

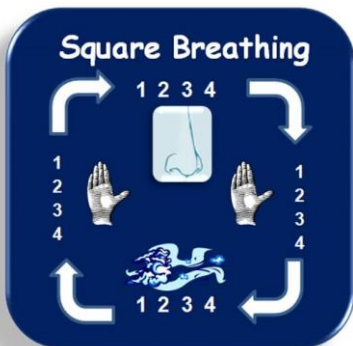
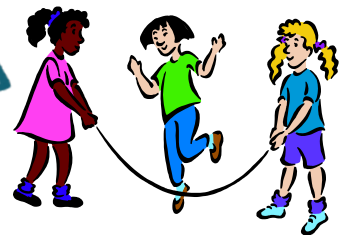
The Recipe to **GROW** your brain

Eat a balanced diet
with leafy greens, eggs,
nuts, fish, & lots of
water!

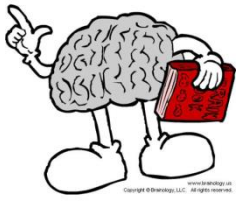


Sleep 9-10 hours
EVERY night!

Get Your exercise!



Use your calming
strategies!



Your strategy for
ANY big problem!

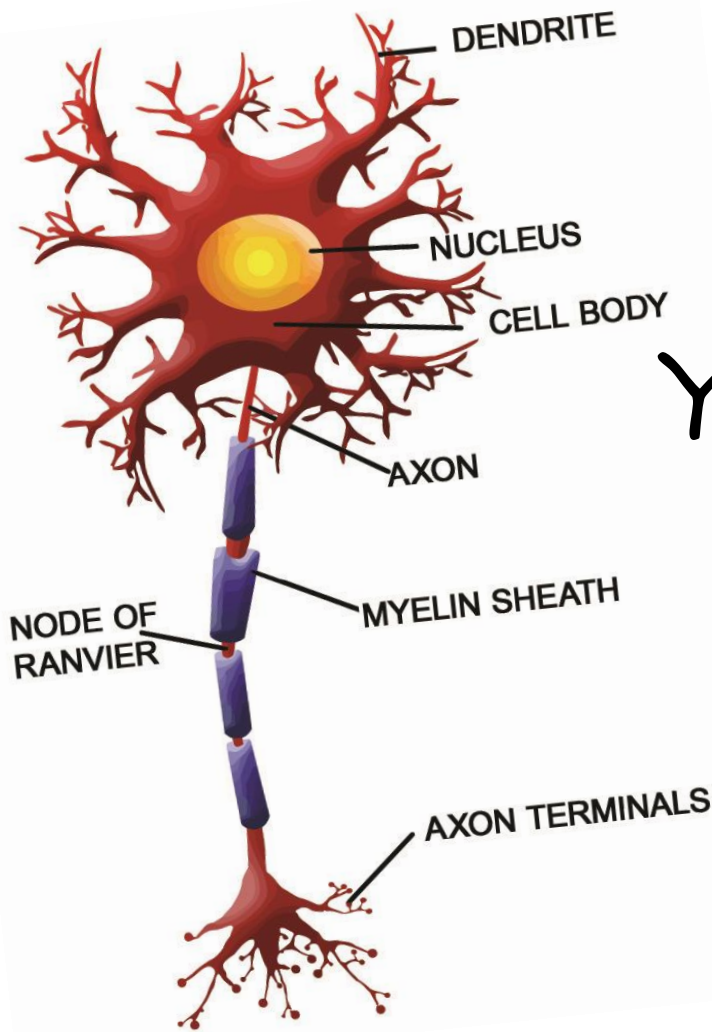
B.reak it down

R.epeat

A.ction

I.nformation search

N.ever give up!



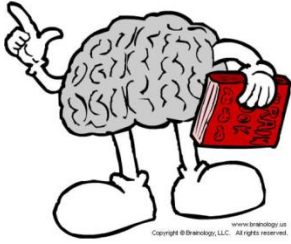
GROW

Your Brain Neurons

- ✓ You have **BILLIONS** of neurons!
- ✓ You can grow **MORE** all the time!
- ✓ Healthy **CHOICES** grow healthy **BRAINS!**

Calm Brains Learn!

Use your strategies...



Square Breathing



Visualization

Positive Self-Talk

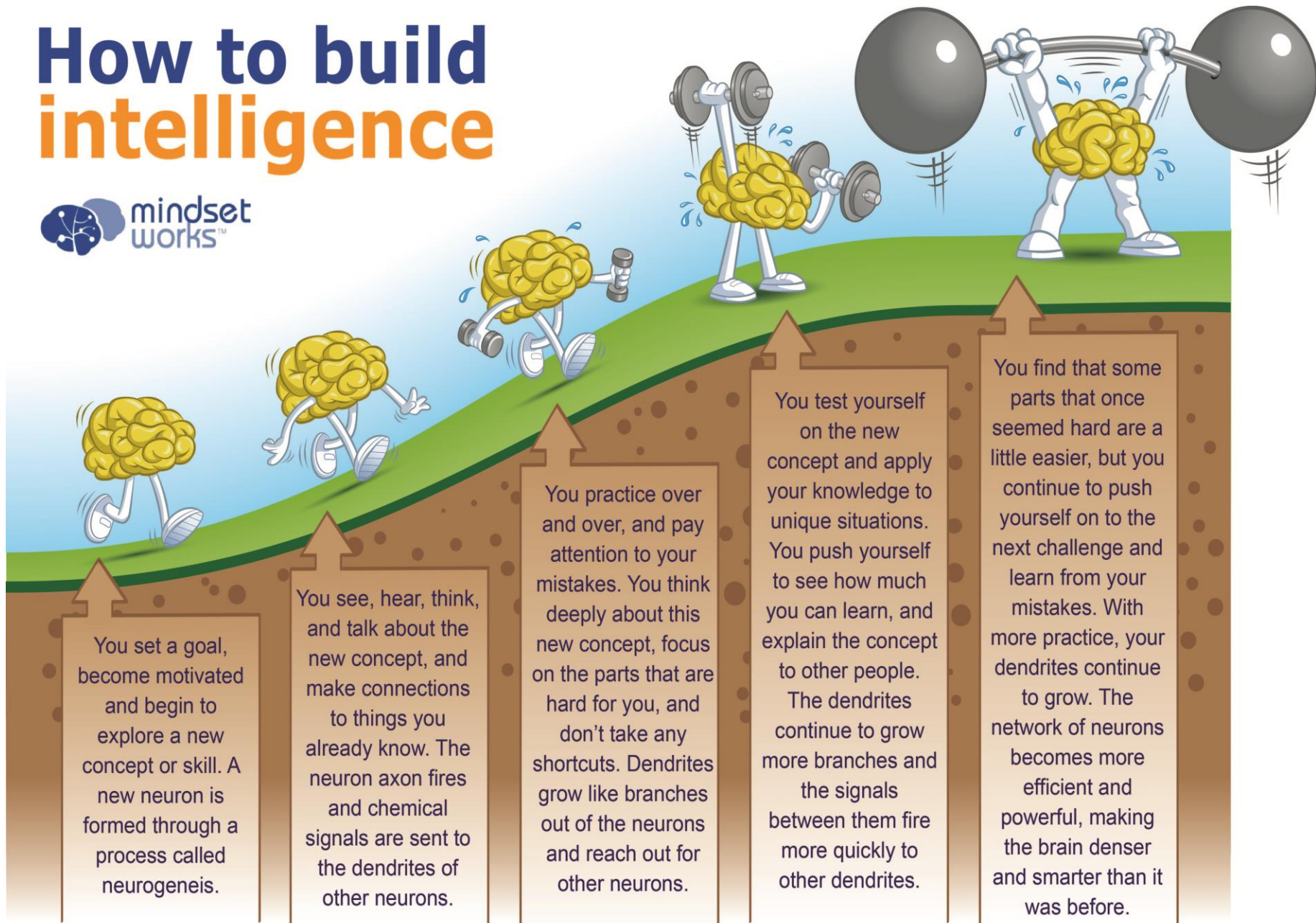


More practice will get me there!



Avoid Fight or Flight Syndrome!

How to build intelligence



You set a goal, become motivated and begin to explore a new concept or skill. A new neuron is formed through a process called neurogenesis.

You see, hear, think, and talk about the new concept, and make connections to things you already know. The neuron axon fires and chemical signals are sent to the dendrites of other neurons.

You practice over and over, and pay attention to your mistakes. You think deeply about this new concept, focus on the parts that are hard for you, and don't take any shortcuts. Dendrites grow like branches out of the neurons and reach out for other neurons.

You test yourself on the new concept and apply your knowledge to unique situations. You push yourself to see how much you can learn, and explain the concept to other people. The dendrites continue to grow more branches and the signals between them fire more quickly to other dendrites.

You find that some parts that once seemed hard are a little easier, but you continue to push yourself on to the next challenge and learn from your mistakes. With more practice, your dendrites continue to grow. The network of neurons becomes more efficient and powerful, making the brain denser and smarter than it was before.