

Brain Awareness Week

March 11th -17th

WHAT IS BRAIN HEALTH?

Good brain health means more than just the absence of disease. It also includes overall healthy cognitive functioning, resilience, and a state of well-being where individuals feel able to fulfill their potential.



TIPS FOR GOOD BAIN HEALTH

- Positive Sleeping patterns
- Sufficient Movement
- Balanced Diet
- Reading
- New Experiences
- Positive relationships

GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and have a lot of energy in the morning. 7-8 hours is recommended.



SUFFICIENT MOVEMENT

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy. Regular aerobic exercise boosts blood flow to your brain, and also boosts the size of your hippocampus, the part of your brain that's involved in verbal memory and learning.



BEST EXERCISE FOR BRAIN HEALTH?

Reading can rewire your brain, create new neural networks, and strengthen the white matter in the corpus callosum, which enhances communication between the two brain hemispheres. This allows you to process information more efficiently, helping you learn faster.

FOOD & BRAIN HEALTH

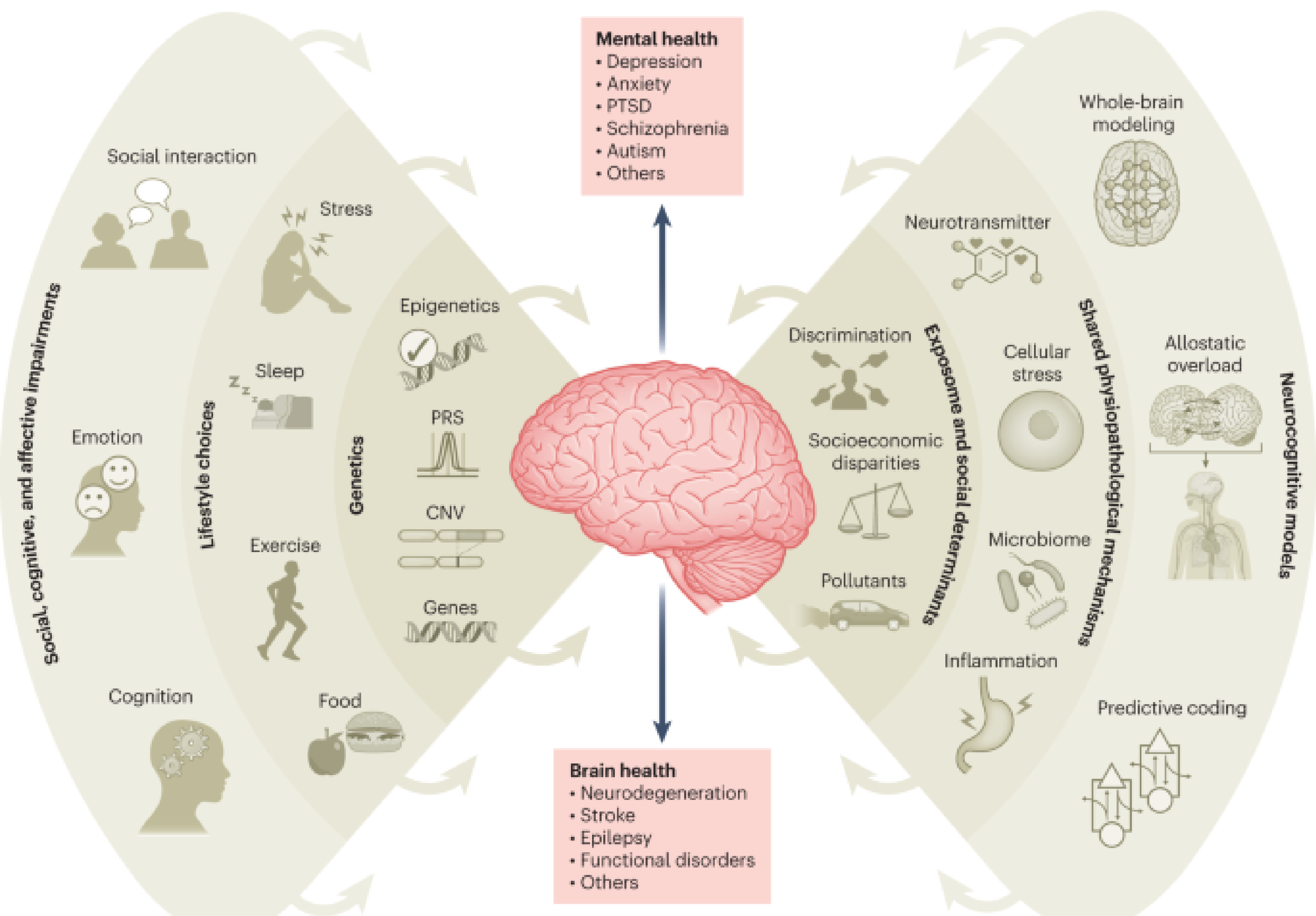
The food you eat affects neurons, which are the major cells of the brain. In the brain, an unhealthy diet that is rich in fats and sugars causes inflammation of neurons and inhibits the formation of new neurons. This can affect the way the brain works and contribute to brain disorders like depression.



SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness.

The Relationship between Mental Health & Brain Health

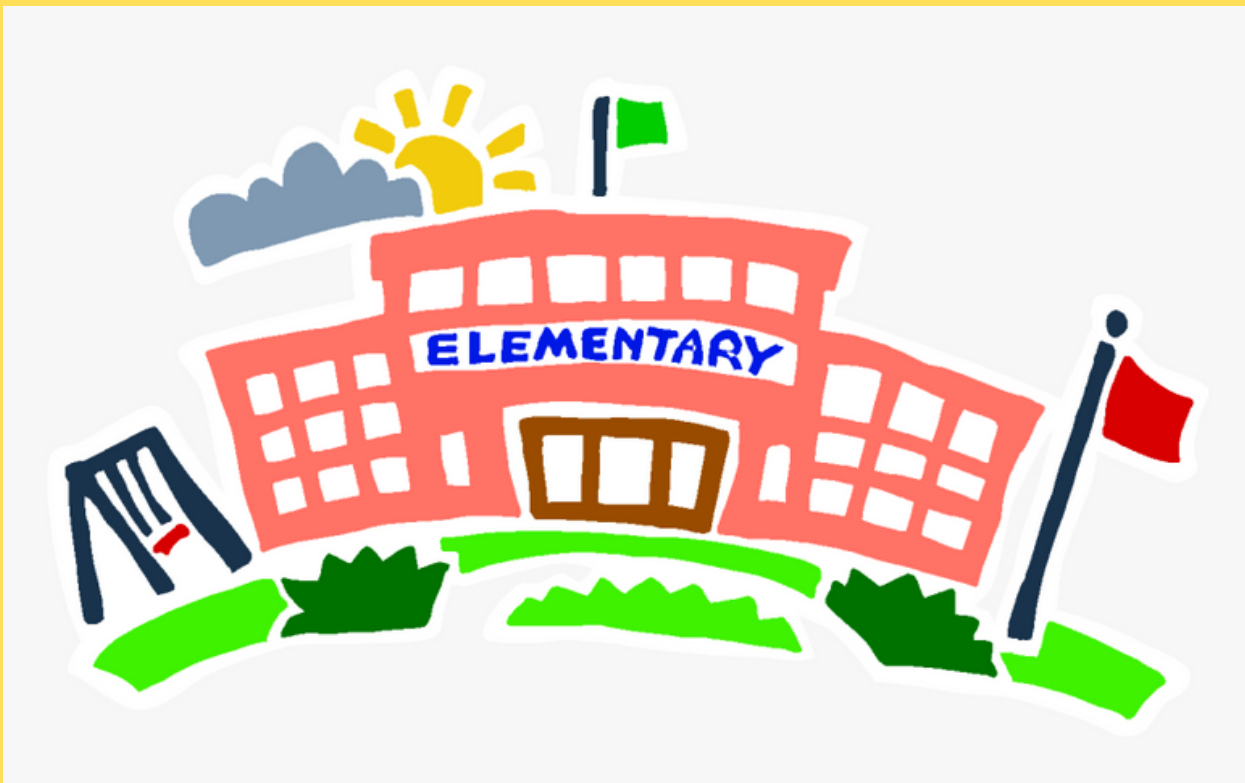


The Brain is Physiology while the Mental is Perception

The Brain is responsible for all functions of the body including how we move, communicate, make decisions and interpret our surroundings. Our brain also processes our thoughts, behaviors, feelings, and emotions. This is why we can't talk about mental health without looking at brain health.

CLUB ACTIVITY IDEAS

POSITIVE AFFIRMATION - Volume 3 (Videos for teachers to present to students)



Kindergarten to 2nd Grade; <https://youtu.be/MS703xIpyBM>

3rd - 5th Grade; <https://youtu.be/1XYoduQMAjU>

3rd-5th Grade; <https://youtu.be/1FMGG84mL9U>

FEELINGS

(Videos for teachers to present to students)

Kindergarten - 2nd Grade; <https://youtu.be/0eJj21e3GMM>

3rd-5th Grade; https://youtu.be/Z6SGZ_UplZM

SCHOOL CLIMATE CALMING ACTIVITIES

- NATURE WALKS
- BINOCULARS FOR CLOSEUPS
- CAMERA TO CAPTURE THE MOMENTS
- WATER TO STAY HYDRATED
- CALMING GARDENS
- THE TALKING CORNER: SAFE-PERSON
- COMMUNICATION CORNER

MY MENTAL BREAKDOWN CUP ACTIVITY - CREATE A CUP WITH COPING SKILLS SUCH AS IT'S OKAY TO CRY, IT'S OK IF I DON'T FEEL MOTIVATED, I DON'T NEED TO FEEL HAPPY ALL THE TIME, I TRUST WHAT I AM GOING THROUGH, THERE IS NOTHING WRONG WITH FEELING YOUR EMOTIONS, I ALLOW MYSELF TO FEEL MY ANXIETY.

RELEASING STRESS ACTIVITIES:

- LAUGHING ACTIVITY TO RELEASE DOPAMINE
- MACARENA DANCE -STUDENTS VS STAFF
- ELECTRIC SLIDE DANCE
- CUPID SHUFFLE DANCE
- YMCA DANCE
- SAND TRAY & RAKE SPACE TO RELEASE FEELINGS

OTHER ACTIVITIES:

COLORING BOOK FOR TEENS.

TELEPHONE GAME TO LEARN HOW MESSAGES CAN BE DISTORTED. THE POWER OF YOUR WORDS.

I AM ACTIVITY : I 'M (INSERT POSITIVE POSITIVE STATEMENT).

HAVE AN OPEN FORUM FOR SUGGESTIONS AND RECOMMENDATIONS BY STUDENTS.



BRAIN AWARENESS ACTIVITIES & EATING DISORDER AWARENESS – HIGH SCHOOL

ACTIVITIES TO KEEP YOUR BRAIN HEALTHY

[HTTPS://WWW.HEALTHXCHANGE.SG/HEAD-NECK/BRAIN-NERVOUS-SYSTEM/ACTIVITIES-TO-KEEP-YOUR-BRAIN-HEALTHY](https://www.healthxchange.sg/head-neck/brain-nervous-system/activities-to-keep-your-brain-healthy)

- 1.READ
- 2.DO PUZZLES (OPTIONS FOR PUZZLES & BRAIN TEASERS ARE IN LINK BELOW)
- 3.PLAY CHESS
- 4.PLAY MAHJONG
- 5.PLAY CARD GAMES

PUZZLE OPTIONS:

BRAIN TEASERS, PUZZLES AND GAMES FOR TEENS AND ADULTS

[HTTPS://SHARPBRAINS.COM/BRAINTEASERS/](https://sharpbrains.com/brain teasers/)

WAYS TO PARTICIPATE TO SPREAD AWARENESS FOR EATING DISORDERS:

SHARE INFORMATION ABOUT EATING DISORDERS

SHARE YOUR STORY

SHARE THE NEDA HELPLINE INFORMATION- 1 (866) 662-1235

ANAD HOTLINE (ANOREXIA NERVOSA AND ASSOCIATED DISORDERS):

888-375-7767

WEBSITE: [HTTPS://ANAD.ORG/GET-HELP/EATING-DISORDERS-HELPLINE/](https://anad.org/get-help/eating-disorders-helpline/)

EATING DISORDERS TOOL- QUESTIONNAIRE THAT ASKS QUESTIONS ABOUT SIGNS OF AN EATING DISORDER-

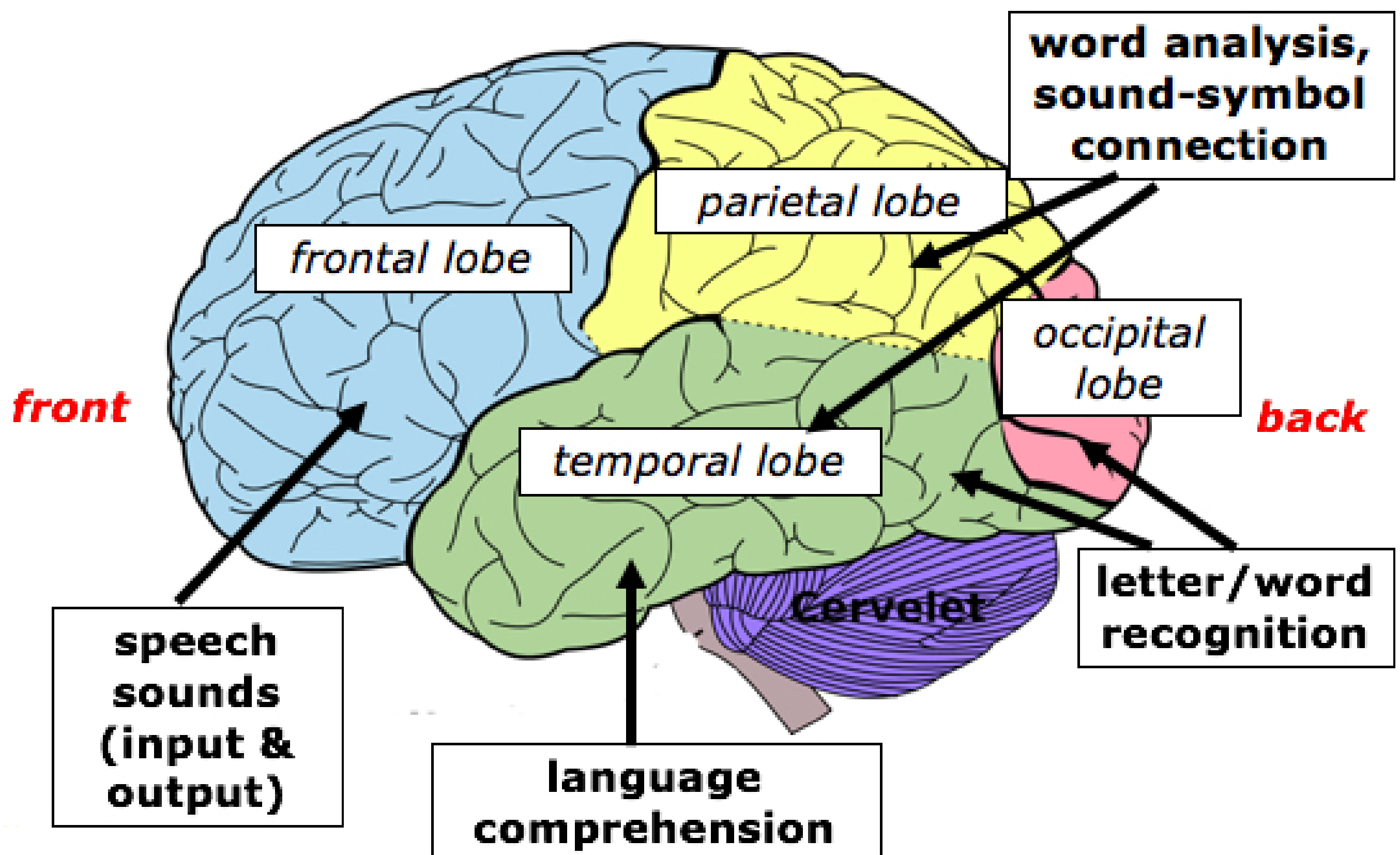
[HTTPS://WWW.NATIONALEATINGDISORDERS.ORG/SCREENING-TOOL/](https://www.nationaleatingdisorders.org/screening-tool/)



THE POWER OF READING ON BRAIN HEALTH

The Reading Brain

(the left hemisphere)

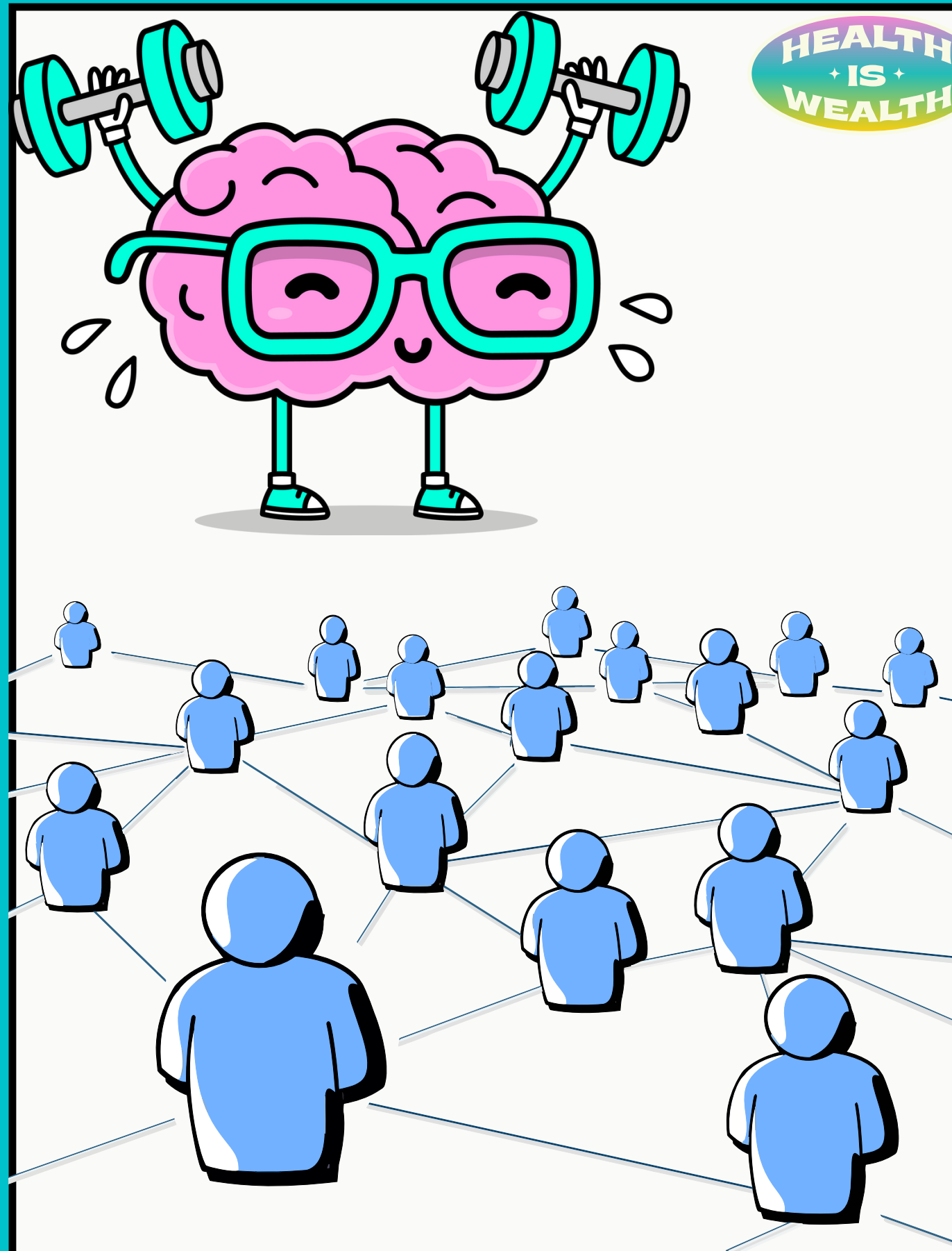


READING PUTS YOUR BRAIN TO WORK, AND THAT'S A VERY GOOD THING. THOSE WHO ENGAGE THEIR BRAINS THROUGH ACTIVITIES SUCH AS READING, CHESS, OR PUZZLES COULD BE 2.5 TIMES LESS LIKELY TO DEVELOP ALZHEIMER'S DISEASE THAN THOSE WHO SPEND THEIR DOWNTIME ON LESS STIMULATING ACTIVITIES. READING CAN IMPROVE BRAIN AND MEMORY FUNCTION AND KEEP YOUR BRAIN OPERATING MORE EFFECTIVELY AS YOU AGE. READING ALSO ENHANCES CONNECTIVITY IN THE BRAIN, REDUCES STRESS, PROMOTES RELAXATION, IMPROVES SLEEP, AND HAS THE POTENTIAL TO DECREASE THE LIKELIHOOD OF DEVELOPING ALZHEIMER'S.

SOCIAL RELATIONSHIPS & BRAIN HEALTH

Research indicates:

- People are healthier and live longer when they are socially engaged.
- Social engagement is associated with better cognitive and mental health.
- Engaging with others can protect your brain from the negative effects of social isolation.



Whether you engage with family, friends or coworkers, there's brain science that supports the health benefits of social relationships.

Strong social connections can also benefit more than just your brain. When you spend time socializing with others, you might feel a boost in your mood or notice you're sleeping better.