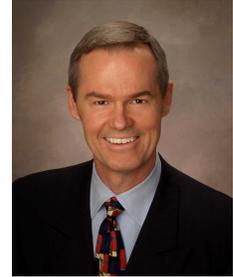


Manage Your Stress, Longevity and Brain Fitness: Which Brain Do You Want?



[Jim Muckle](#)

How many of us have suffered from Smallpox? Scarlet fever? Malaria? Bubonic plague? For most of us, these are diseases of the past. More recently, we've moved on to other challenges to our individual and collective health ...

"The diseases that plague us now are ones of slow accumulation of damage – heart disease, cancer, cerebrovascular disorders ... we have come to recognize the vastly complex intertwining of our biology and our emotions, the endless ways in which our personalities, feelings, and thoughts both reflect and influence the events in our bodies ... [in other words] stress can make us sick, and a critical shift in medicine has been the recognition that many of the damaging diseases of slow accumulation can be either caused or made worse by stress." (*Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress-Related Diseases, and Coping* by Dr. Robert M. Sapolsky)

This workshop, [available in 1/2-day or 1-day formats](#), will show you how you can use current brain research and the results of over 25,000 medical studies to enjoy the benefits of living younger for longer, and how you can help your colleagues, friends, and family members to do the same. Your amazing brain will thank you for investing in its health and wellness!

Program Topics

What is stress? Why should we care?

- Discover how stress happens and what it looks like in the brain and body.
- Learn to think about your stress in ways that will make it easier to manage.
- Find out why recovery from stress is different from other forms of recovery.
- Realize how stress affects your organs, body systems, and brain cells.
- Work with a 3-stage model to recognize important stress warning signs.
- Identify 5 important areas that you can take charge of to manage your stress.
- Consider 11 aspects of day-to-day living that can help you to live a more enjoyable life.
- Discover what happiness is in your thinking, and how happiness influences your stress.

Develop your Longevity Plan

- Identify the factors that have a significant influence on your longevity.
- Find out how to calculate your biological age, and get credit for all the day-to-day decisions that you make to keep yourself healthy and well. Learn why lower is better.
- Develop your personal longevity plan, and take home a listing of specific actions that you can take to improve your biological age.
- Explore practical ways to manage your biological age.
- Learn how you can help others around you can do the same.

How is your brain fitness?

- Discover state management. What it is? Why it's important? How to use it?
- Find out about neurobics. What it is? Why it's important? Your options?
- Identify the two basic rules for exercising your brain successfully.
- Learn how to grow new brain cells, and use them rather than lose them.

Who's in charge of your brain development?

- Explore brain development basics and take home tips for working with yours.
- Learn about aging brain risk factors and prudent steps for managing them.
- Develop a non-medical treatment and prevention strategy to improve your brain health.
- Learn why sooner is better.

At the end of this workshop, you will be able to:

- Recognize stress-related warning signs sooner, and make more-informed choices to options more effectively.
- Use your personal stress-reduction plan to improve your health and wellness.
- Update and maintain your longevity plan to reflect day-to-day changes.
- Continue to develop and implement your personal brain fitness plan.
- Manage your stress, longevity, and brain fitness more effectively.
- Help others around you to do the same.

Participant Value?

- Anyone who has an interest in stress, longevity, and brain fitness, and who would like to learn more about how the three are inter-connected, and about how they can manage each of these three health indicators more effectively. Employers who value the health and wellbeing of their employees will appreciate the significant returns on this training investment, and enjoy the benefits of working with a younger and healthier workforce.

For more information, visit us online at www.BrainsInAction.com, or contact us at: (T/M) (613) 841-4332 / (TF) 1-888-384-6666 / jim.muckle@BrainsInAction.com

IS YOUR
Brain
Doing Its BEST?
Work For You?