

The Recipe to **GROW** your brain

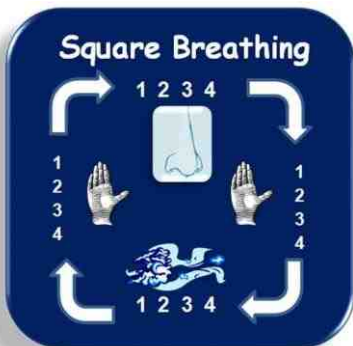
Eat a balanced diet
with leafy greens, eggs,
nuts, fish, & lots of
water!



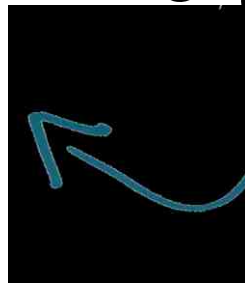
Sleep 9-10 hours
EVERY night!

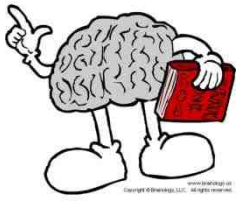


Get Your exercise!



Use your calming
strategies!





Your strategy for
ANY big problem!

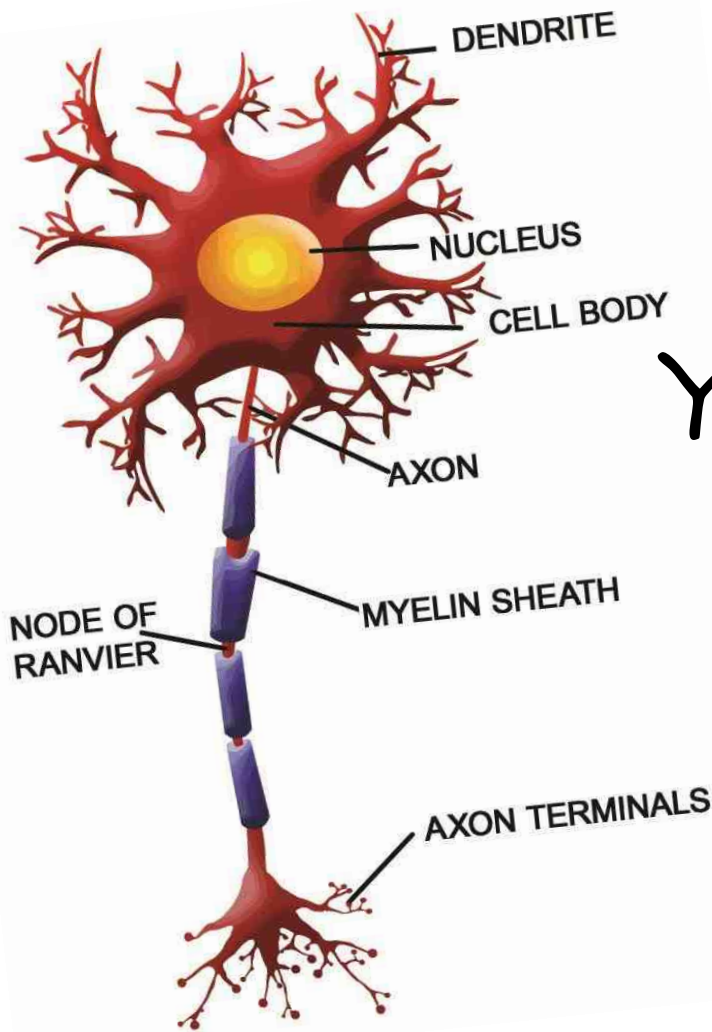
B.reak it down

R.epeat

A.ction

I.nformation search

N.ever give up!



GROW

Your Brain Neurons

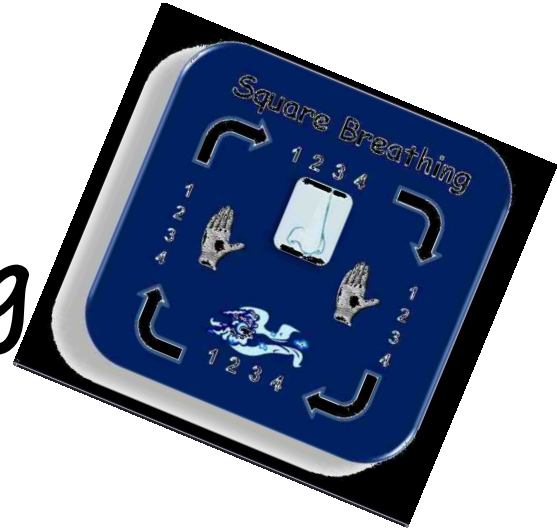
- ✓ You have **BILLIONS** of neurons!
- ✓ You can grow **MORE** all the time!
- ✓ Healthy **CHOICES** grow healthy **BRAINS!**

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

