

## Brain Health Visioning Exercise

*Spend some time completing this exercise and review it with your Licensed Brain Trainer.*

### **Your Brain is Involved in Everything You Do and Everything You Are**

*Write down 10 specific things your brain does:*

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### **When your Brain Works Right, You Work Right**

*List the areas of your life that are going well:*

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List the areas of your life that are not going so well:

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## Your Brain is the Most Complex Organ in the Universe

It requires 20 percent to 30 percent of the calories you consume and 20 percent of your body's blood flow. The brain can't store the fuel (glucose) it needs; therefore, it requires a constant supply because it gets depleted every three to four hours. Skipping meals not only makes you hungry, but it deprives your brain of its energy source, affecting your ability to function at your best.

*Which of these meals do you eat every day?*

- Breakfast
- Lunch
- Dinner

If you eat all three meals, good for you! If you skip breakfast or any other meal, it is really important for you to stop this habit and keep your brain nourished with three meals per day.

*How often do you snack between meals?*

- A. Once between breakfast and lunch
- B. Once between lunch and dinner
- C. Between dinner and bedtime
- D. As often as I can!
- E. Rarely to never

If you selected A and B, you are doing well with keeping your brain nourished, as long as your snacks are brain-healthy, high-quality foods.

## Your Brain is Soft, and it is Housed in a Very Hard Skull

Write down the various ways you might have injured your brain. Consider head-impact injuries including concussions, "seeing stars" or feeling momentarily dazed; motor vehicle accidents; contact sport collisions; bicycle, ski, snowboard or skateboard crashes; or childhood incidents such as falling out of bed, down the stairs, out of trees or off the jungle gym.

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## Many Things Hurt the Brain

*Check the ones that apply to you:*

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| <input type="checkbox"/> Recreational drug use (past or present)                                   | <input type="checkbox"/> High blood pressure           |
| <input type="checkbox"/> Excess alcohol use (past or present)                                      | <input type="checkbox"/> Diabetes                      |
| <input type="checkbox"/> Unbalanced hormone levels   | <input type="checkbox"/> Pre-diabetes                  |
| <input type="checkbox"/> Standard American diet  | <input type="checkbox"/> Chronic stress                |
| <input type="checkbox"/> Obesity   | <input type="checkbox"/> Infections (eg: Lyme disease) |
| <input type="checkbox"/> Spending time with unhealthy people                                       | <input type="checkbox"/> Sleep apnea                   |
| <input type="checkbox"/> Environmental toxins  | <input type="checkbox"/> Brain injuries                |
| <input type="checkbox"/> Medications that reduce blood flow in the brain (such as benzodiazepines) |  |

## Many Things Help the Brain

*Which of these brain-healthy things are you already doing?*

- Engage in new learning
- Eat a brain-healthy diet
- Regularly do coordination exercise (such as table tennis, dancing, juggling)
- Meditate
- Have loving relationships
- Spend time with healthy people
- Take brain-healthy supplements

## Your Brain Only has so Much Reserve

*Work to boost your brain's reserve. What strategies, if any, do you currently use to slow down the aging of your brain?*

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## \_ Parts of the Brain do Specific Things (and their issues)

*What are your most concerning symptoms?*

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