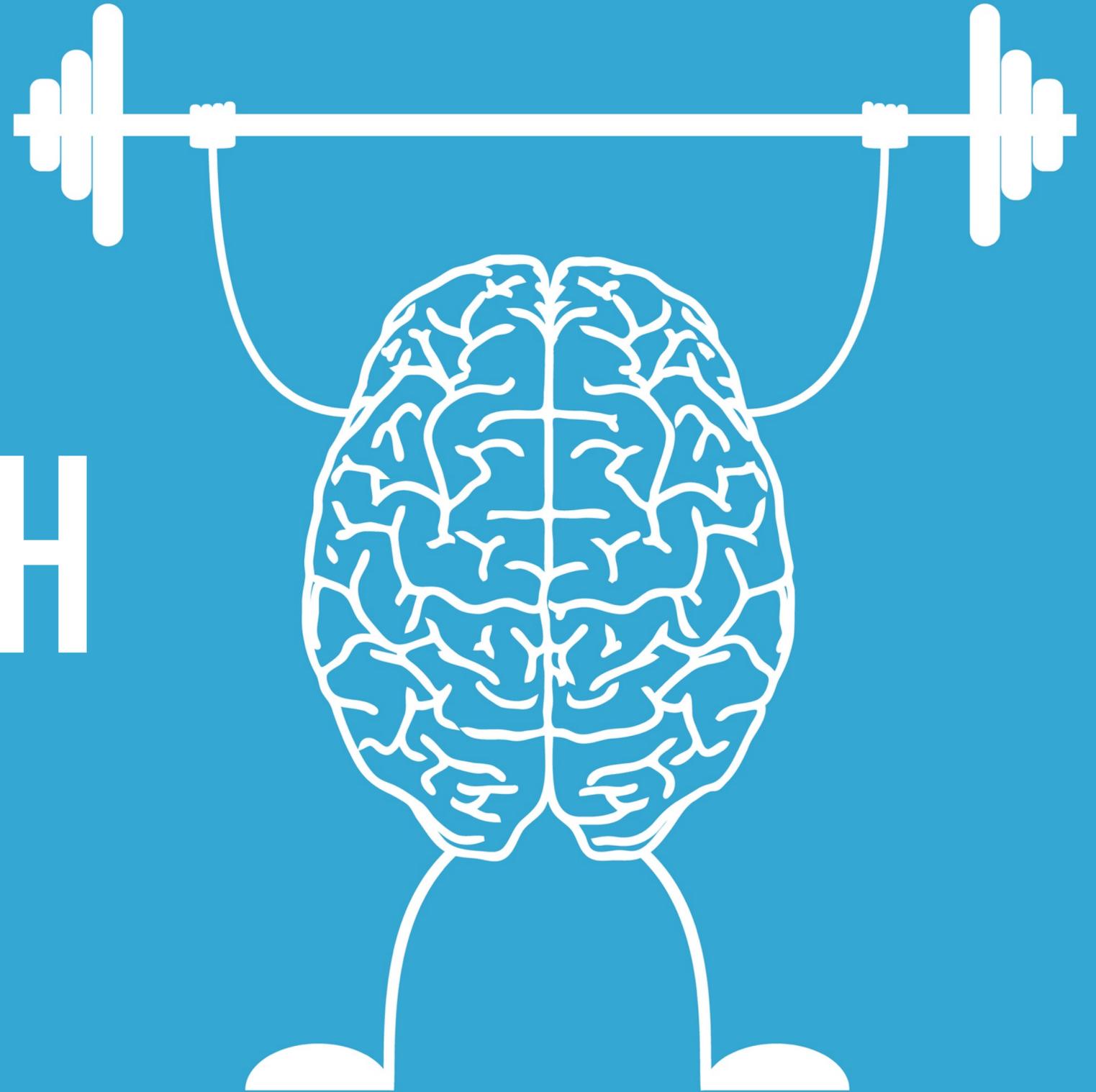


The

BRAIN HEALTH

WORKSHOP



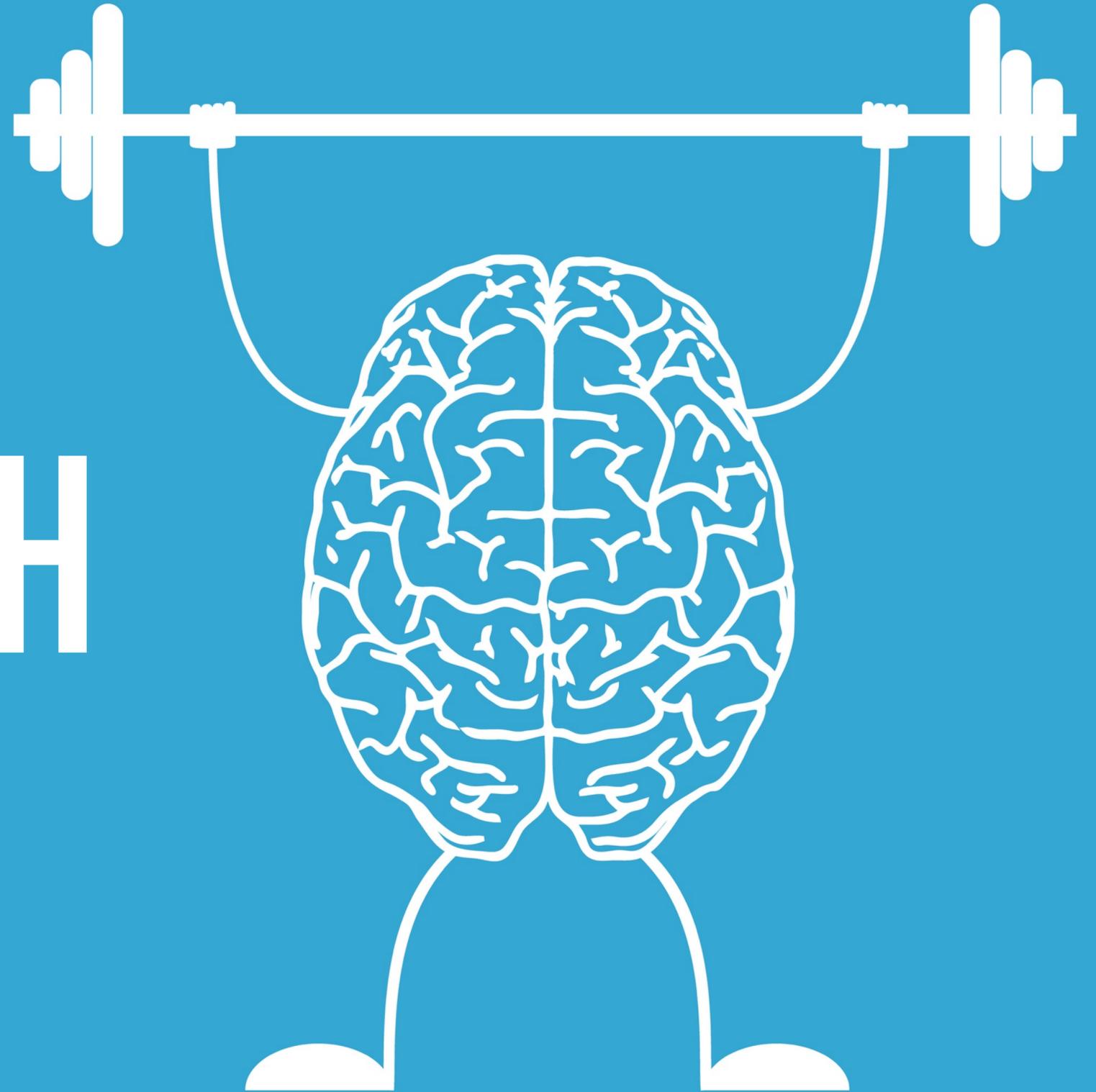
ONE THING

**MY NEGATIVE
MINDSET**

The

BRAIN HEALTH

WORKSHOP



**UNLOCK THE POWER OF YOUR
MIND TO HEAL YOUR BRAIN**

THIS WEEK

- ▶ **Your Built-In Negativity Bias**
- ▶ **5 Steps to Silence Your Inner Critic**
- ▶ **Brain Healing Power of Gratitude**

TODAY'S AGENDA

Daily Tasks



Schedule for Today



Inspirational Quote

A large, empty rectangular box intended for an 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.

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KEY CONCEPTS

ISN'T IT A MIRACLE?



**SO WHY ARE WE STILL
STRUGGLING?**

NEGATIVITY BIAS

NEGATIVITY BIAS

- ▶ Remember trauma more than positive experiences
- ▶ Recall slights and insults
- ▶ React more strongly to negative events
- ▶ Dwell on negative events and criticism



SAFETY & SURVIVAL

IMBALANCED NEGATIVITY BIAS

- ▶ **Dwell on dark thoughts**
- ▶ **Harm our relationship with others**
- ▶ **Difficult to maintain optimism**
- ▶ **Play small in life**



FEATURED ARTICLE |  Open Access |   

Repetitive negative thinking is associated with amyloid, tau, and cognitive decline

Natalie L. Marchant , Lise R. Lovland, Rebecca Jones, Alexa Pichet Binette, Julie Gonneaud, Eider M. Arenaza-Urquijo, Gael Chételat, Sylvia Villeneuve, for the PREVENT-AD Research Group

First published: 07 June 2020 | <https://doi.org/10.1002/alz.12116>

“RNT was associated with decline in cognitive domains affected early in AD and with neuroimaging AD biomarkers”

SARAH'S STORY

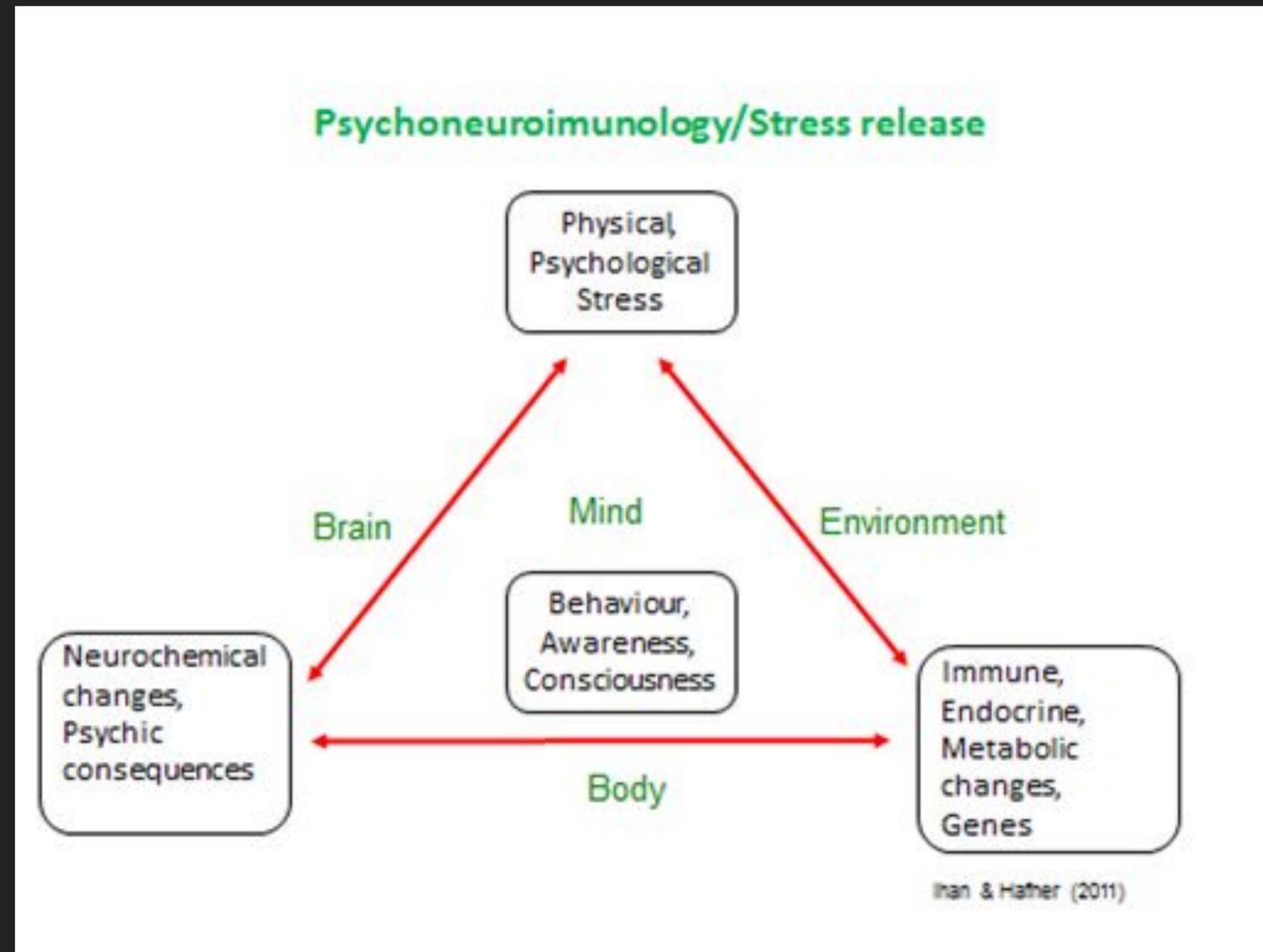
- ▶ **Brain fog and fatigue**
- ▶ **Changed her diet, supplements, lifestyle practices**
- ▶ **Focused on what was NOT right**
- ▶ **"Yes, but..."**
- ▶ **Couldn't see the improvements**



YOUR PERCEPTION

CREATES YOUR REALITY

PSYCHONEUROIMMUNOLOGY



IMBALANCED NEGATIVITY BIAS

- ▶ **Focus on what can go wrong vs right**
- ▶ **Get stuck thinking about the negative aspects of a situation**
- ▶ **Dwell on criticism more than praise**
- ▶ **Focus on other peoples flaws**
- ▶ **Focus on your flaws**

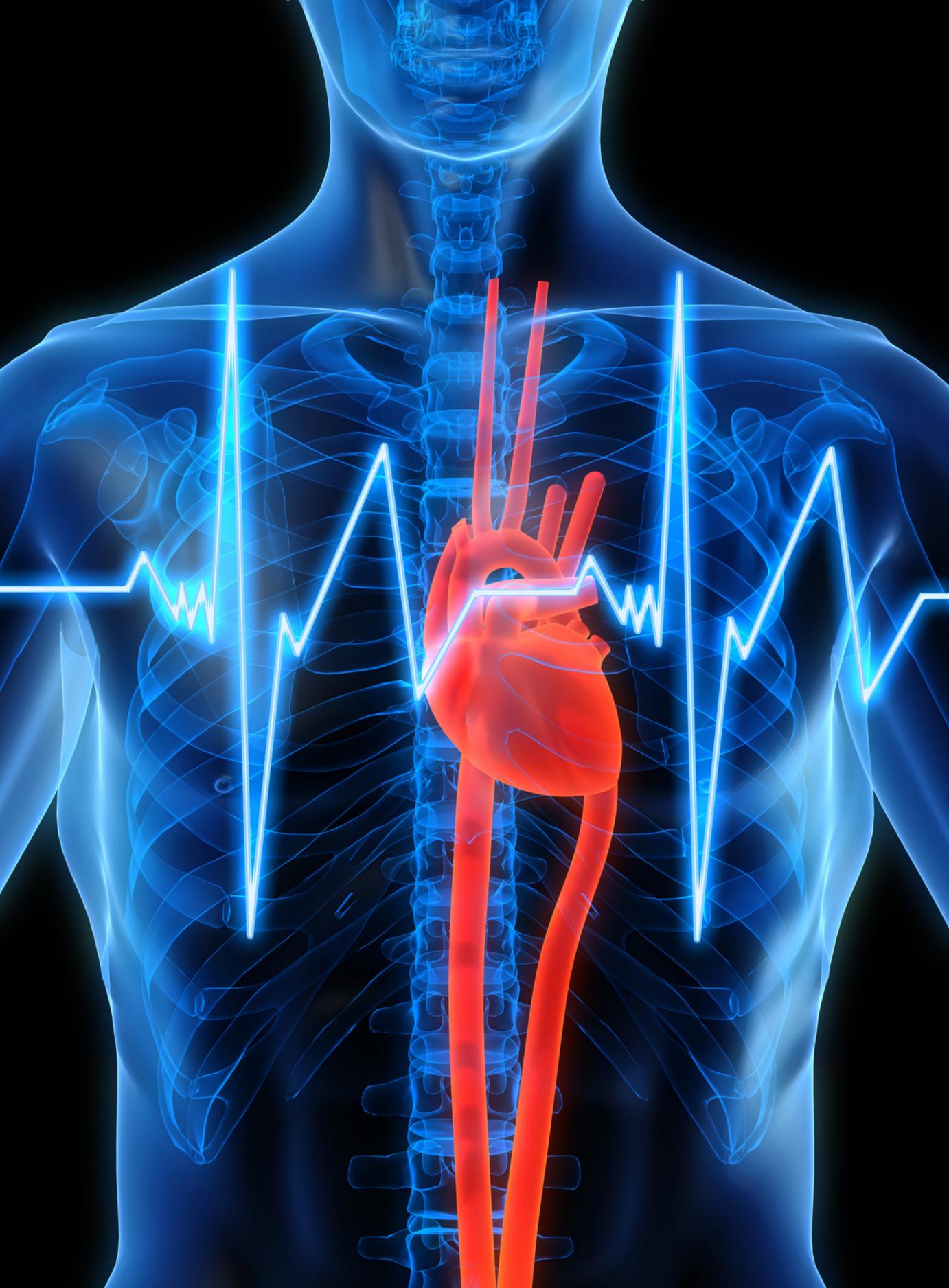


UNLOCK THE POWER OF YOUR MIND

- ▶ **Your Built-In Negativity Bias**
- ▶ **5 Steps to Silence Your Inner Critic**
- ▶ **Brain Healing Power of Gratitude**



**THE VOICE IN YOUR
HEAD**



THE INNER CRITIC

HEALTHY DOSE OF SKEPTICISM

DARK SIDE OF NEUROPLASTICITY

5 STEPS TO SILENCE YOUR INNER CRITIC

STEP 1: AWARENESS

COMMON THOUGHTS

- ▶ **“I’m not good enough”**
- ▶ **“I don’t matter”**
- ▶ **“What’s wrong with me??”**
- ▶ **“My needs don’t matter”**
- ▶ **“I don’t deserve to be happy or healthy”**
- ▶ **“I’ll never get better!”**



**WHAT ARE YOUR INNER CRITIC'S
COMMON THOUGHTS?**

STEP 2: CHALLENGE

WHAT'S WRONG WITH ME??

- ▶ **Is there? Prove it!**
- ▶ **There's nothing wrong with me**



**HOW WILL YOU CHALLENGE YOUR INNER
CRITIC?**

STEP 3: EXPLORE

**IS THERE ANOTHER WAY YOU CAN SEE
THIS SITUATION?**

STEP 4: REFOCUS

REFOCUS YOUR ENERGY

- ▶ **I want to feel good**
- ▶ **I intend to manifest healing and wholeness into my life**
- ▶ **Healing is possible**



**WHAT DO YOU WANT? HOW DO YOU
WANT TO FEEL?**

STEP 5:

STEEP

**HOW WILL YOU REMEMBER TO STEEP IN
POSITIVITY?**

SILENCE YOUR INNER CRITIC

- 1. Awareness**
- 2. Challenge**
- 3. Explore**
- 4. Refocus**
- 5. Steep**



**START WITH THE END
GOAL IN MIND**

UNLOCK THE POWER OF YOUR MIND

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**BRAIN HEALING POWER
OF GRATITUDE**

BENEFITS OF GRATITUDE

- ▶ **Increases perception of social support**
- ▶ **Improves your self-esteem and wellbeing**
- ▶ **Improves quality of sleep**
- ▶ **Boost resilience against stress**



YOUR BRAIN ON GRATITUDE

- ▶ **Activation of your limbic system**
- ▶ **Reward + enjoyment + connection**



HOW TO PRACTICE GRATITUDE

- ▶ **First thing in the morning**
- ▶ **One thing you are grateful for**
- ▶ **Three reasons why**



GETTING STARTED

- ▶ **Start a gratitude journal**
- ▶ **Write it down**
 - ▶ **One thing**
 - ▶ **Three reasons**
- ▶ **Keep it fresh**
- ▶ **Steep in the experience**



**DUST OFF YOUR
JOURNAL**

Keep up the
Great Work!

**I CAN'T THINK OF ANYTHING THAT I'M
GRATEFUL FOR!**

PROTIP

ONE SMALL
POSITIVE THOUGHT
IN THE MORNING
CAN CHANGE YOUR
WHOLE DAY



**WHAT IS ONE THING YOU ARE GRATEFUL
FOR?**

**UNLOCK THE POWER OF YOUR
MIND TO HEAL YOUR BRAIN**

**BE GENTLE WITH
YOURSELF**

**DON'T BEAT YOURSELF
UP**

IT'S NOT YOUR FAULT!

**SHIFTING YOUR
MINDSET TAKES TIME**

You got this!

SARAH'S STORY

- ▶ **Brain fog and fatigue**
- ▶ **Changed her diet, supplements, lifestyle practices**
- ▶ **Focused on what was NOT right**
- ▶ **"Yes, but..."**
- ▶ **Couldn't see the improvements**



SARAH'S STORY

- ▶ **Developing awareness**
 - ▶ **"Yes, but"**
 - ▶ **Mindful breathing**
- ▶ **Daily gratitude journal**



SARAH'S STORY

- ▶ **Memory continued to improve**
- ▶ **Brain fog better**
- ▶ **Mood became brighter**





UNLOCK THE POWER OF YOUR MIND

- ▶ **Your Built-In Negativity Bias**
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HOMEWORK:

1. COMPLETE THE NEGATIVITY BIAS QUIZ
2. SPEND 5 MINUTES STEEPING IN 1 POSITIVE MEMORY
3. 10-DAY GRATITUDE CHALLENGE

CONGRATULATIONS!!!



ENGAGE IN OUR

ONLINE COMMUNITY