

BRAIN CARE IS SELF CARE!

Caring for our brains is important if we want to be able to show up for ourselves and others. As parents and coaches, we can only give our best when our brains have the proper foundation to engage and respond to the environment. Taking care of your brain can require a lifestyle shift and can seem difficult, but the results are worth it. Little by little, by adjusting your daily habits, you can live more fully as the gift that you are and the gift you can be for the world around you. You can start to build a better society by building a stronger, more stable brain architecture for yourself. You are worth the investment! It's empowering to know that you have the capacity to be the difference that the world needs!



6 NEUROSCIENCE TIPS TO CARE FOR YOUR BRAIN

Rest Up

Sleep is essential for learning, problemsolving and managing stress. By sleeping, you allow your brain to store information, heal, and restore.



Listen to Your Body

Being attentive to how your body is feeling is essential to handling stress. Taking deep breaths is a simple way to regulate your body's stress system.



Nourish Your Brain

Much of your brain is made up of the foods and nutrients you put into your body. When you eat full and nourishing meals, you help your brain function and communicate better.



Exercise Your Body & Brain

Play a sport! Exercising your body and playing brain games, such as crossword puzzles or brain-teasers, can keep your brain agile and improve memory and attention span.



Find Friends to Foster Resilience

By surrounding yourself with a strong social network, you can help build a strong and resilient brain. Friends make our brains stronger.



Practice Gratitude

Research shows that gratitude helps protect us from the toxic effects of negative emotions. Daily gratitude can increase our ability to perceive all the good in our lives and reduce negative health effects.

