

# 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!

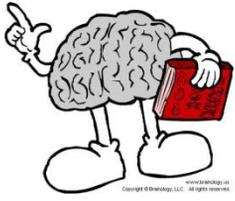


Get Your exercise!



Use your calming  
strategies!





Your strategy for  
**ANY** big problem!

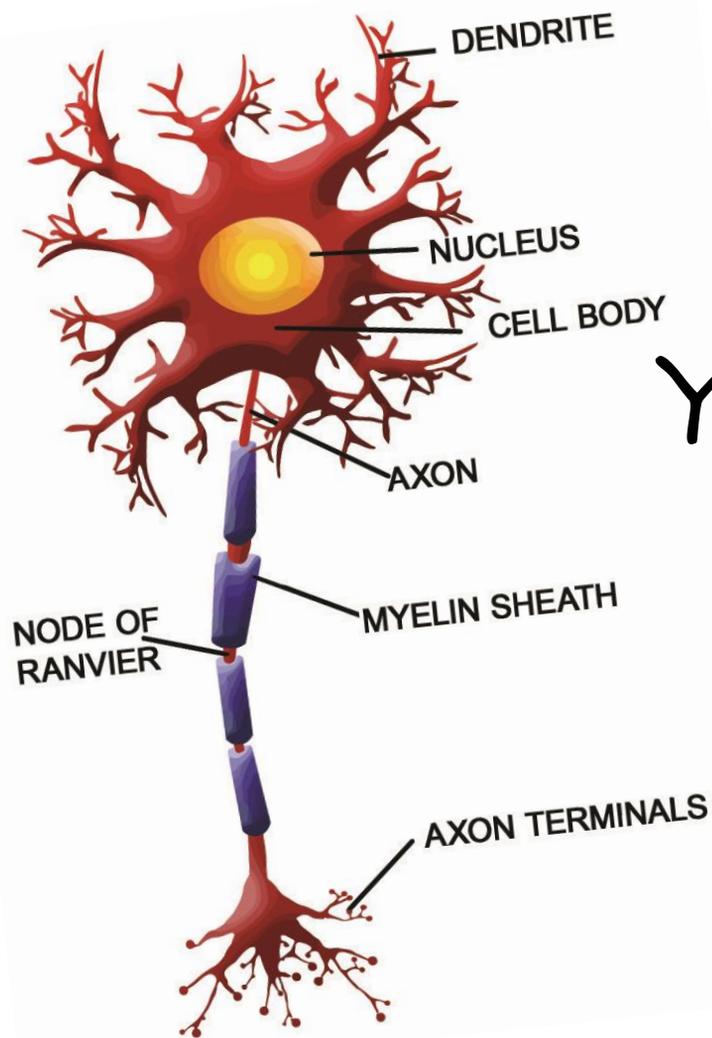
**B.**reak it down

**R.**epeat

**A.**ction

**I.**nformation search

**N.**ever give up!



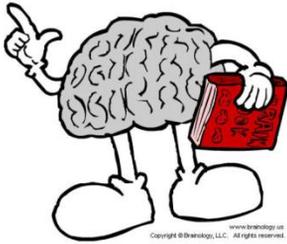
# GROW

## 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



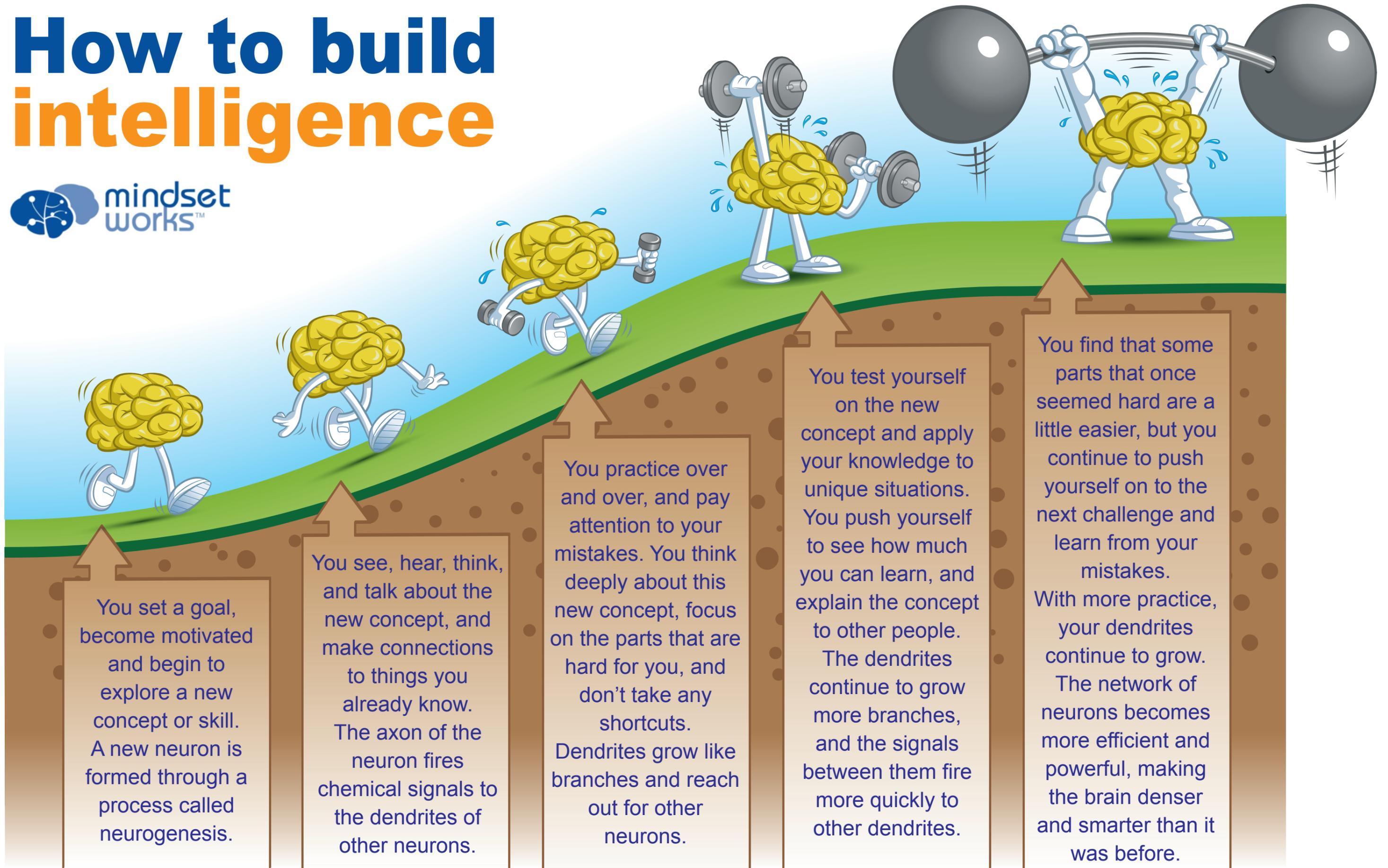
## Visualization

## Positive Self-Talk



## 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.