

UNDERSTANDING THE BRAIN, CONSEQUENTIAL THINKING & RECOVERY



How to Scan/Use QR Codes

Some mobiles require a free app in order for you to successfully scan it. Try scanning it with your rear-facing camera. If no link appears over the QR code on your screen, try downloading the app.






Samsung / Android / iPhone Users:

Download the free “QR & Barcode Reader” app on Google Play/App Store. Open the app, select “Scan” and match the QR Code into the framed box (aka scanner). Select “Open Website”, it will then take you directly to the video link, which you can click to watch.

Once you click the link you will be directed to the relevant content.








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QR Codes	Title	Duration	Notes To get the very most out of these videos, take notes of things that shine through.
	The Chemistry of Addiction	12mins	
	Neuroscience - Addiction & the Brain	9mins	
	Brain Reward: Understanding How the Brain Responds to Natural Rewards and Drugs of Abuse	9mins	
	Hacking Your Brains "Reward System" to Change Habits	8mins	
	5 Tips to Improve Your Critical Thinking - Samantha Agoos	5mins	






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QR Codes	Title	Duration	Notes
	Relapse Prevention: Early warning signs and important coping skills	6mins	To get the very most out of these videos, take notes of things that shine through.
	The Four Essentials Of Relapse Prevention	11mins	
	DBT Distress Tolerance Skills: Difference Between Pain & Suffering	6mins	
	Box breathing relaxation technique: how to calm feelings of stress or anxiety	3mins	
	Why Mindfulness Is a Superpower	3mins	



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QR Codes	Title	Duration	Notes
	The Science Behind Mindfulness Meditation	7mins	To get the very most out of these videos, take notes of things that shine through.
	How to Stop Cognitive Distortions: Bad Thoughts and Poison Minds	6mins	
	How to Defeat Negative Thinking	3mins	



IF YOU HAVE ANY RECOMMENDATIONS OF FREE RESOURCES PLEASE EMAIL THEM TO THEBLUEHAND.AUS@GMAIL.COM THANK YOU.

