

Brain Fit for Life

*Simple Ideas for Creating Balance
in Work, School, & Life*

Jennifer Jelavich, Back2Basics4Life.com

(925) 997-4952 – phone/text

Jennifer@Back2Basics4Life.com



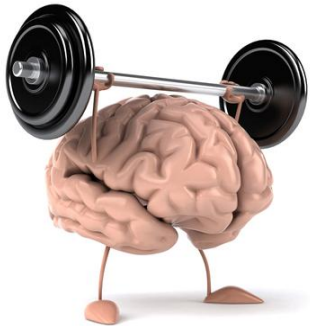
Back2Basics4Life.com
Simplify. Reset. Thrive.

Brain Fit for Life

Simple Ideas for Creating Balance in Work, School, & Life



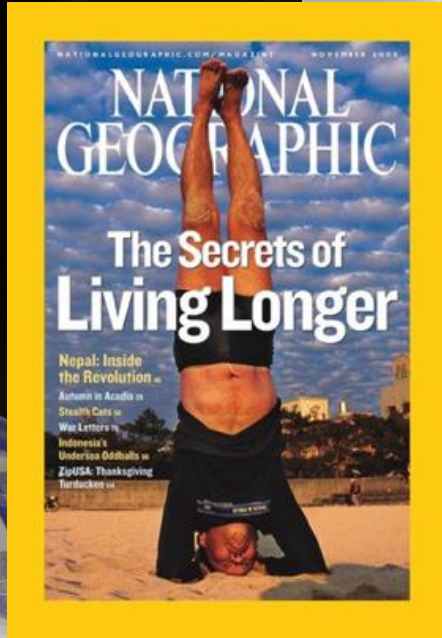
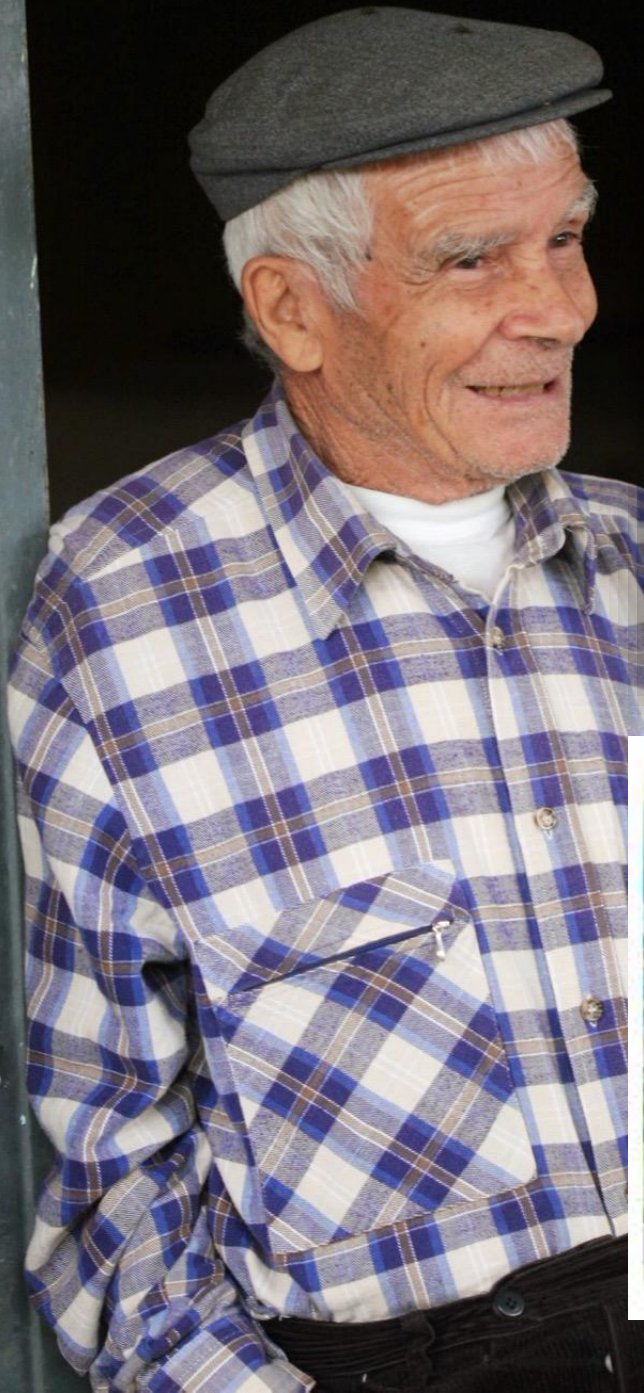
Blue Zones: Areas of the world where people live the longest lives, consistently reaching age 100.



Amen University: A healthy brain is the “hardware.” Amen Clinics provide strategies for a healthy and happy brain.



Back2Basics4Life.com
Simplify. Reset. Thrive.



20+ years longevity study

It all began with with Dan Buettner's
20+ year longevity study to find the
world's healthiest people



Back2Basics4Life.com
Simplify. Reset. Thrive.



BLUE ZONES®

20+ Year Longevity Study

3x

more likely
to live to 100

.....
Living on average

12 more

good years than
we do in North
America.



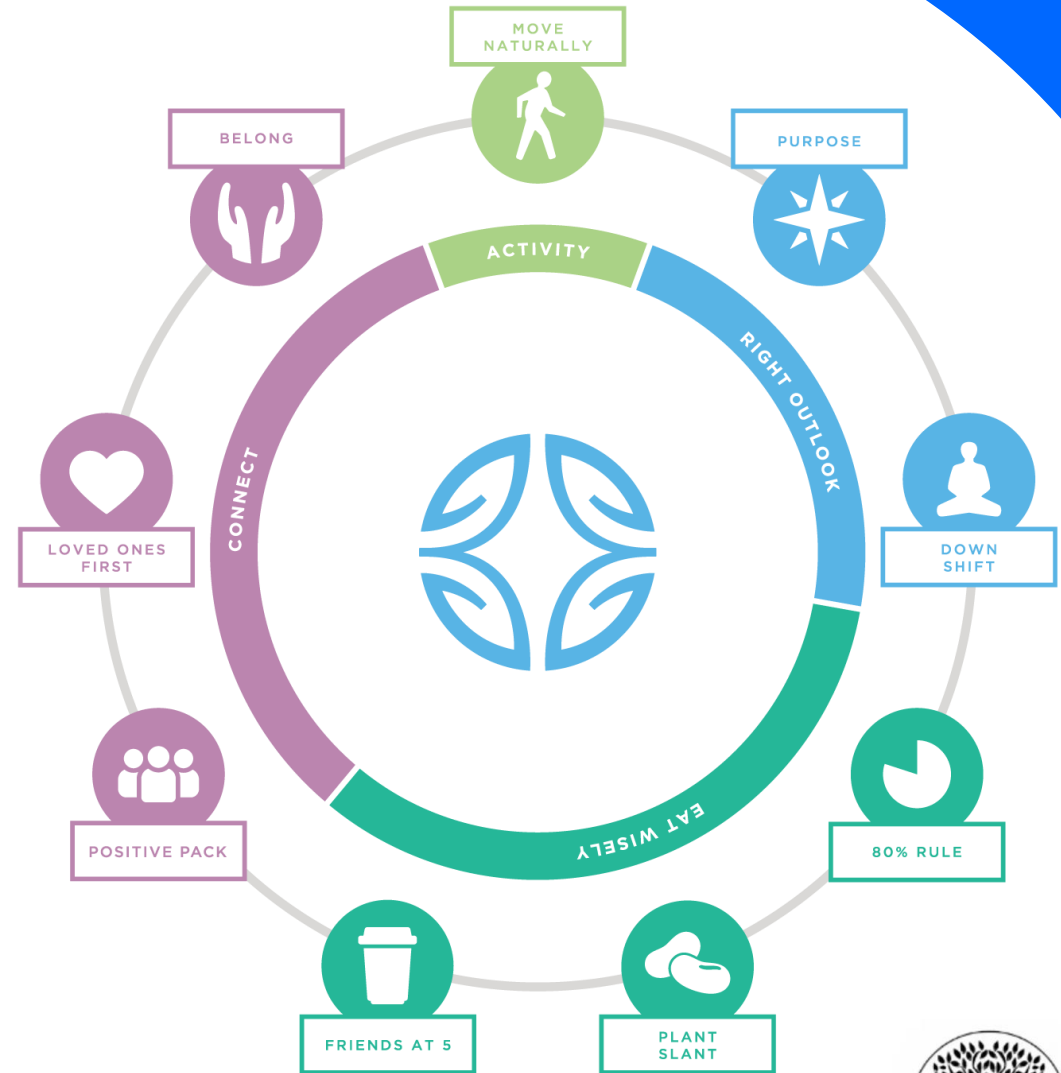
Back2Basics4Life.com
Simplify. Reset. Thrive.

POWER 9[®]

Lessons for living longer, better



BLUE ZONES[®]



Back2Basics4Life.com
Simplify. Reset. Thrive.



What determines our health?

20%

genetics

80%

lifestyle and environment

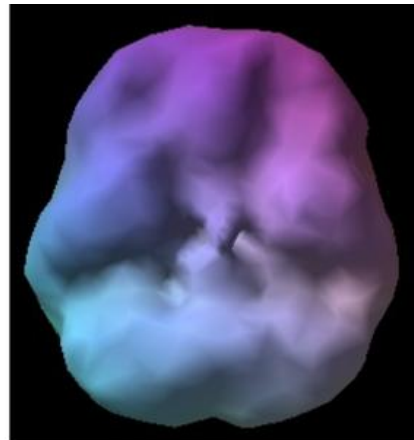


Back2Basics4Life.com
Simplify. Reset. Thrive.

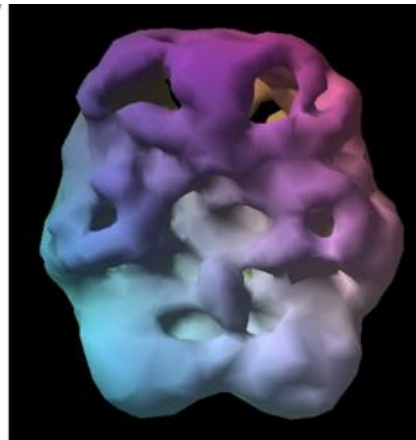
Brain Health...

Your brain is involved in EVERYTHING you do!

- How you think, feel, act and interact.
- Organ of intelligence, character and every decision you make!



When your brain
works right – you
work right



When your brain
is troubled, you have
trouble in your life

Amen Clinic
Brain Scans

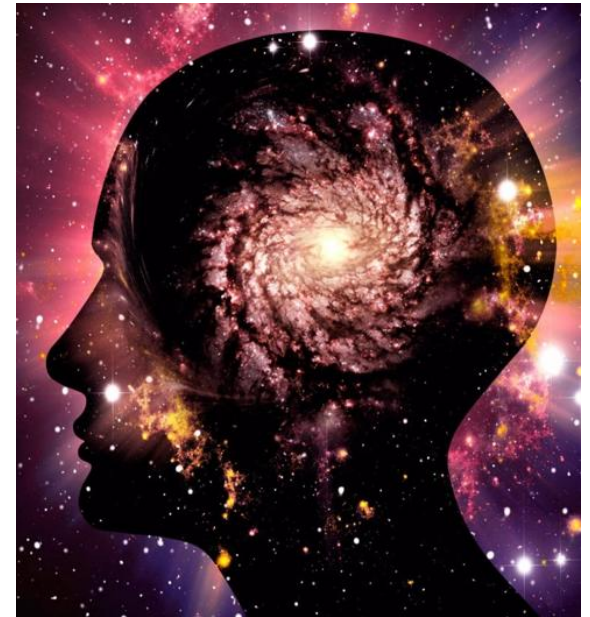


Back2Basics4Life.com
Simplify. Reset. Thrive.

Brain Fun Facts...

Your brain is ridiculously complex

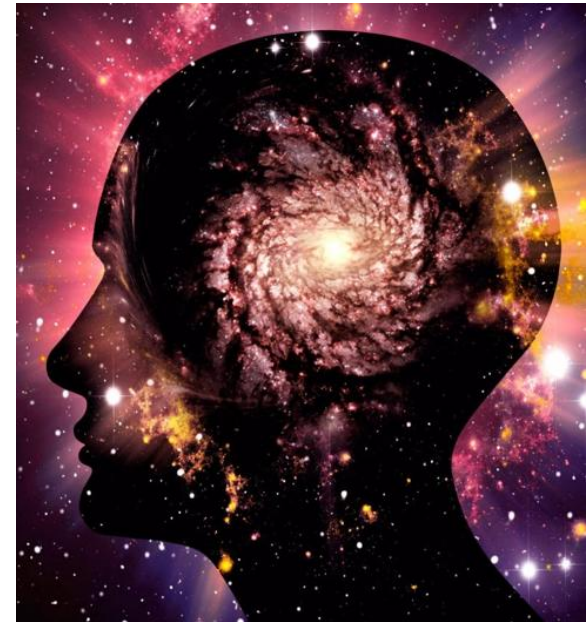
- Most complicated organ in the universe
- 100 billion neurons, trillions of supporting cells
- More connections in the brain than stars in the universe
- 2% of body's weight & uses 20%-30% of kcals
- 20% of the oxygen and blood flow



Brain Fun Facts...

Your brain is ridiculously complex

- Information travels up to 268mph
- Brain tissue of a grain of sand has 100,000 neurons and a billion connections talking to one another
- Storage capacity of 6 million years of Wall Street Journals
- Males have 10% more neurons
- Females have more connections

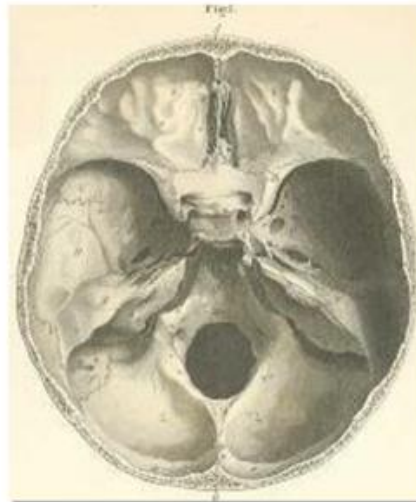


Brain Fun Facts...

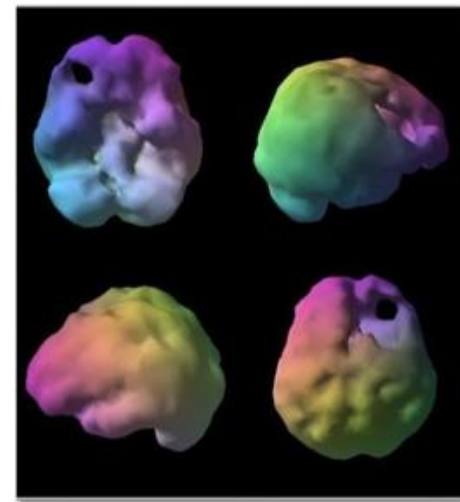
Your brain is soft & housed in a hard skull



Consistency of soft butter, tofu, custard, somewhere between egg-whites and gelatin



Skull is very hard with sharp boney ridges



Brain injuries matter!

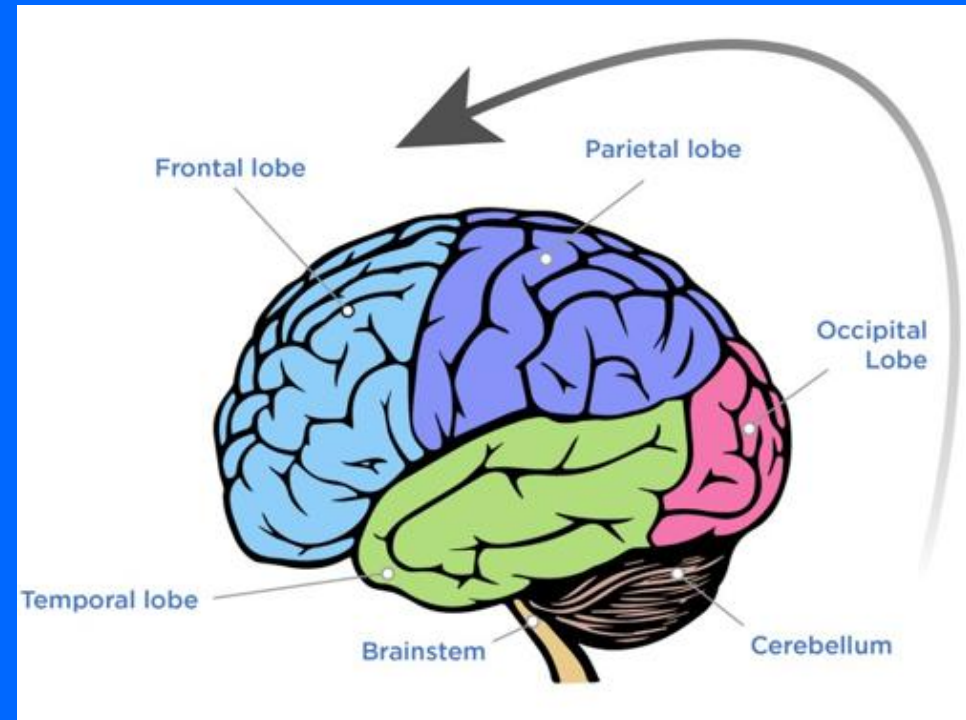


Back2Basics4Life.com
Simplify. Reset. Thrive.

Brain Fun Facts...

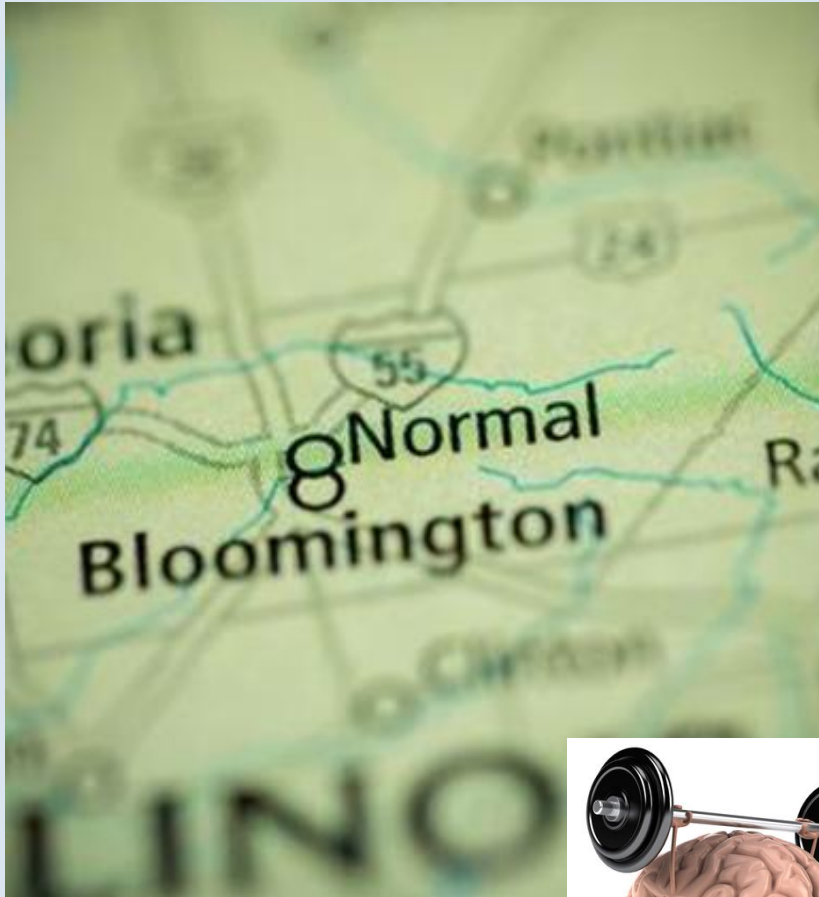
PFC Last Part of Brain to Fully Develop

- Completes around age 25 in females and 28 in males
- Planning, judgment, forethought, impulse control, organization, time management, procrastination, goal planning, learning from mistakes

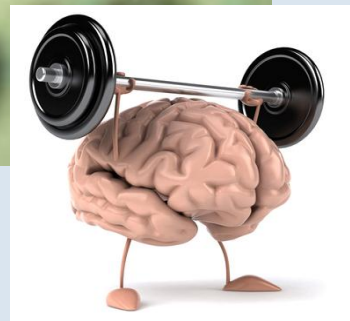


Back2Basics4Life.com
Simplify. Reset. Thrive.

Welcome to Normal!

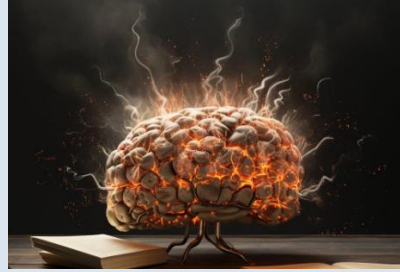


- Most of us have issues
- 51% of the US population will have a mental health issue at some point in their life
- If you struggle with attention, focus, sadness, anxiety, worry, flexibility, stubbornness, or impulsivity....
Welcome to Normal!
- **The good news is you can change your brain and change your life.**



Back2Basics4Life.com
Simplify. Reset. Thrive.

Brain Robbers



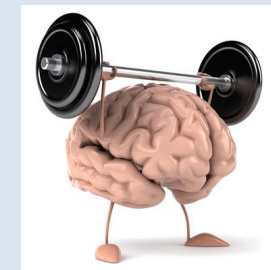
- Excessive Caffeine
- Excessive Computer Use
- Excessive Cell Phone Use
- Excessive Text Messaging
- Excessive TV
- Excessive Video Games
- Fear of Failure
- Alcohol Use
- Drug Use
- Environmental Toxins
- Head Injury
- High Stress
- Irrational Fears
- Negative Thinking
- Not Challenging Yourself
- Poor Diet
- Poor Mental Exercise
- Poor Sleep
- Poor Water Intake
- Smoking
- Staying in a Routine



Back2Basics4Life.com
Simplify. Reset. Thrive.

Brain Enhancers

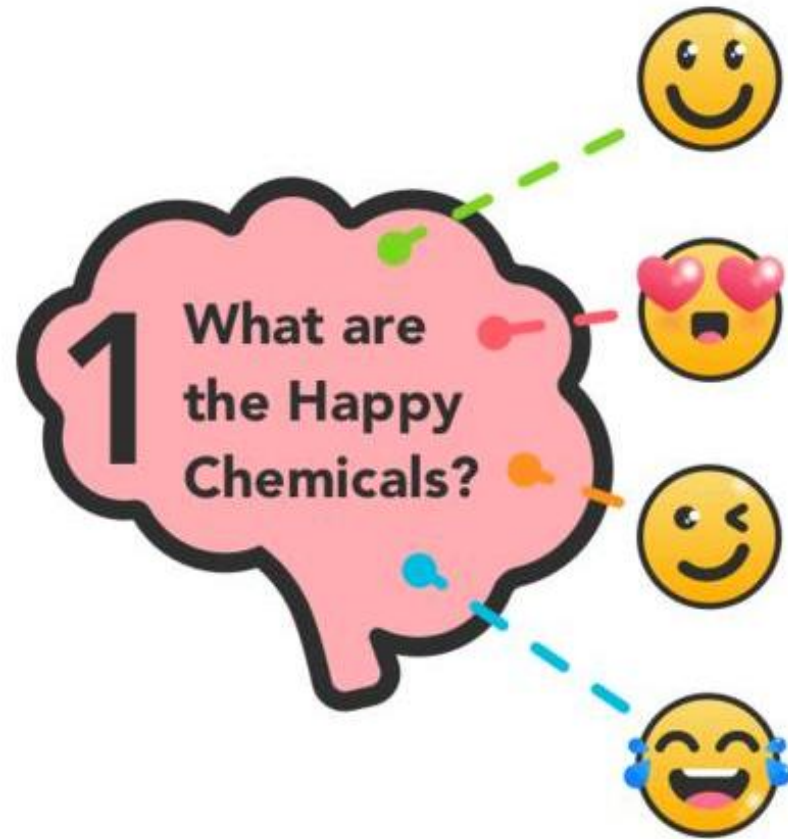
- Sleep 7-8 hours
- Limited Screen Time
- Intention
- Gratitude
- Appreciation
- Protecting Your Brain
- Positive Thinking
- Challenging Yourself
- Mozart and Strauss
- Hydration
- Meditation
- Deep Relaxation Techniques
- Exercise
- Mental Exercise
- Great Diet
- Healthy Weight
- Healthy Routines



Back2Basics4Life.com
Simplify. Reset. Thrive.

GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good



DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression



Back2Basics4Life.com
Simplify. Reset. Thrive.

GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

DOPAMINE

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

OXYTOCIN

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

SEROTONIN

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

ENDORPHINS



Back2Basics4Life.com
Simplify. Reset. Thrive.

GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good



3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

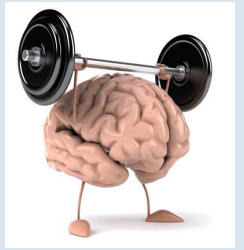
- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate



How much time do you have?



5 minutes

Try a breathing exercise.
Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat

Dance or sing to a favorite song.

Change position; stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.

15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.

Call a friend or family member to catch up and check in.

Take a bath or shower.

30 minutes

Download a mindfulness app.
There are many free apps available online.

Play a game, work on a puzzle, or try a new online game.

Join a parent support group.

Go for a jog, do tai chi, or any physical activity that makes you happy.



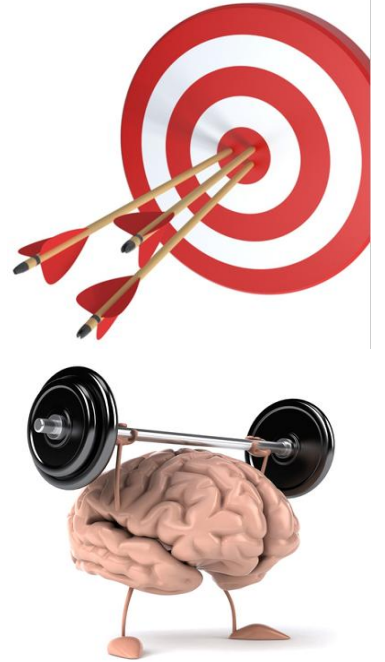
Idea #1: Practice Gratitude

20 Seconds Thinking of One Thing You are Grateful For Each Day

Science says if you can put your attention on one thing for 20 seconds continuously, it etches or imprints it in the pre-frontal cortex.

20 Minute Gratitude Letter Once Per Week

Sciences says if you write a gratitude letter for 20 minute to someone once a week (and you don't even need to send it) - this awakens hormones and chemicals and starts impacting the neurological framework of your brain.



Back2Basics4Life.com
Simplify. Reset. Thrive.

Idea #1: Practice Gratitude

Wake up each day saying...
“Today is going to be a great day.”

End the day asking yourself
“What went well today?”

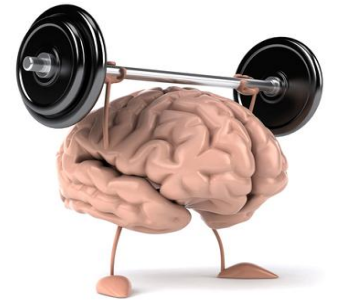


Idea #1: Practice Gratitude

Things I am Grateful For....

People	Places	Things

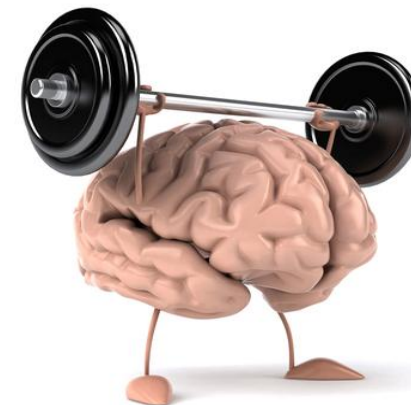
The Gratitude Experiment -
https://www.youtube.com/watch?v=U5lZBjWDR_c



Back2Basics4Life.com
Simplify. Reset. Thrive.

Idea #2: Watch Your Thoughts

- Thoughts are powerful!
- Thoughts release chemicals that change your brain and body
- Can immediately change how we feel
- Changes your brain wave pattern, hand temperature, sweat gland activity, heart rate, breathing rate and muscle tension
- Our natural tendency is to be negative



Idea #2: Watch Your Thoughts

KILL THE ANTS (Automatic Negative Thoughts)

ANTs steal your happiness

Thoughts lie -- a lot!

Learning to kill the ANTs:

- Decreases anxiety and depression
- Improves self-esteem
- Improves relationships and schoolwork



Back2Basics4Life.com
Simplify. Reset. Thrive.

Idea #2: Watch Your Thoughts

Eliminate the ANTS Tool

Whenever you feel sad, mad, or nervous write down your automatic negative thoughts (ANTs)

Talk back to them using 5 Questions:

1. Is it true?
2. Can I absolutely know it's true?
3. How do I feel when I have the thought?
4. How would I feel without the thought?
5. Turn it around to its opposite thought?



Back2Basics4Life.com
Simplify. Reset. Thrive.

Idea #2:

Watch Your Thoughts

What do you want?

What are you doing to make it happen?

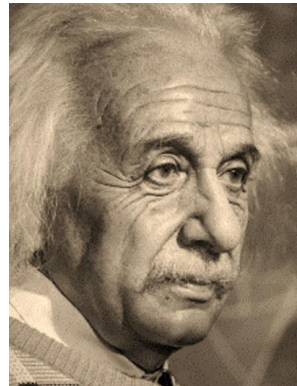
- *Relationships*
- *School/work*
- *Money*
- *Physical*
- *Emotional*
- *Spiritual*



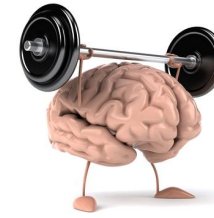
Back2Basics4Life.com
Simplify. Reset. Thrive.

Idea #3: Work Your Brain

- It's like a muscle. The more you use it, the stronger it becomes
- New learning makes new connections
- No learning causes disconnections
- Spend at least 15 minutes/day learning something new
- Never too late to start learning new things!



Idea #3: Work Your Brain



- Visit new places
- Join a reading group
- Cross-train in jobs
- Sign up for classes outside your interest
- Learn to play a musical instrument
- Surround yourself with people smarter than you
- Word games
- New language
- New dance steps
- Laughter
- Shake up your routine



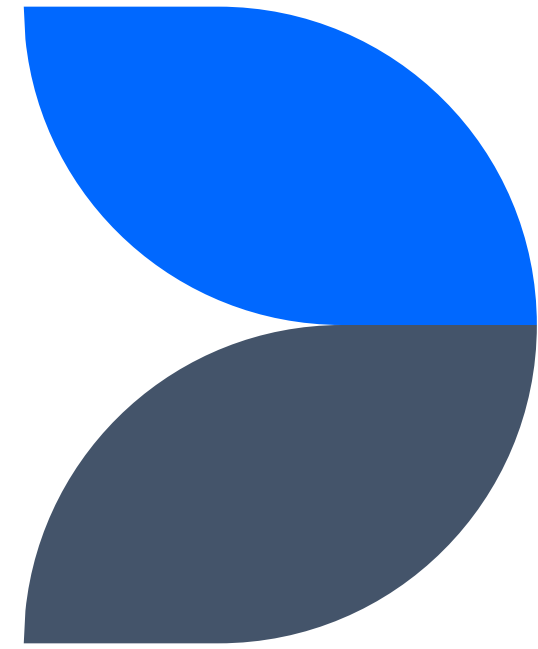
Idea #4: Destress Your Brain

- Need to teach the brain to relax
- Make it a daily practice
- Keep it simple
- Use your five senses
- Relaxation counters the fight or flight response
- Physical reactions: Warms hands, lowers sweat gland activity, slows the heart rate speed, flows and deepens breathing, lowers muscle tension



Idea #4: Destress Your Brain

Simple Hand Warming Technique

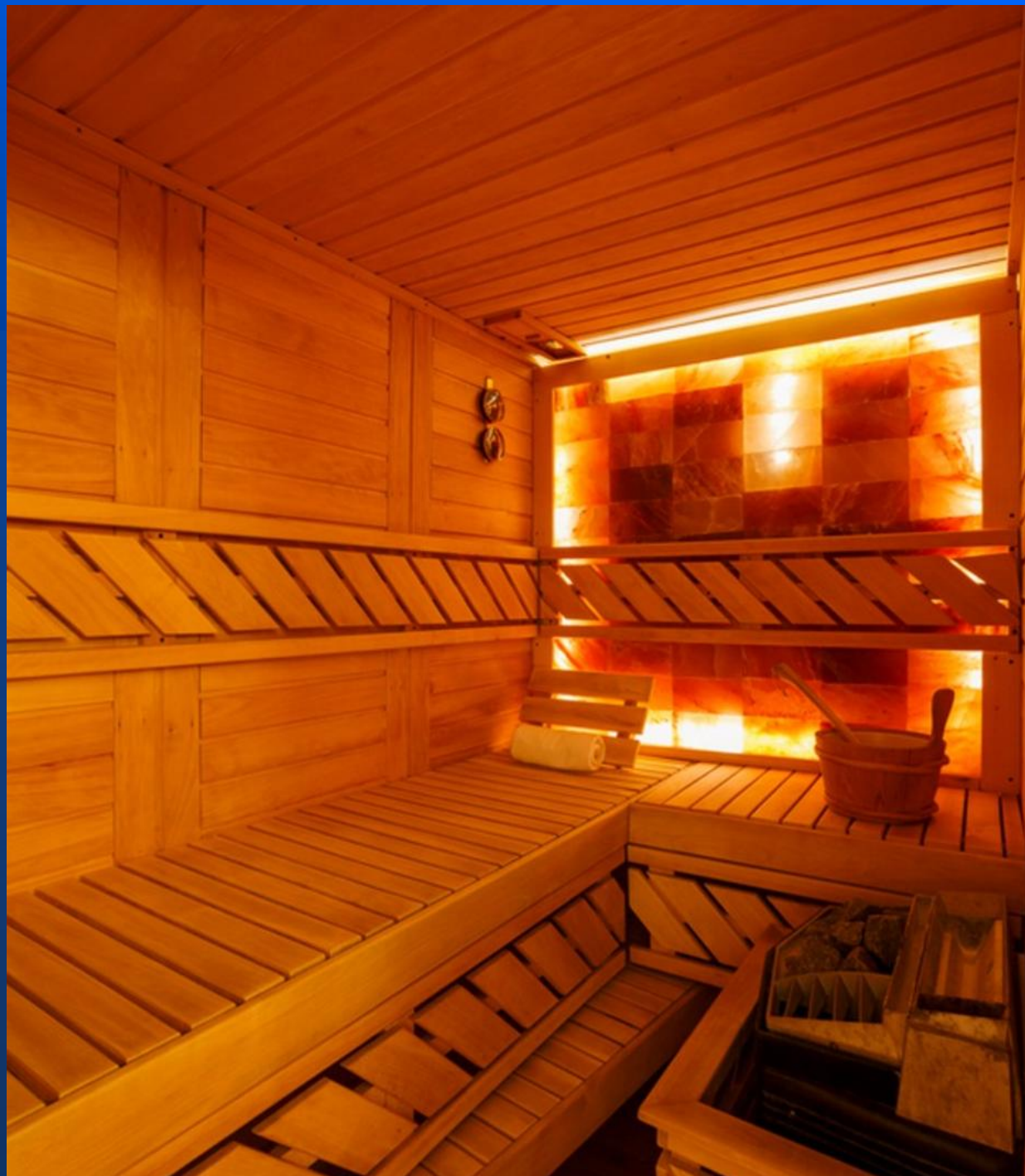














Idea #4: Destress Your Brain

Diaphragmatic Breathing Exercise

1. Whenever you feel stress, anxious or tense, take a deep breath.
2. Hold it for four or five seconds.
3. Slowly exhale, taking about six to eight seconds to exhale completely.
4. Repeat this series about ten times.
5. Chances are you will start to feel relaxed.



Idea #4: Destress Your Brain

Meditation



- Many different forms
- Very simple
- Improves both physical and mental health

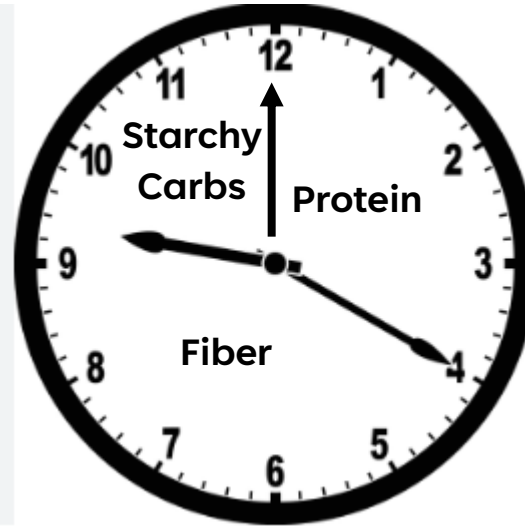


Idea #5: Nourish Your Brain



LONGEVITY FOOD LIST	
VEGETABLES	☐ Fennel ☐ Leafy Greens ☐ Potatoes ☐ Shiitake mushrooms ☐ Squash ☐ Sweet potatoes ☐ Wild greens ☐ Yuca ☐ Seaweed ☐ Kohlrabi
FRUITS	☐ Avocados ☐ Bananas ☐ Lemons ☐ Papayas ☐ Tomatoes ☐ Sweet peppers
BEANS (LEGUMES)	☐ Black beans ☐ Black-eyed peas ☐ Chickpeas ☐ Fava beans ☐ Lentils ☐ Peas ☐ Peanuts
GRAINS	☐ Barley ☐ Brown rice ☐ Maize nixtamal
	☐ Oatmeal ☐ Whole grain bread ☐ Quinoa ☐ Farro ☐ Amaranth ☐ Millet
	NUTS AND SEEDS
	☐ Almonds ☐ Brazil nuts ☐ Cashews ☐ Walnuts ☐ Chia seeds ☐ Pecans
	BEVERAGES
	☐ Coffee ☐ Green tea ☐ Herbal teas ☐ Red wine ☐ Water
	OTHER
	☐ Garlic ☐ Honey ☐ Mediterranean herbs ☐ Milk thistle ☐ Olive oil ☐ Soy milk ☐ Tofu ☐ Turmeric ☐ Miso ☐ Dashi broth

BLUE ZONES® ©2020 Blue Zones, LLC. All Rights Reserved.



<https://www.facebook.com/watch/?v=634903261894361>

HUBERMAN LAB



Eat the rainbow!



Back2Basics4Life.com
Simplify. Reset. Thrive.

BRIGHT MINDS

11 Major Risk Factors & Brain Healthy Habits



- B - Blood Flow:** Walk like you are late for 45 min at least 4 times/week
- R - Retirement/Aging:** Engage in 15 minutes of new learning each day
- I - Inflammation:** Floss your teeth regularly to avoid periodontal disease
- G - Genetics:** Know your family history risk factors and start preventing them as soon as possible
- H - Head Trauma:** Protect your head (stop texting and driving)
- T - Toxins:** Detoxify your body by taking regular saunas

Change Your Brain Every Day by Dr. Daniel G. Amen



Back2Basics4Life.com
Simplify. Reset. Thrive.

BRIGHT MINDS

11 Major Risk Factors & Brain Healthy Habits



M - Mental Health: Whenever you are sad, mad, nervous, or out of control, write down your negative thoughts and ask, “Is this true?”

I - Immunity/Infections: Know and optimize your vitamin D level

N - Neurohormone Issues: Test your hormones yearly and work with your doctor to optimize them

D - Diabetes: Eat a brain-healthy diet

S - Sleep Issues: Aim for seven hours of sleep a night

Change Your Brain Every Day by Dr. Daniel G. Amen



Back2Basics4Life.com
Simplify. Reset. Thrive.

Thank you!

Brain Fit for Life

*Simple Ideas for Creating
Balance in Work, School, & Life*

Jennifer Jelavich, Back2Basics4Life.com

(925) 997-4952 – phone/text

Jennifer@Back2Basics4Life.com



Back2Basics4Life.com
Simplify. Reset. Thrive.