

The Recipe to GROW Your brain

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



Sleep 9-10 hours
ERY night!

Get Your exercise!



Use your calming rategies!

www.mindsetworks.com



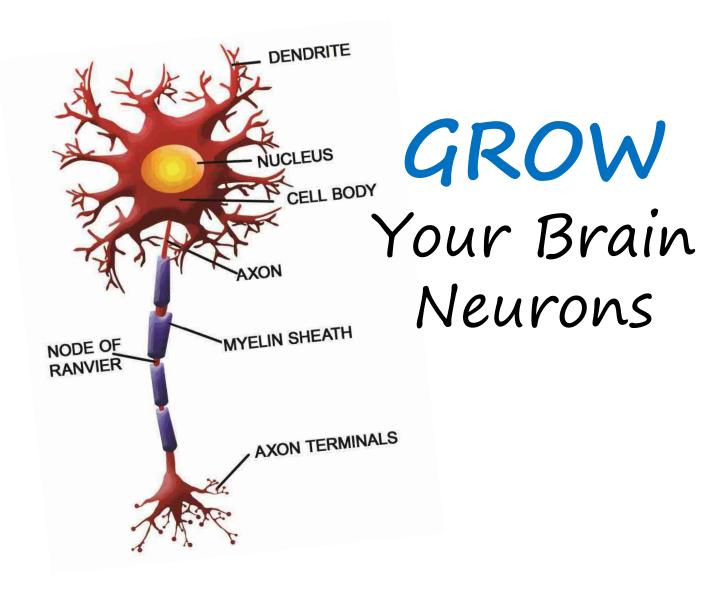
R. epeat

A. ction

nformation search

N. ever give up!





- ✓ 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







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 axon of the neuron fires chemical signals 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 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.