

# The Recipe to **GROW** your brain

Eat Nuts, Fish, and  
drink lots of water!



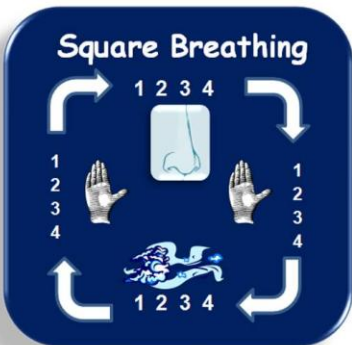
Sleep 9-10 hours  
**EVERY** night!

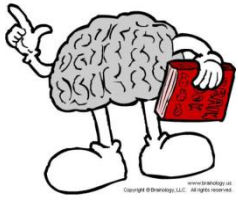


Get Your exercise!



Use your calming  
strategies!





Your strategy for  
**ANY** big problem!

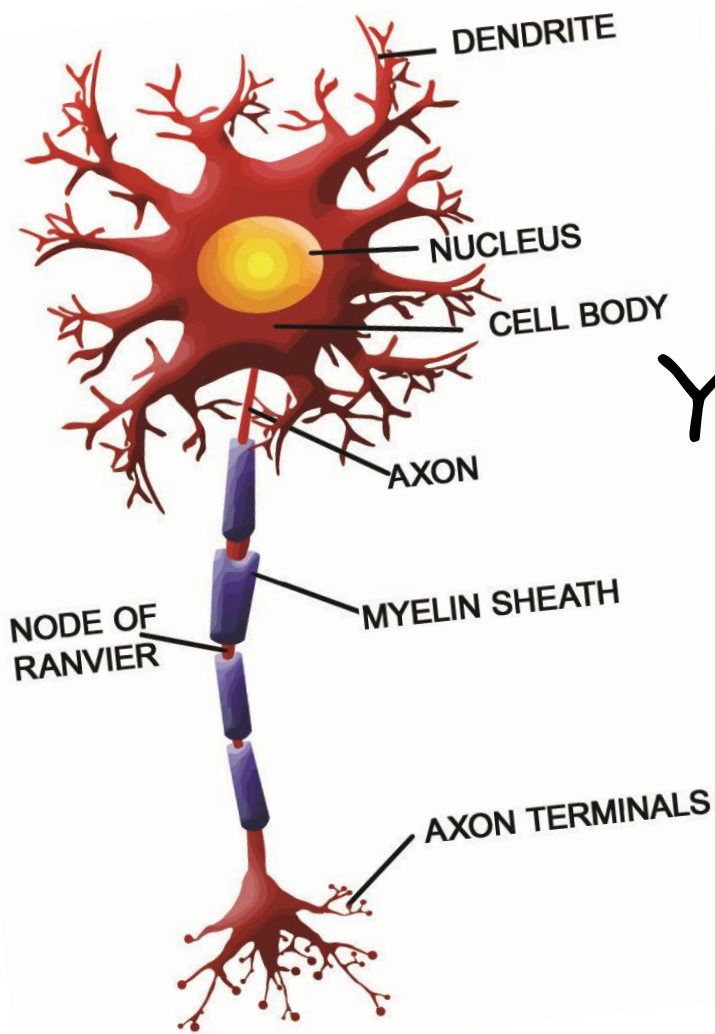
**B.**reak it down

**R.**epeat

**A.**ction

**I.**nformation search

**N.**ever give up!



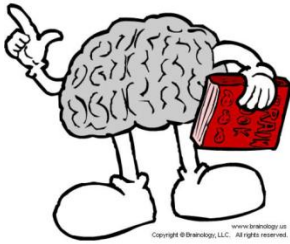
# GROW

## 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



## Avoid Fight or Flight Syndrome!