

Taking a Brain Health approach to Mental Health

Practical Strategies to build a healthy brain and body

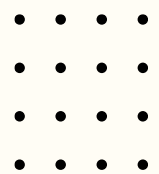
Presented by Karyn Chalk
www.changingways.co.nz





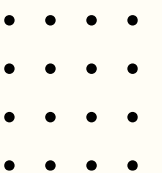
Our journey today...

- Connect with the importance of looking after your brain
- Understood that you can change the health of your brain
- Choose a strategy to help improve the health of your brain

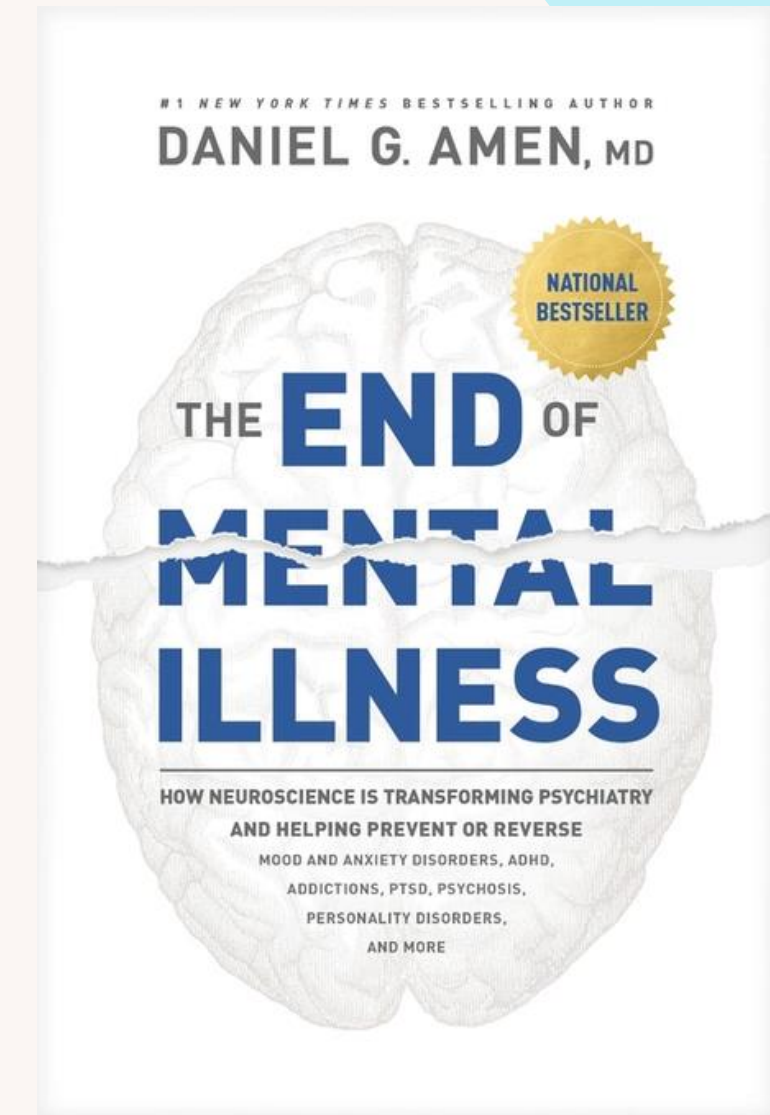
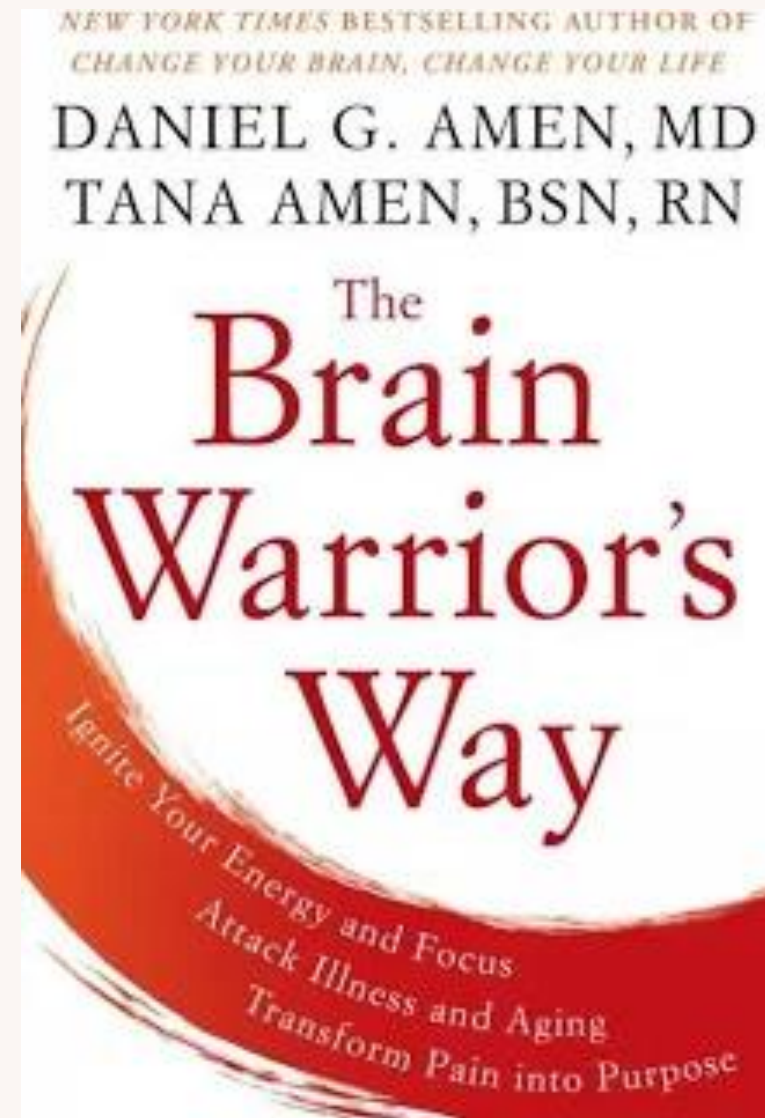
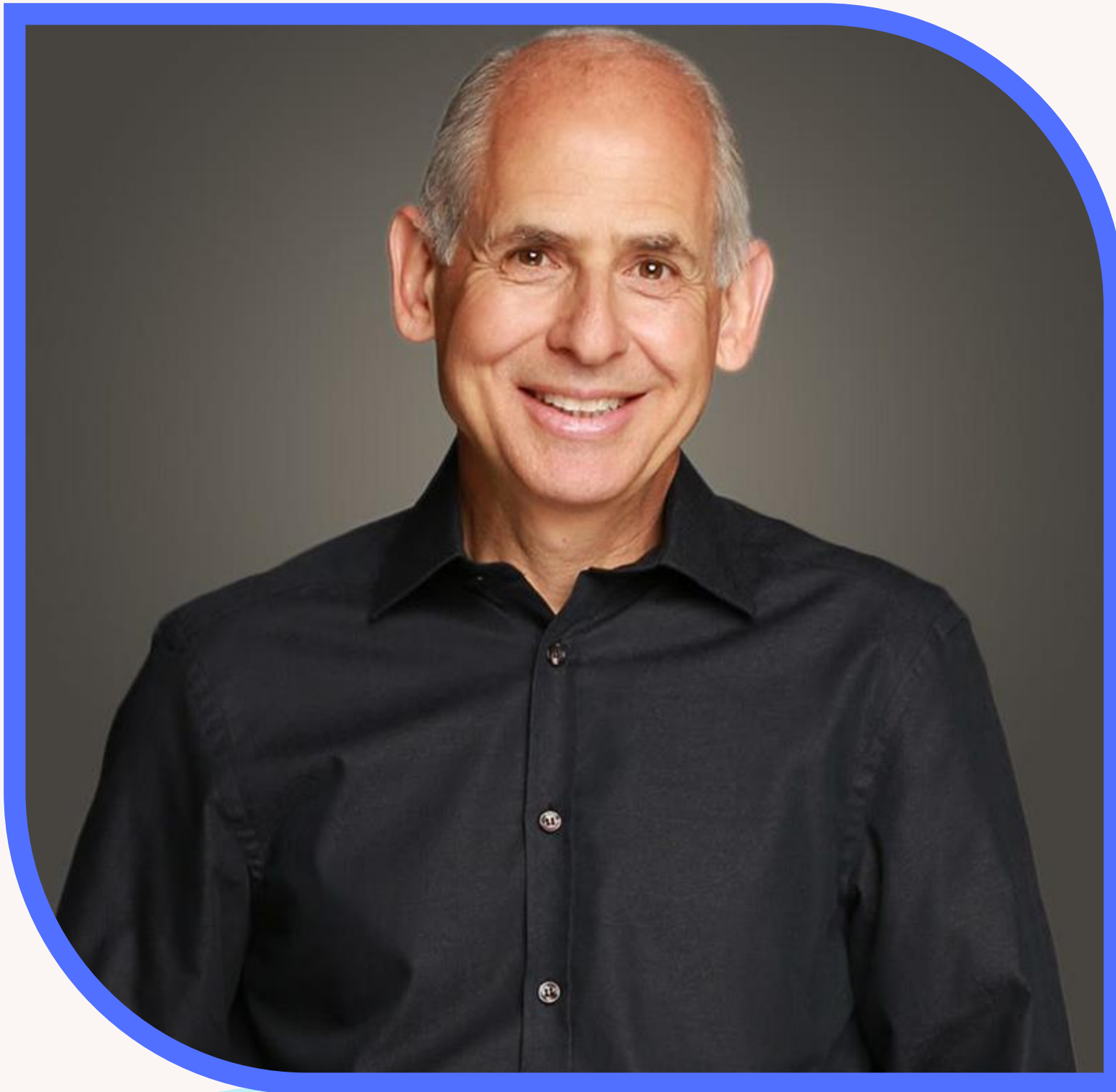


Choose something to improve....

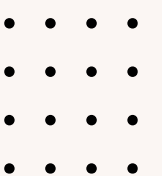
- **Health** – weight, sleep, exercise, tone up, fasting
- **Habit change** – go to bed earlier, less social media, flossing, sugar or caffeine intake, water
- **Relationships** – smoother, one in particular
- **Build inner strengths** – steady mind, confidence, joy, calm, determination, feeling capable

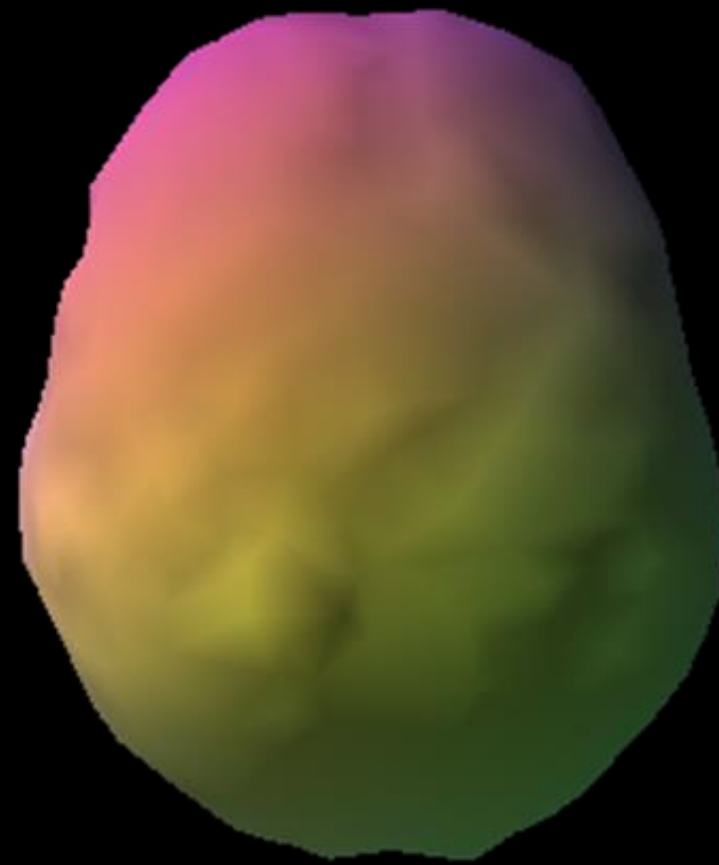


Dr Daniel Amen



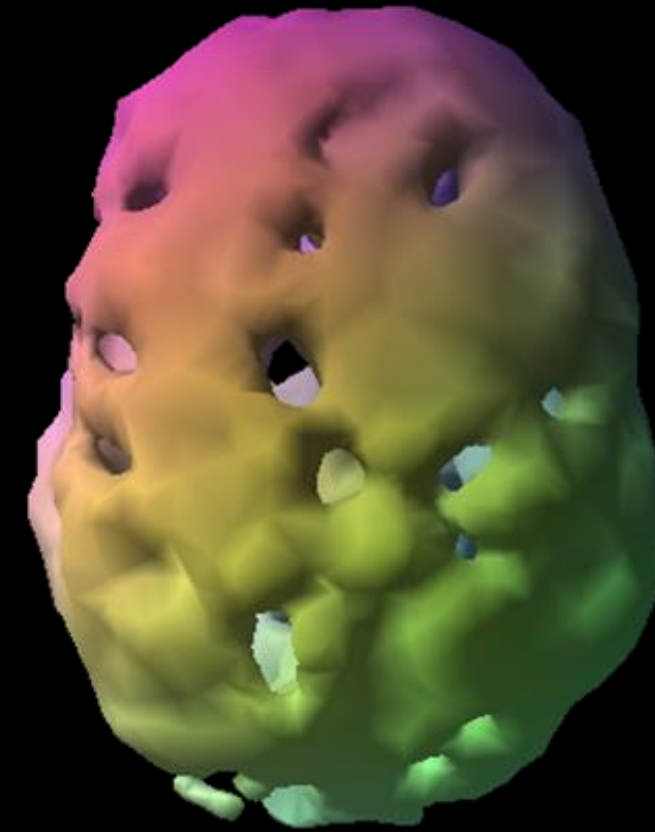
- Double board certified psychiatrist
- 300,000 SPECT scans
- NYT Best seller
- World leader in brain health





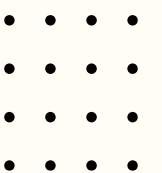
Healthy Brain

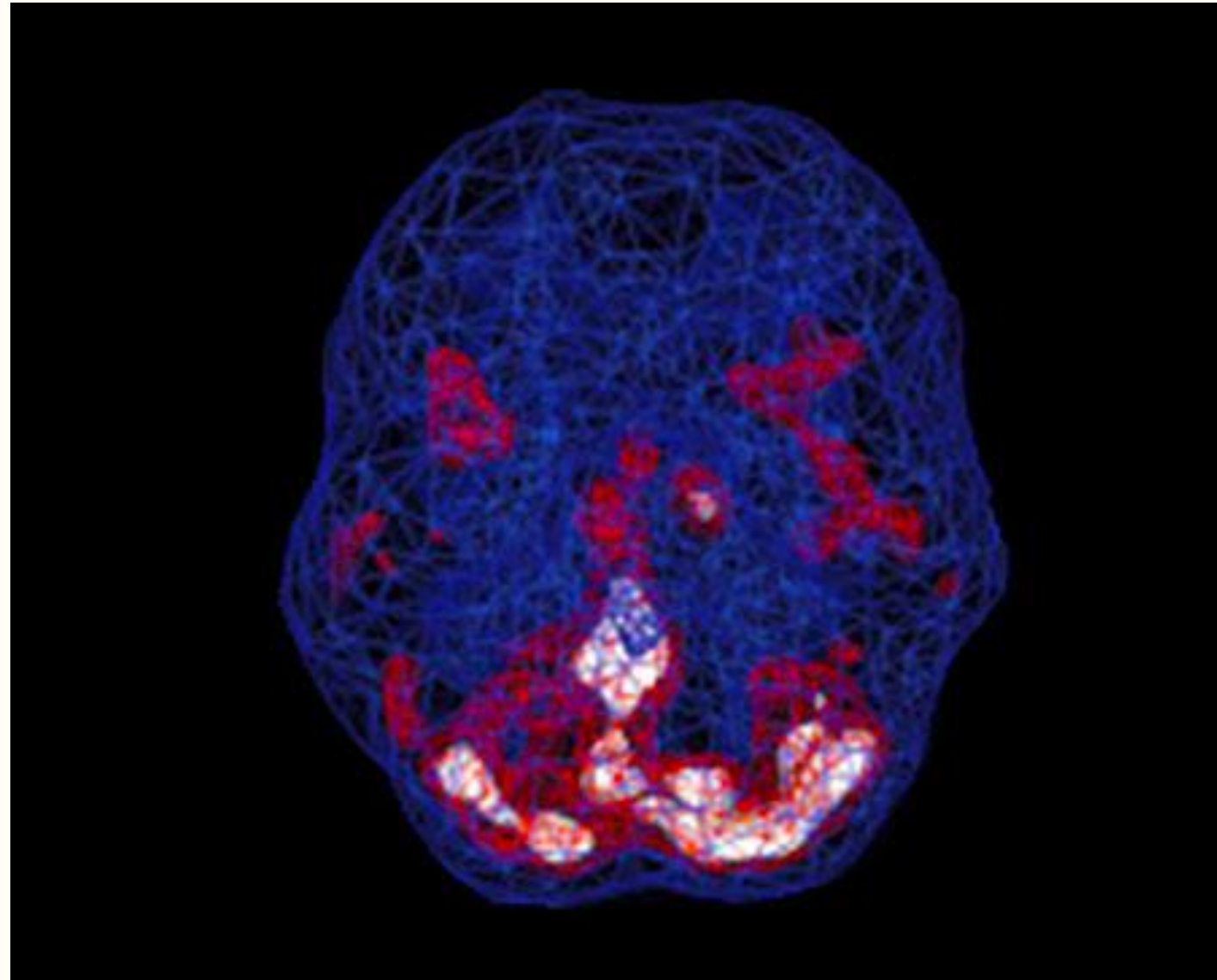
- ✓ Think more clearly
- ✓ Manage stress more calmly
- ✓ Perform better at work and school
- ✓ Strengthen relationships
- ✓ Make better decisions every day



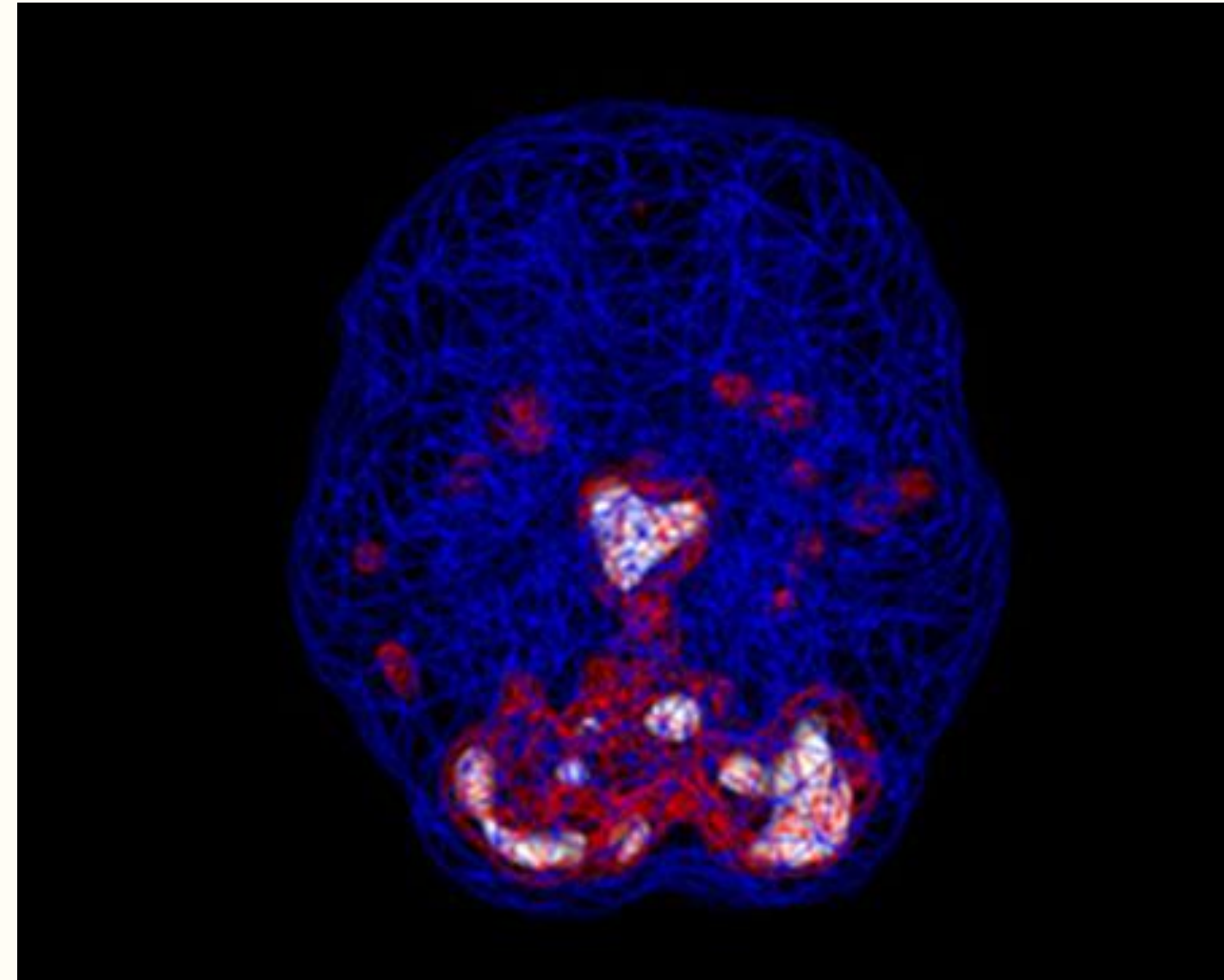
Unhealthy Brain

- ✗ Thinking and memory compromised
- ✗ Increased difficult emotions
- ✗ Compromised performance
- ✗ Conflict increased
- ✗ Make poorer decisions

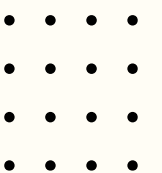


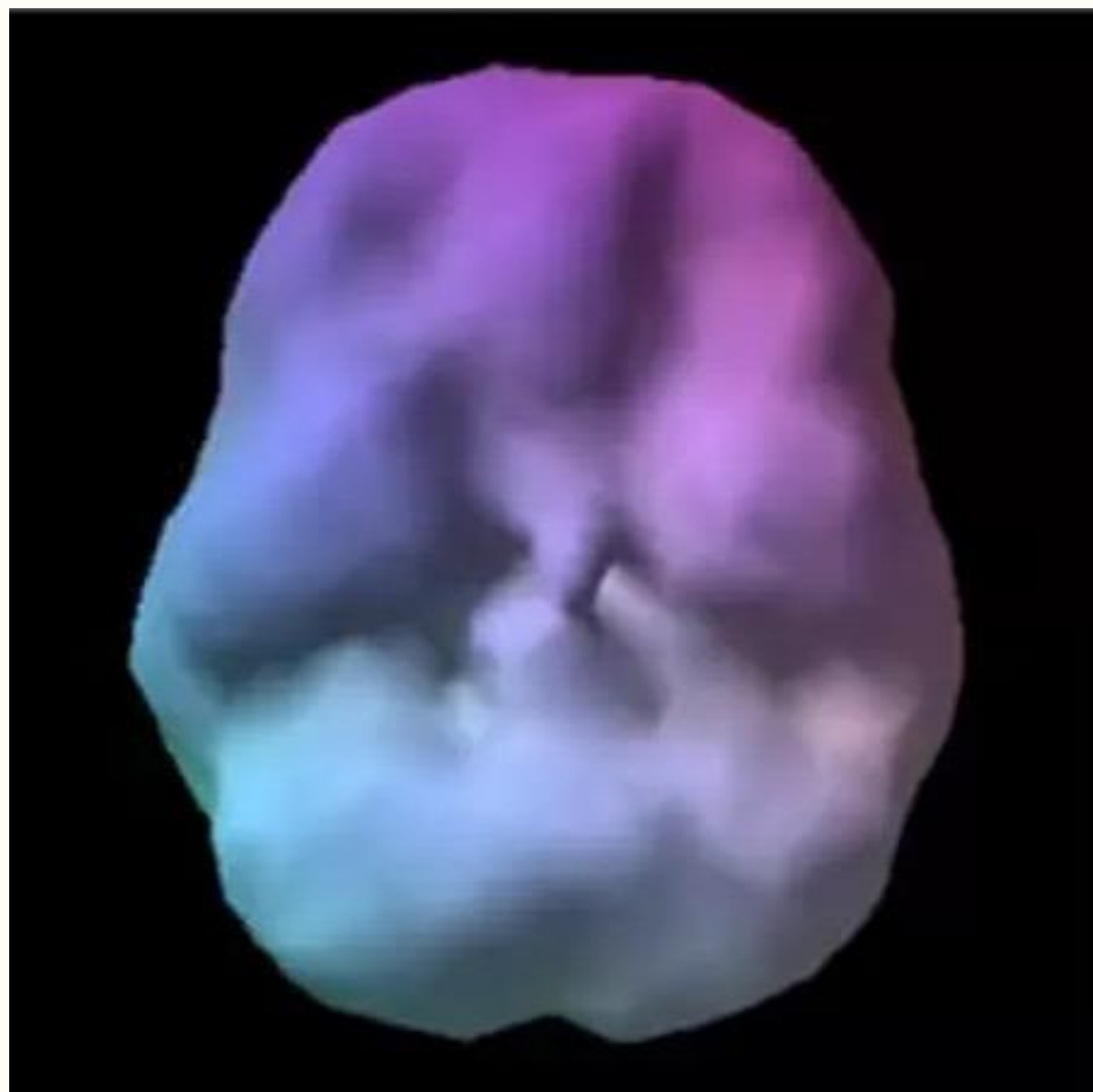


Healthy Brain

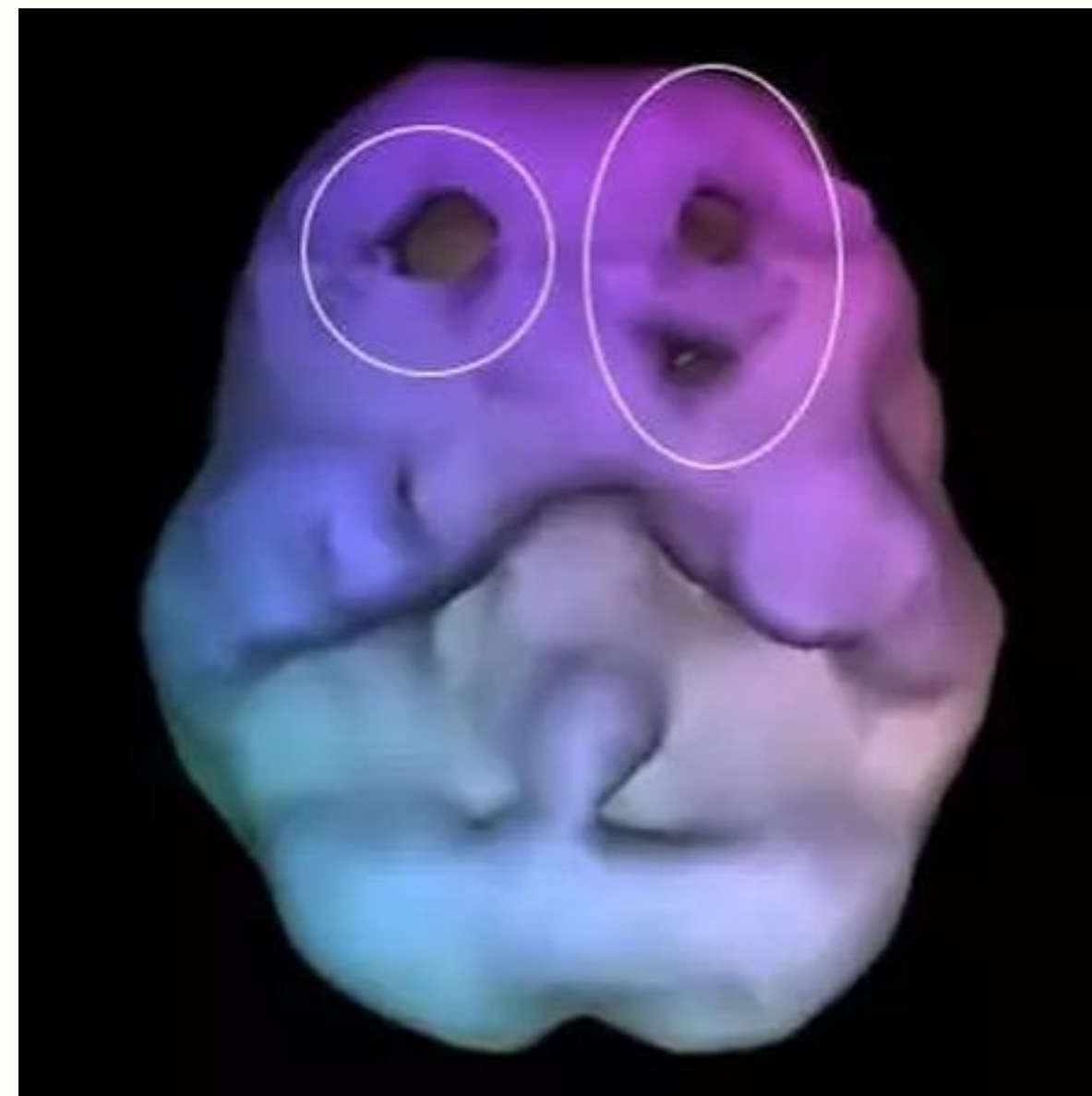


Depressed Brain

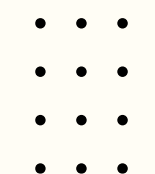


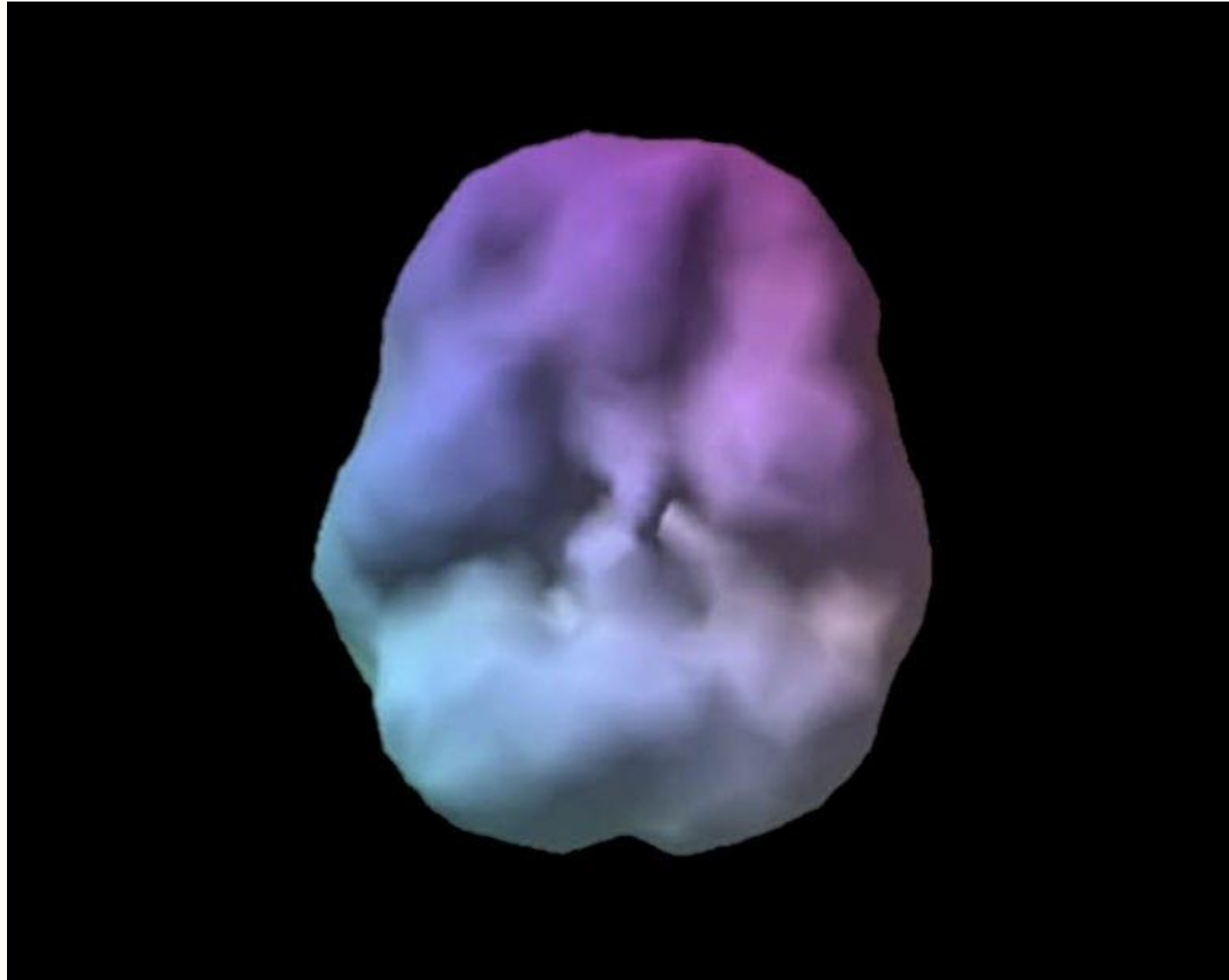


Healthy Brain

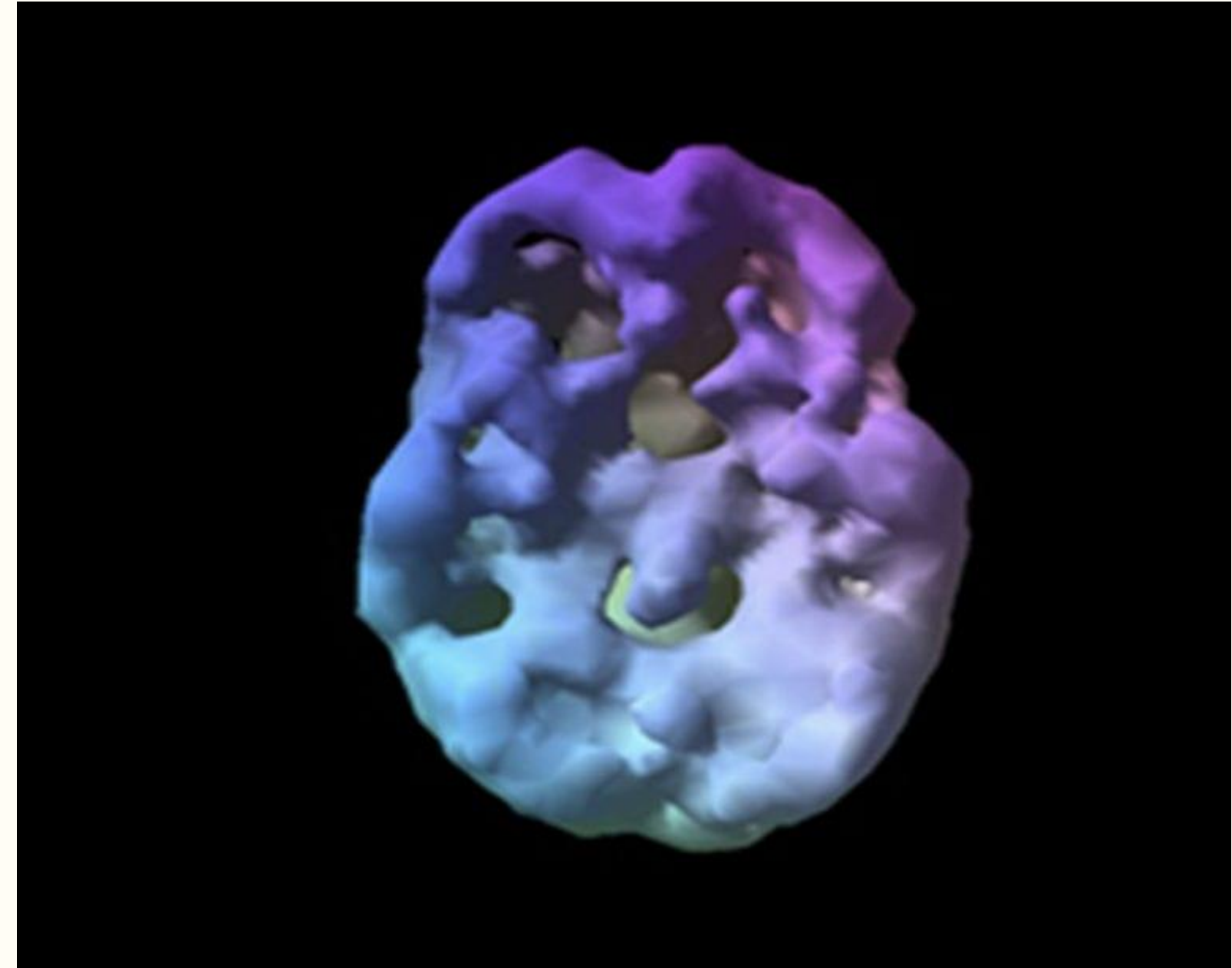


**Inattentive ADHD
Brain**

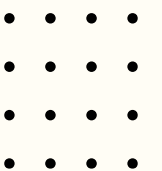




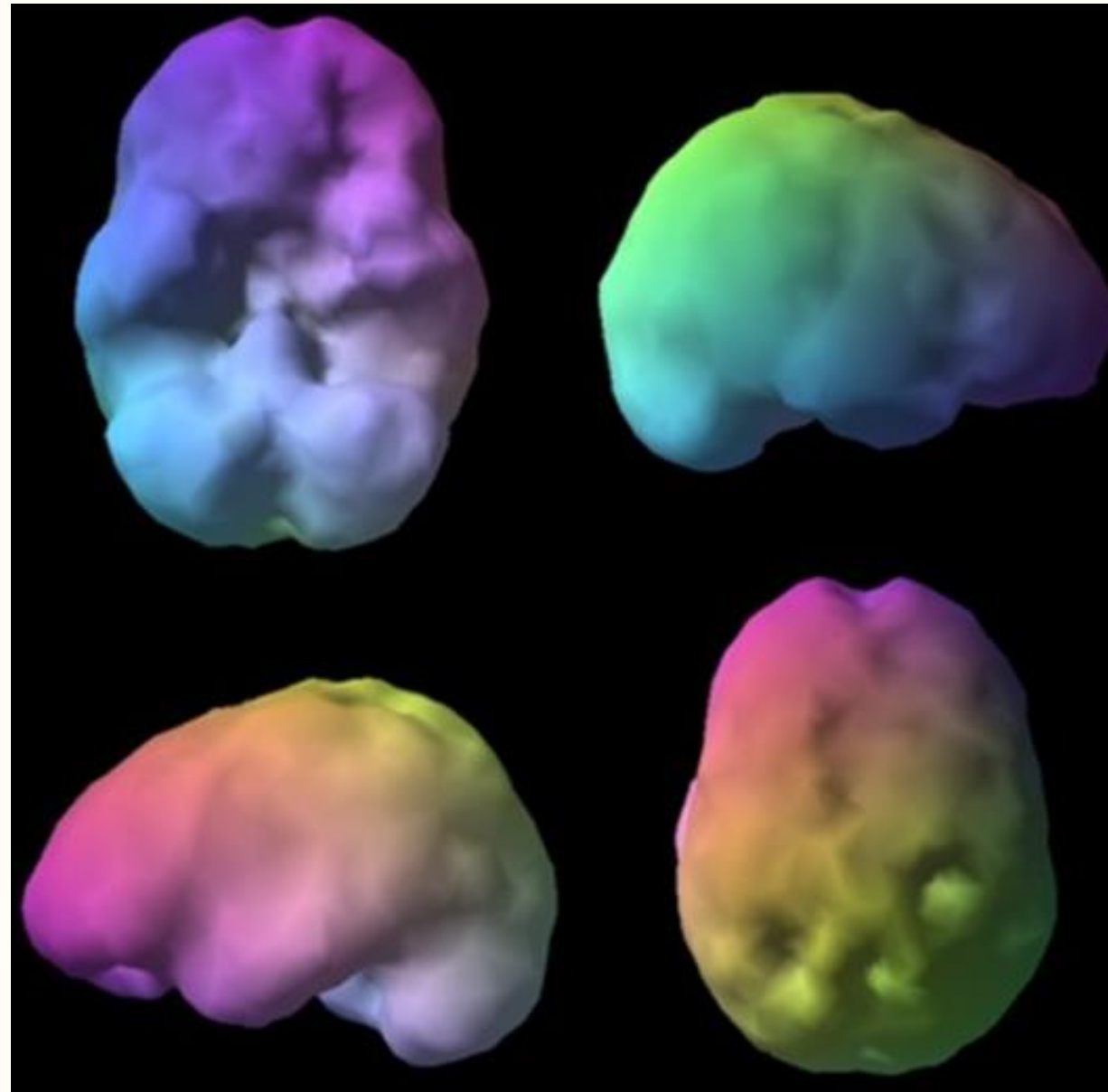
Healthy Brain



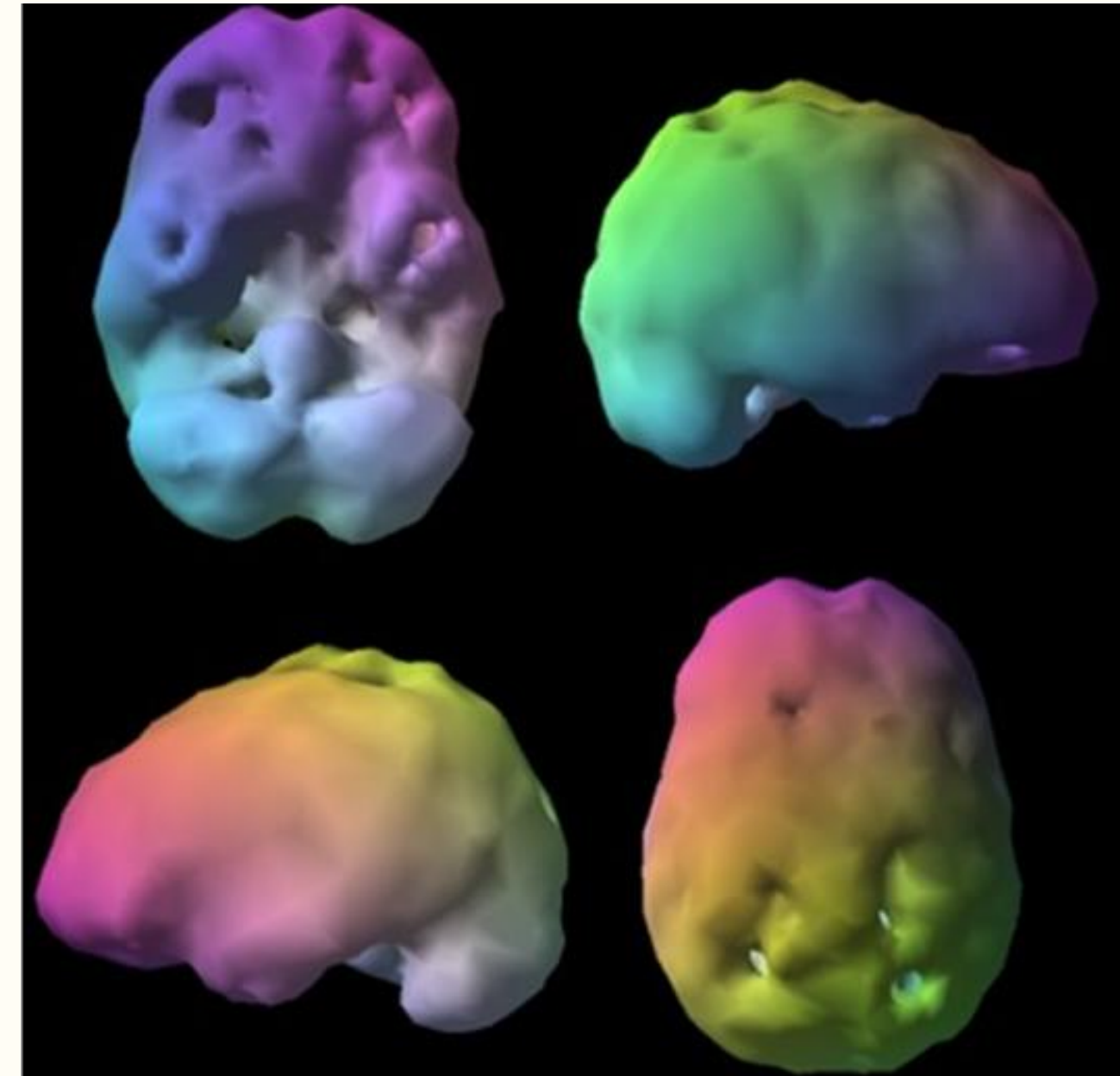
Addicted Brain



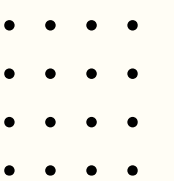
Same person



Day 1: Healthy
Diet



Day 2: Junk
Food



BRIGHT MINDS

Improving the health of your brain

Blood flow

Retirement/ageing

Inflammation

Genetics

Head injuries

Toxins

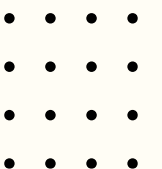
Mental Health

Immunity/infections

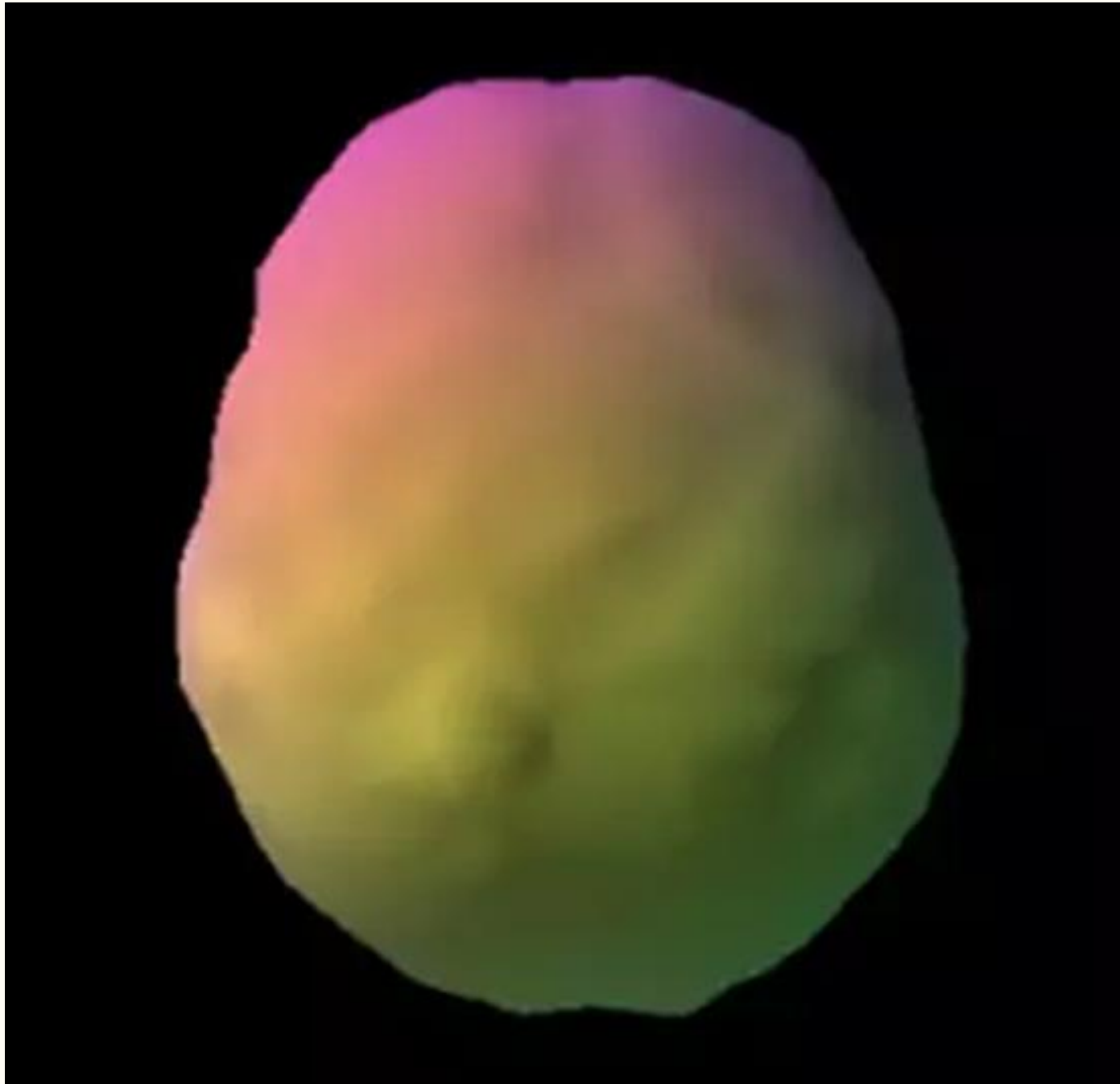
Neurohormones

Diabetes

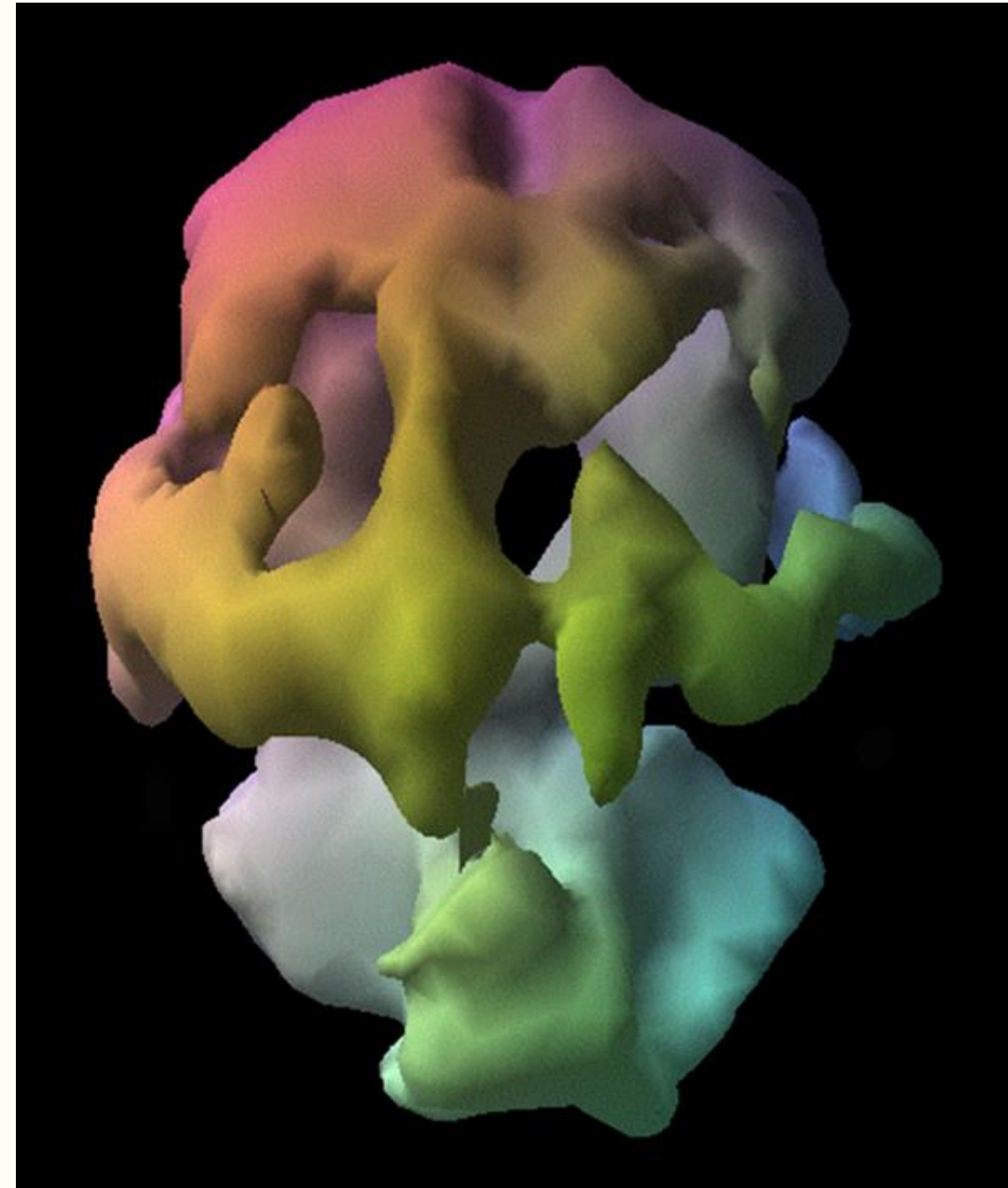
Sleep



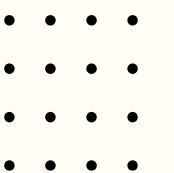
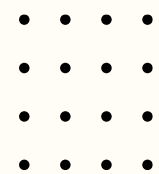
Blood flow Major predictor in Alzheimers Disease



Healthy Brain

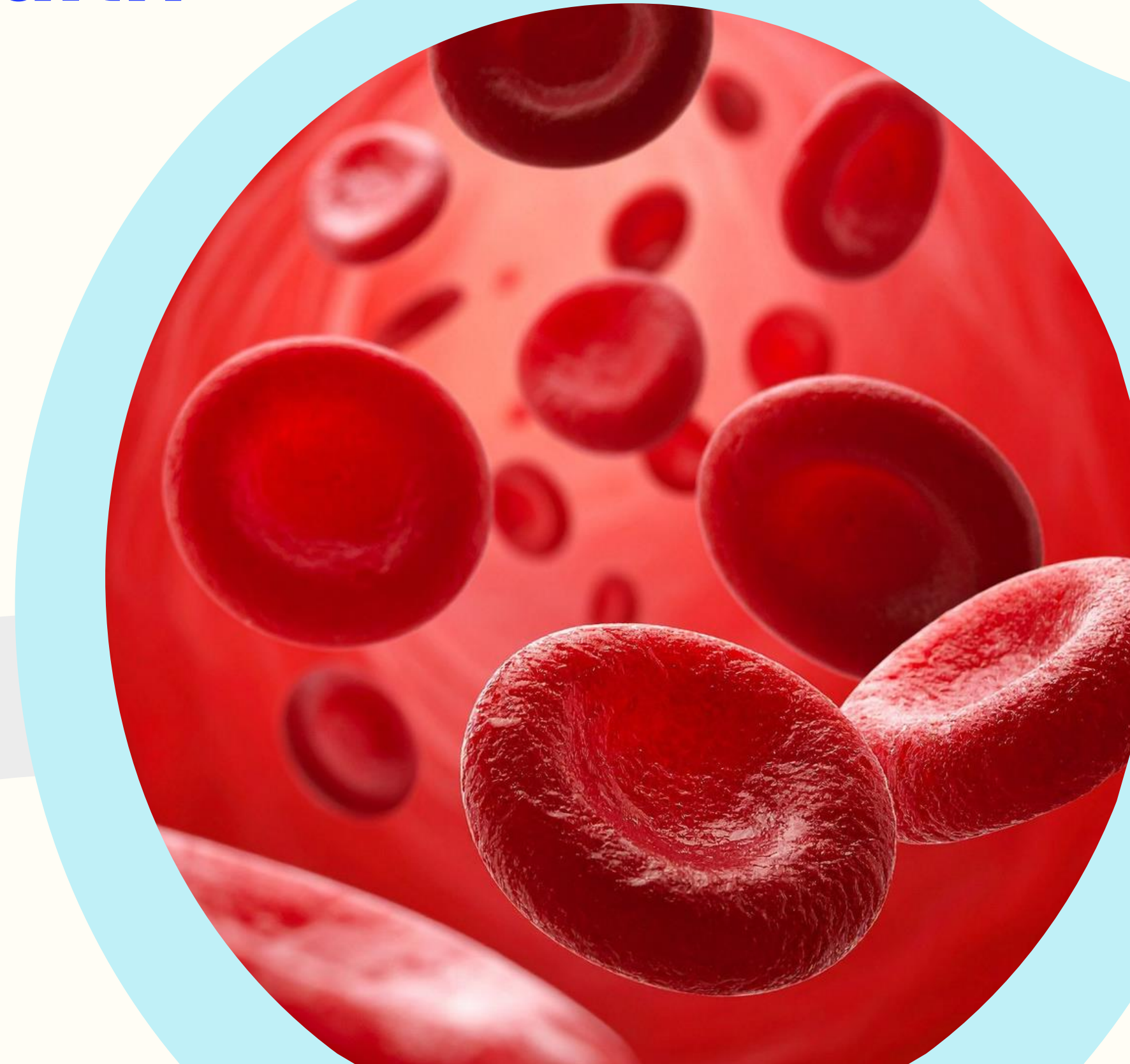
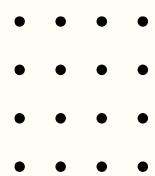


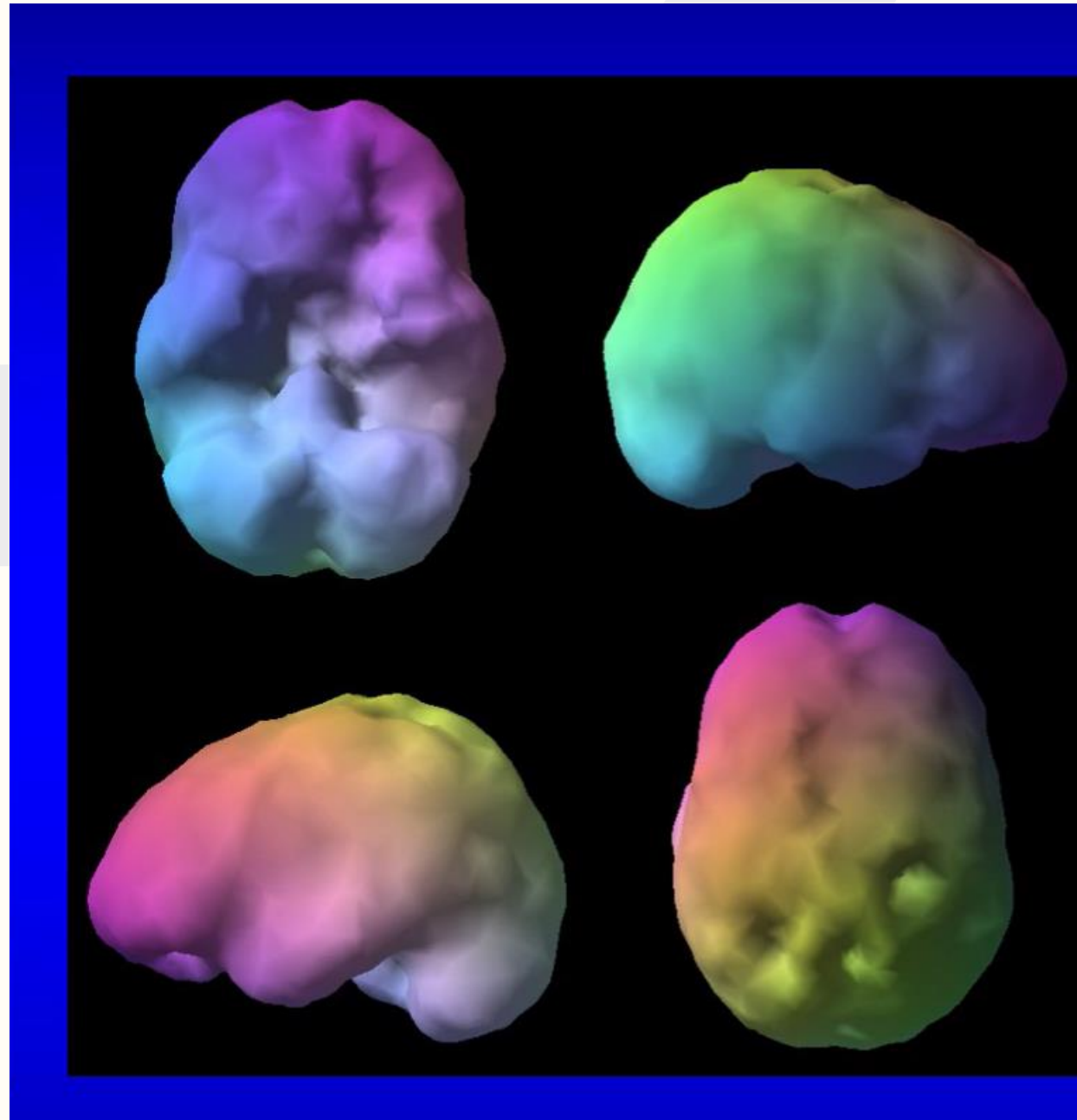
Alzheimer's Disease



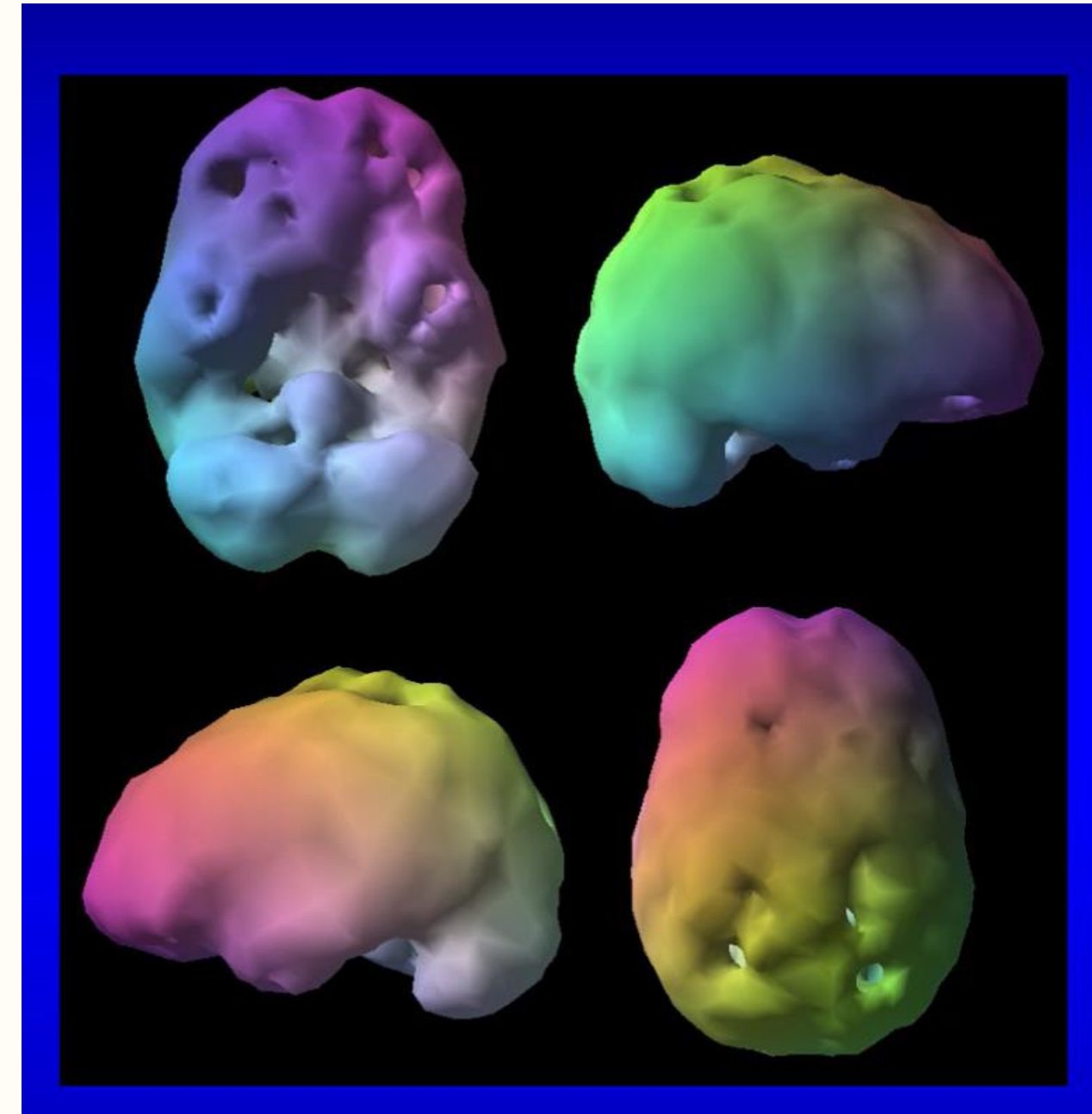
What impacts blood flowand consequently mental health

- Caffeine
- BP too high or too low
- Gaming in adults and children
- Sleep apnea
- Sedentary lifestyle
- Prediabetes/diabetes causes blood vessels to become brittle
- Dehydration

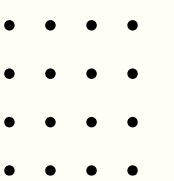




**Hydrated
Brain**



**Dehydrated
Brain**



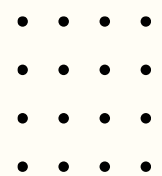
Hydrate to be happier

Your brain is 80% water

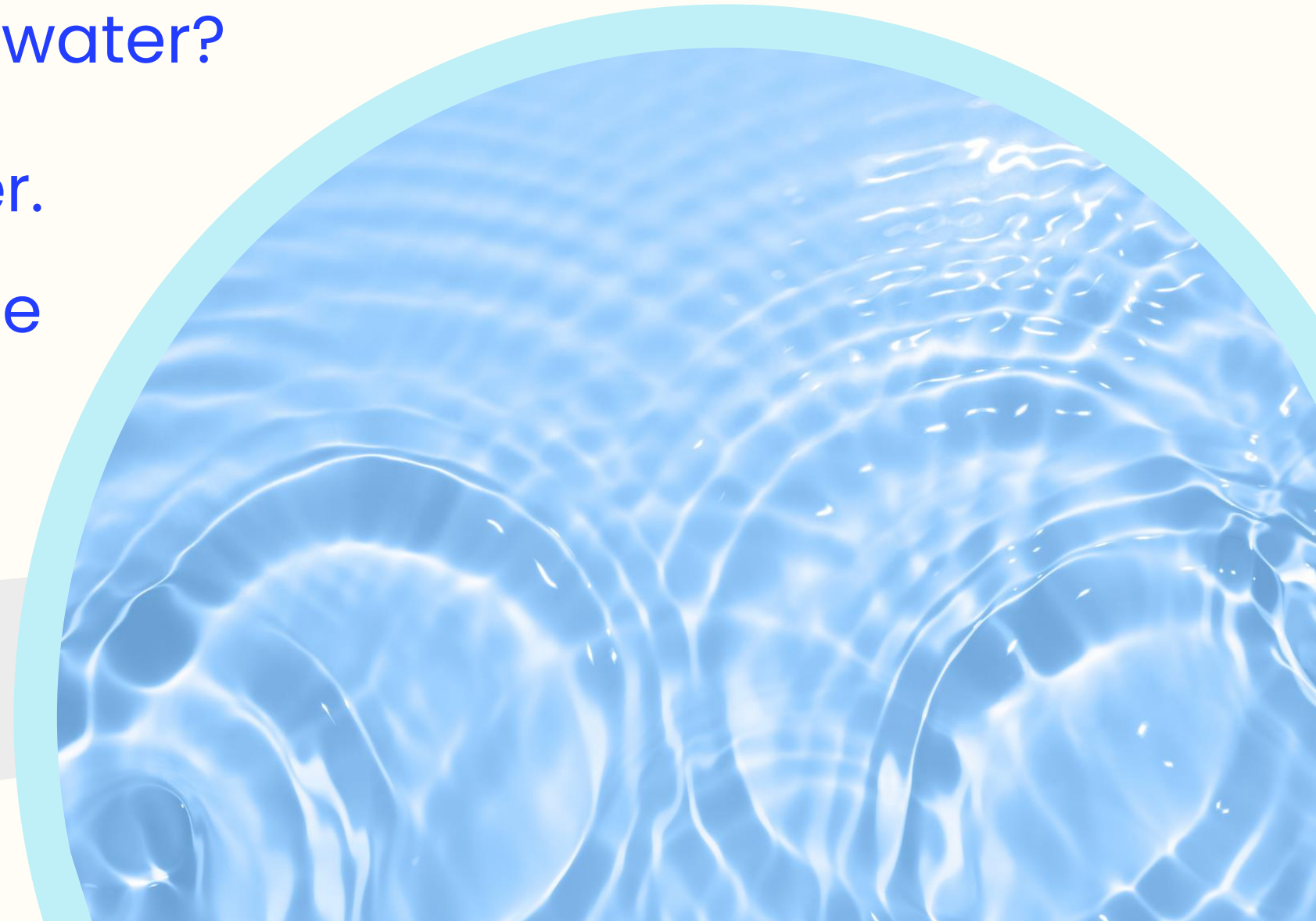
Mild dehydration can lead to feeling depressed, anxious, angry or increased pain.

How can you use **habit stacking** to drink more water?

- When I get dressed I will drink a glass of water.
- Each time I go out in the car, I will take a bottle of water with me.
- Before I drink coffee, I will drink water.

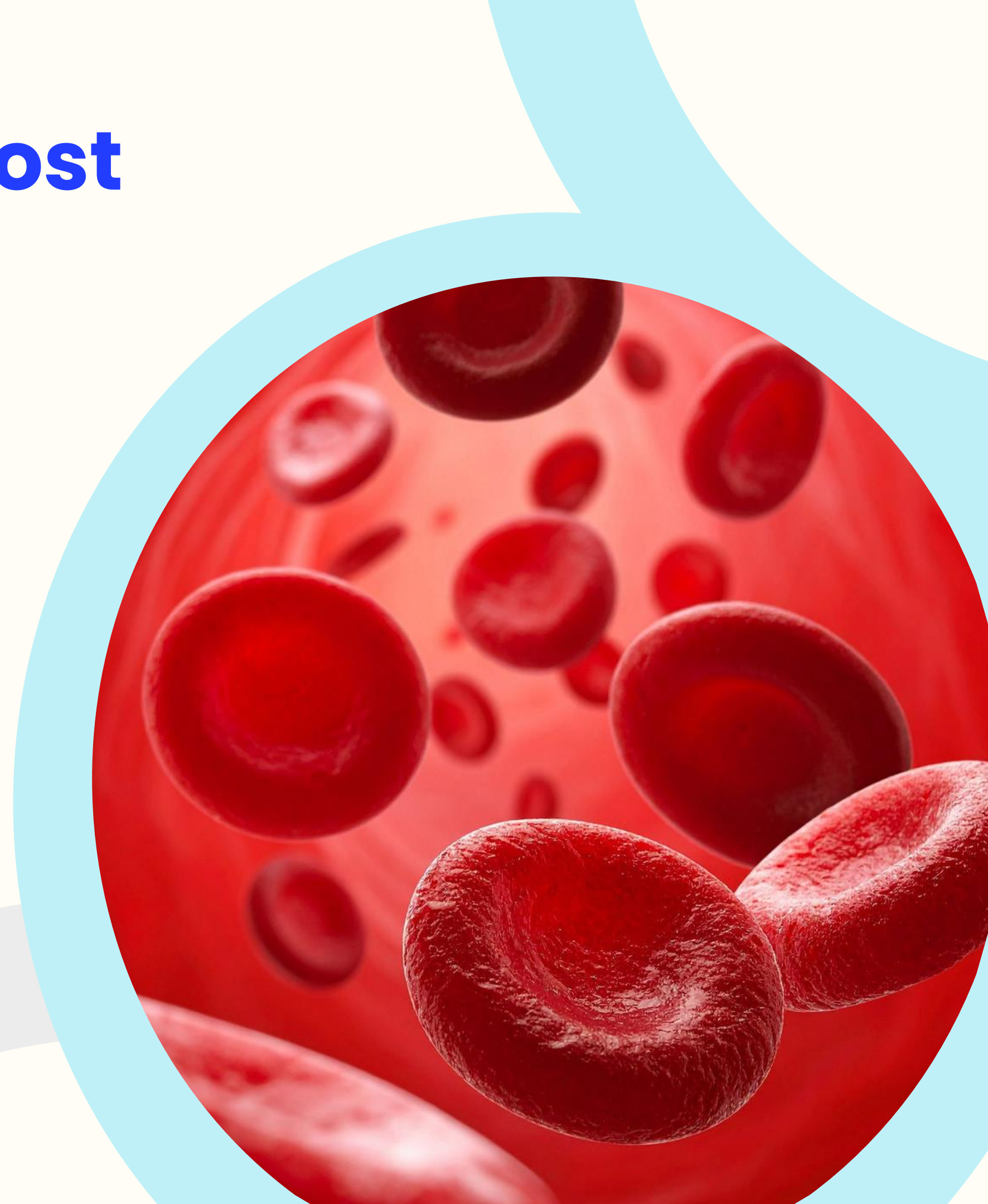
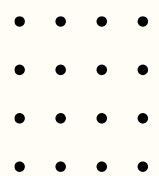


James Clear, *Atomic Habits*

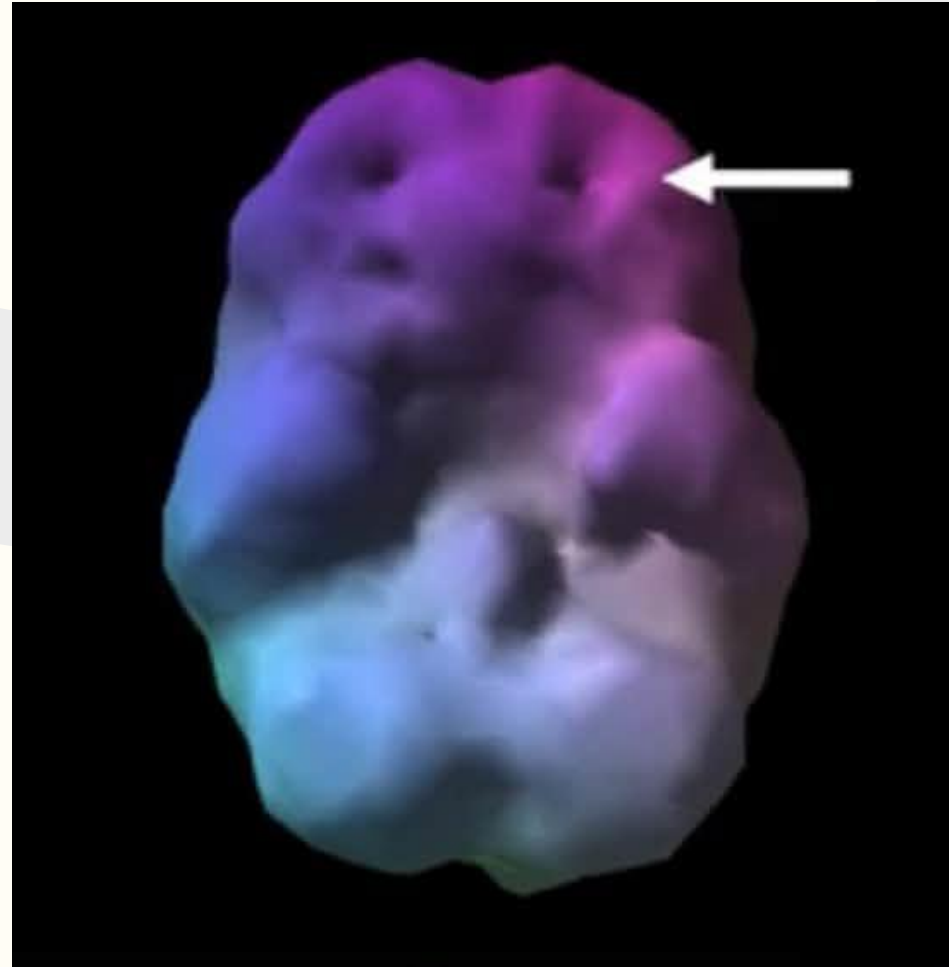


Blood flow tips to help boost mental health

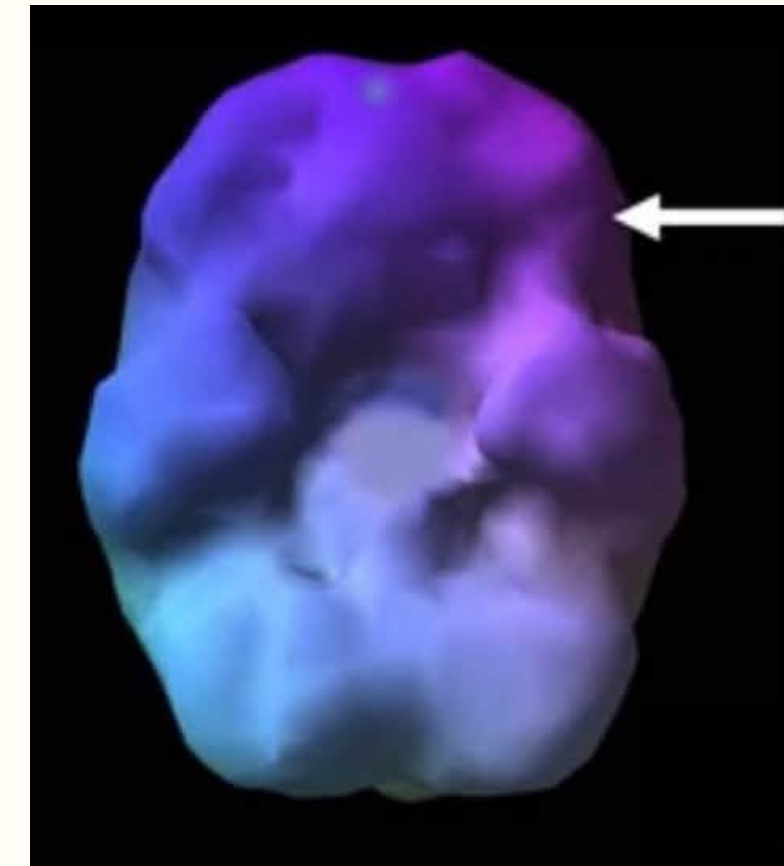
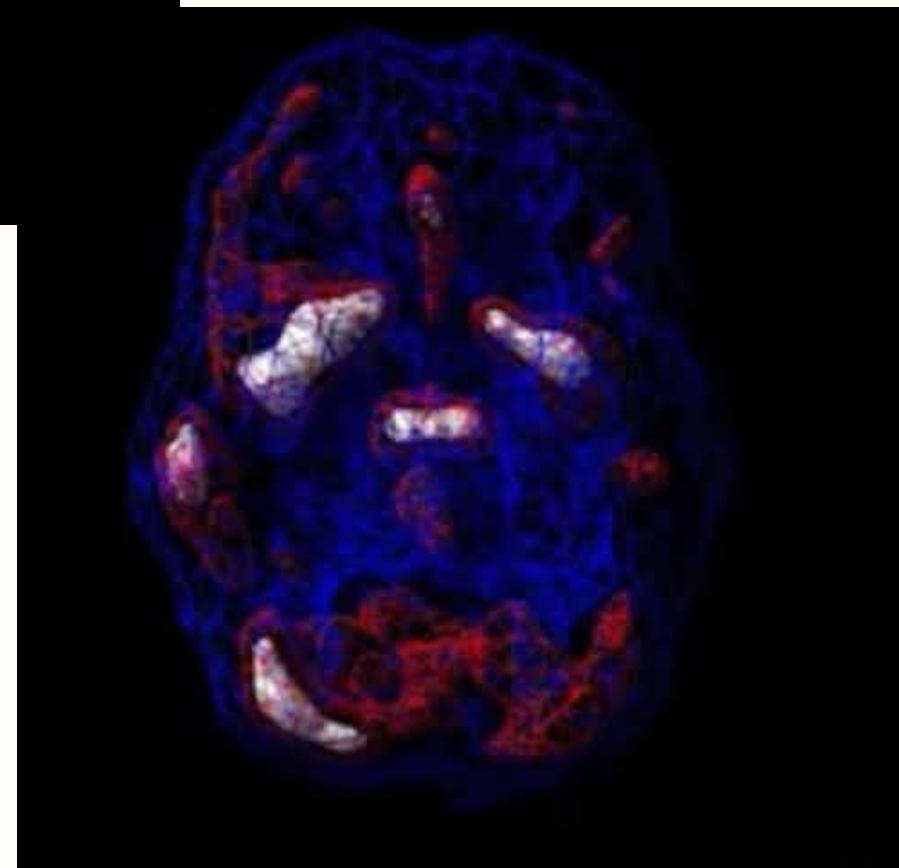
- Meditation and prayer
- Make sleep a priority
- Eat lots of plants
- Limit alcohol, caffeine, fruit juices, sodas
- Supplements: Cocoa, Omega 3, green tea
- Build regular exercise into your lifestyle



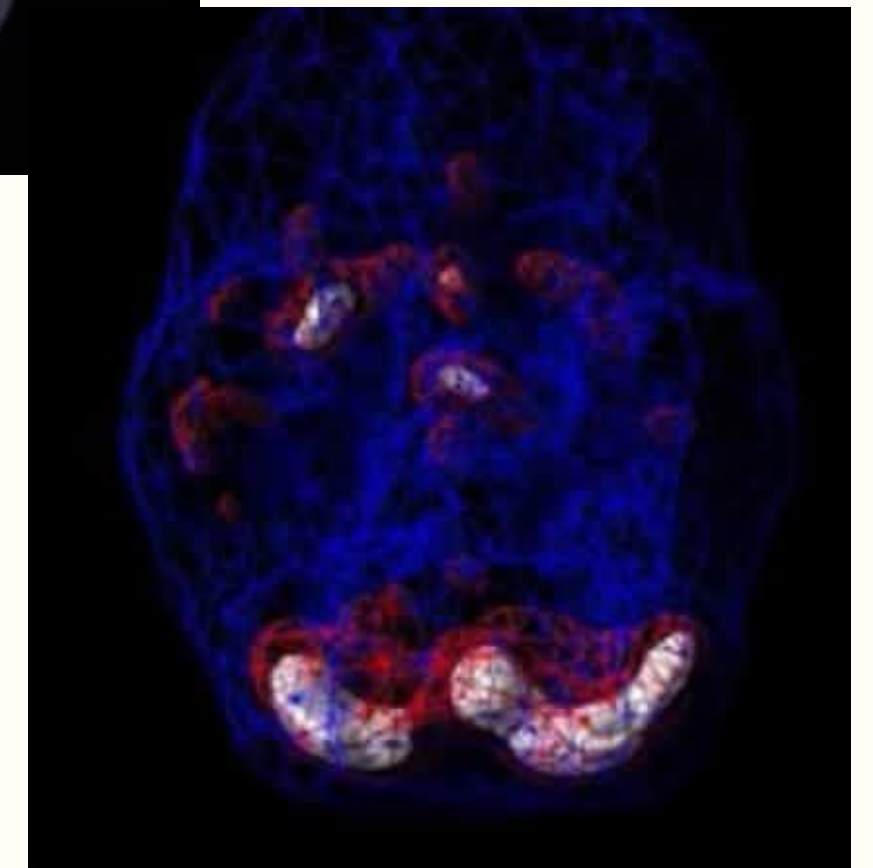
Meditation improves our brain activity and calms down our limbic (emotional) brain



Rest



Meditation
(Kirtan Kriya)



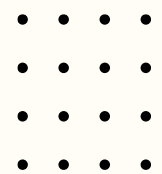
Retirement

Keep iron levels monitored.

Keep brain learning and active.

Stay connected

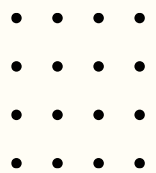
Loneliness impacts the health of your brain.





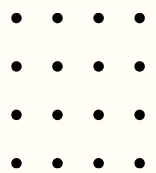
Chronic Inflammation symptoms

- Persistent fatigue
- Joint and muscle pain
- Digestive issues
- Skin problems
- Mental and cognitive changes
- Unexplained weight changes
- Frequent infections or low-grade fever



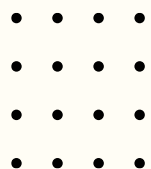
What causes inflammation?

- Low levels of Vitamin D and Omega 3
- Chronic stress, childhood trauma
- Gum disease
- Obesity, pre-diabetes or diabetes
- Insomnia
- Hormone imbalances
- Proinflammatory foods
- Compromised gut health



Inflammation lowering habits

- Test for inflammation. C reactive protein (CRP)
- Boost levels of Vitamin D and Omega 3
- Get gut healthy
- Avoid sugar and other proinflammatory foods
- Take care of your gums
- Calm your nervous system



Know your why....

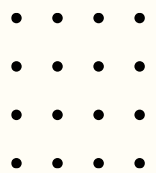
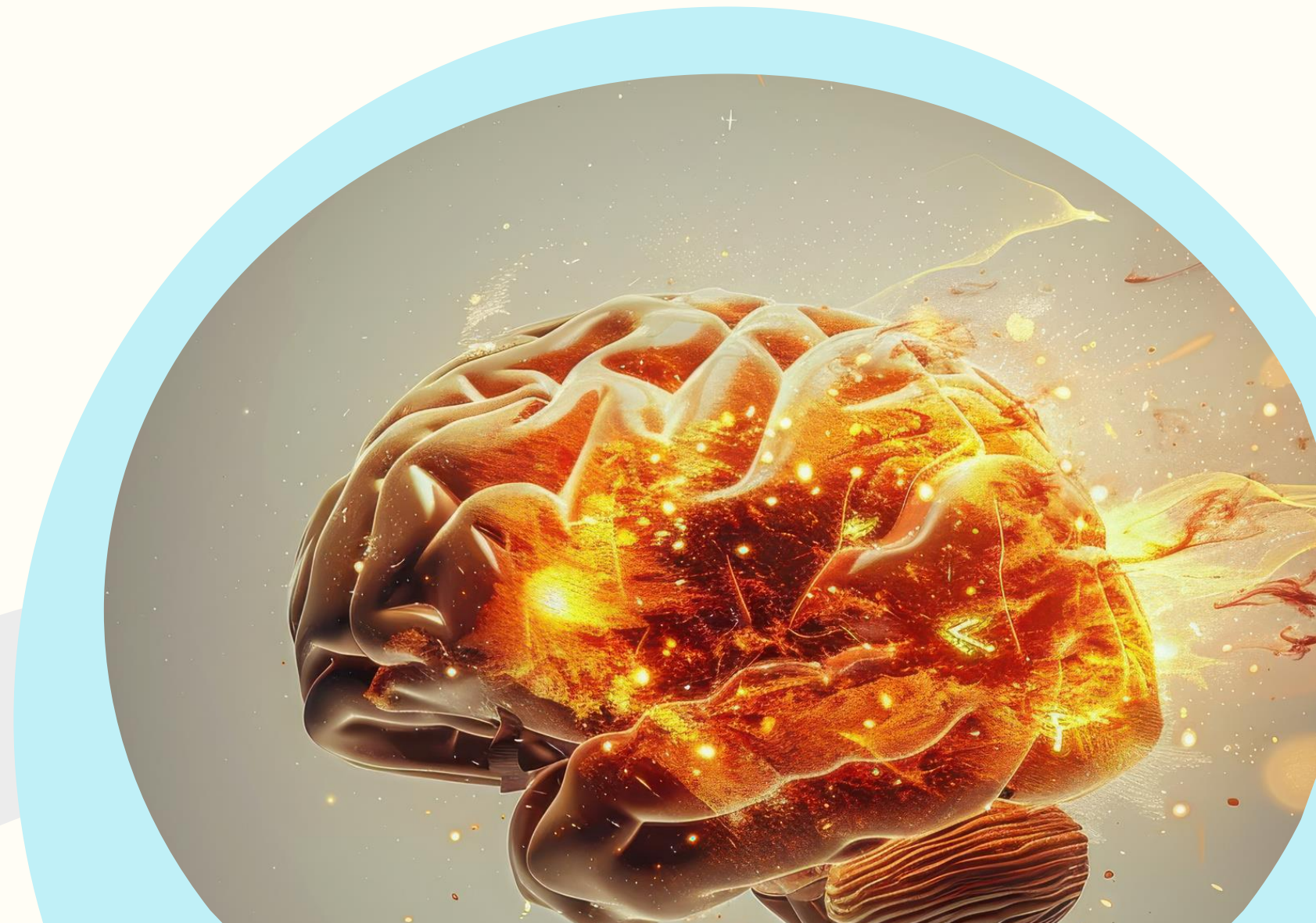
What is important to you.....

The benefits to yourself and others...

Then....Does it fit?

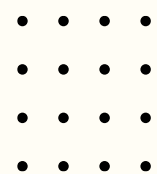
Before eating that food or engaging in that behaviour.....

Ask yourself.....**Does it fit with my goals?**



Inflammation lowering habits

What's one thing you could do to help reduce inflammation?



Genetics....

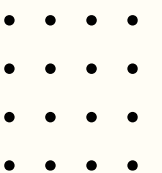
Genes load the gun, environment pulls the trigger.
Know your risks and work hard to prevent them.

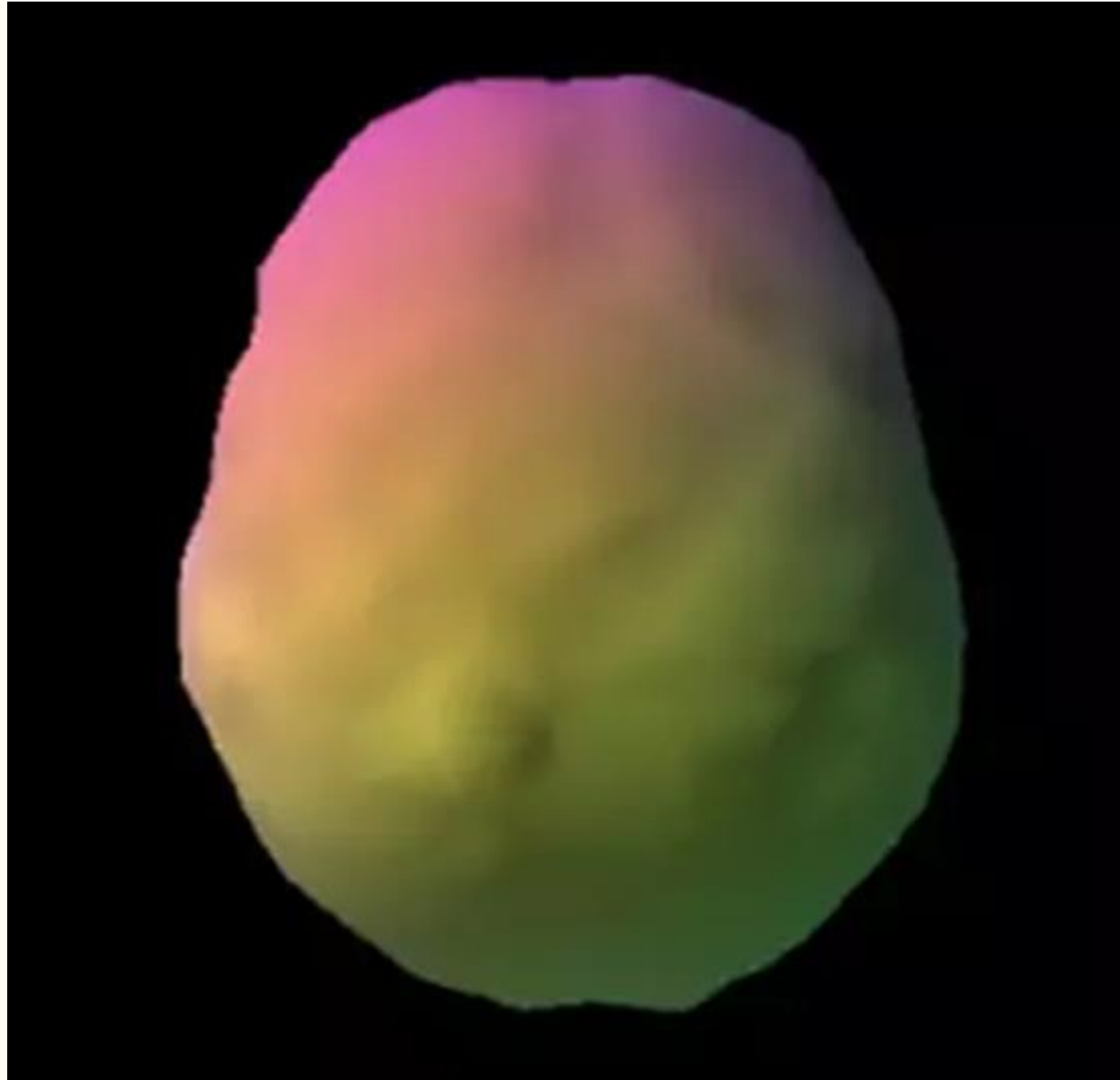
Head injuries....

Head injuries (previous and current) can have a huge impact on mental health.
Low inflammation diets help heal head injuries.

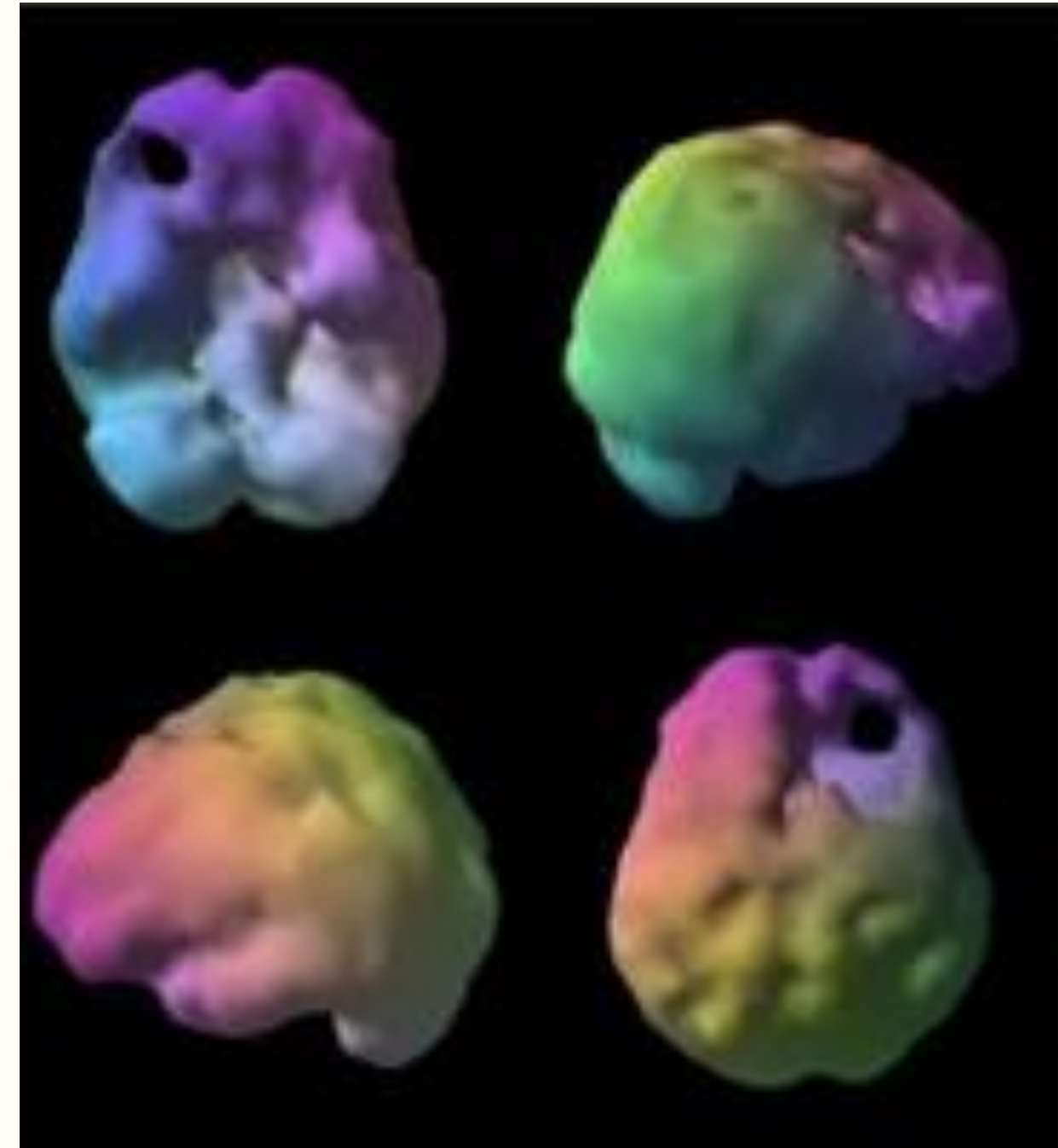
Toxins....

A major cause of mental health disorders. Smoking, conventional cleaning products, mold, garden sprays, processed foods and artificial sweeteners.

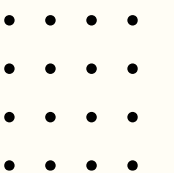


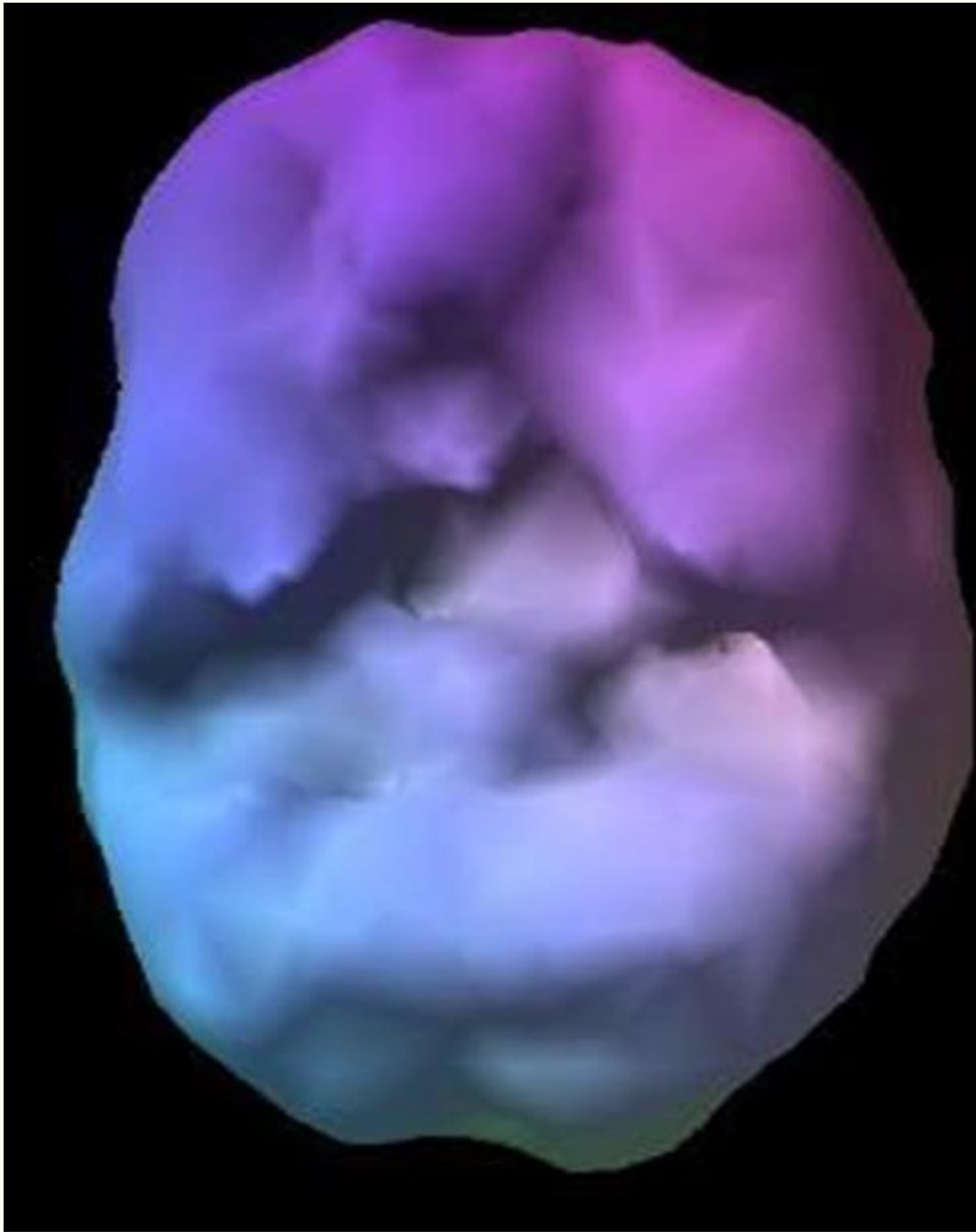


Healthy Brain



Head injuries





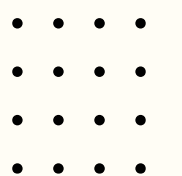
Before red dye

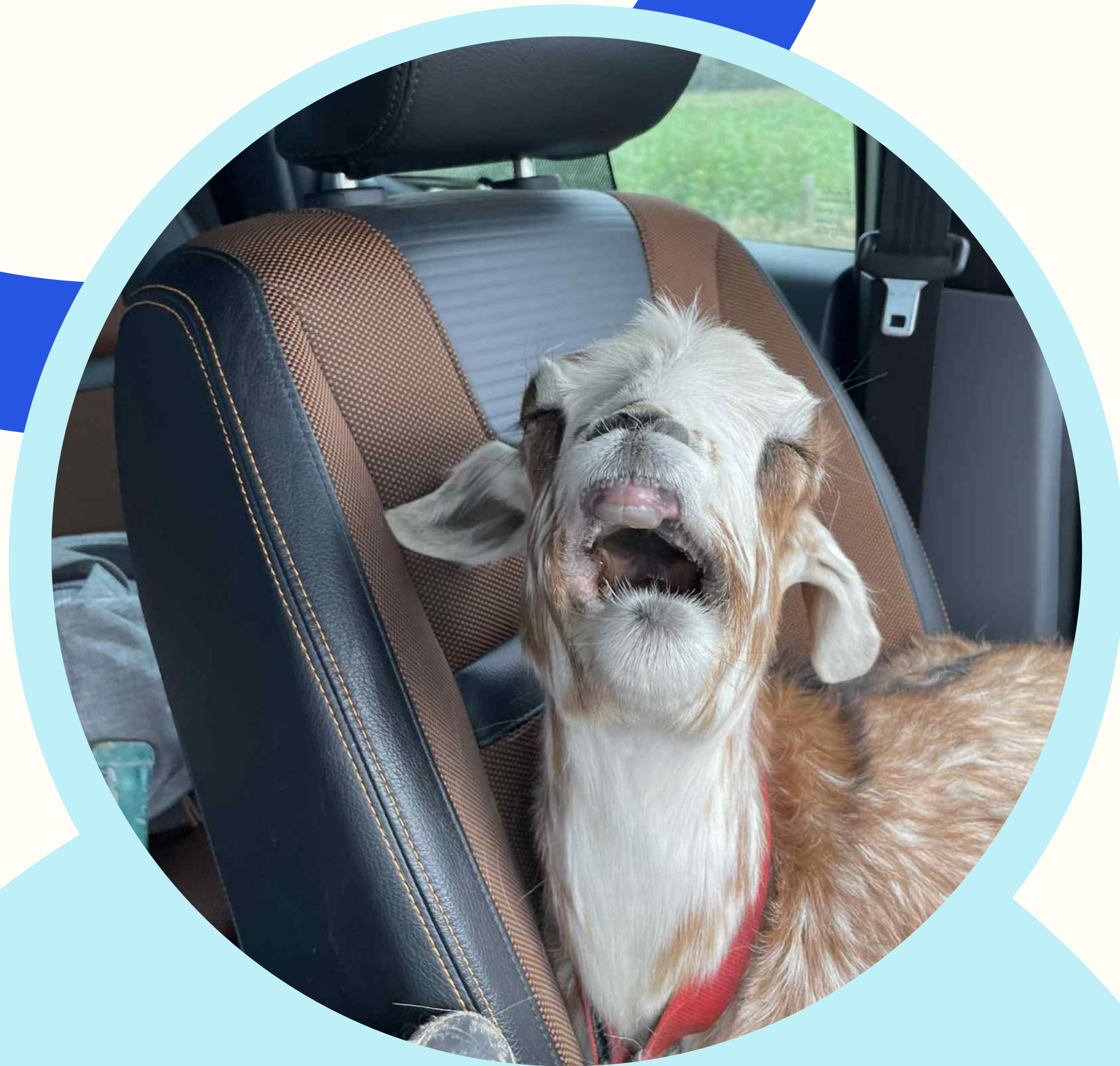


After red dye



E122
E124
E129





Calming your
nervous system

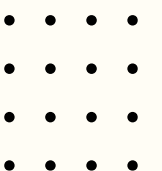
Reduce stress strategy...

Add some space to take in the good

Once you have finished a task.....

Pause, acknowledge it, breathe it in.....

Turn the beneficial experience into a good feeling.



Calming your nervous system

Havening Techniques ©



Anxiety strategy

1. Rate emotional intensity 0 (calm)– 10 (very high)

1. Havening Techniques © & Distractions

Scan the horizon

In this moment I'm safe and OK

Counting 0 – 50

3 circles, squares, rectangles in room

1. Rate emotional intensity 0 – 10

1. Breathe in capability and confidence



Immunity....

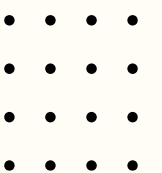
The strength of your immune system, level of exposure, stress and daily habits all impact your vulnerability to illness.

Neurohormones....

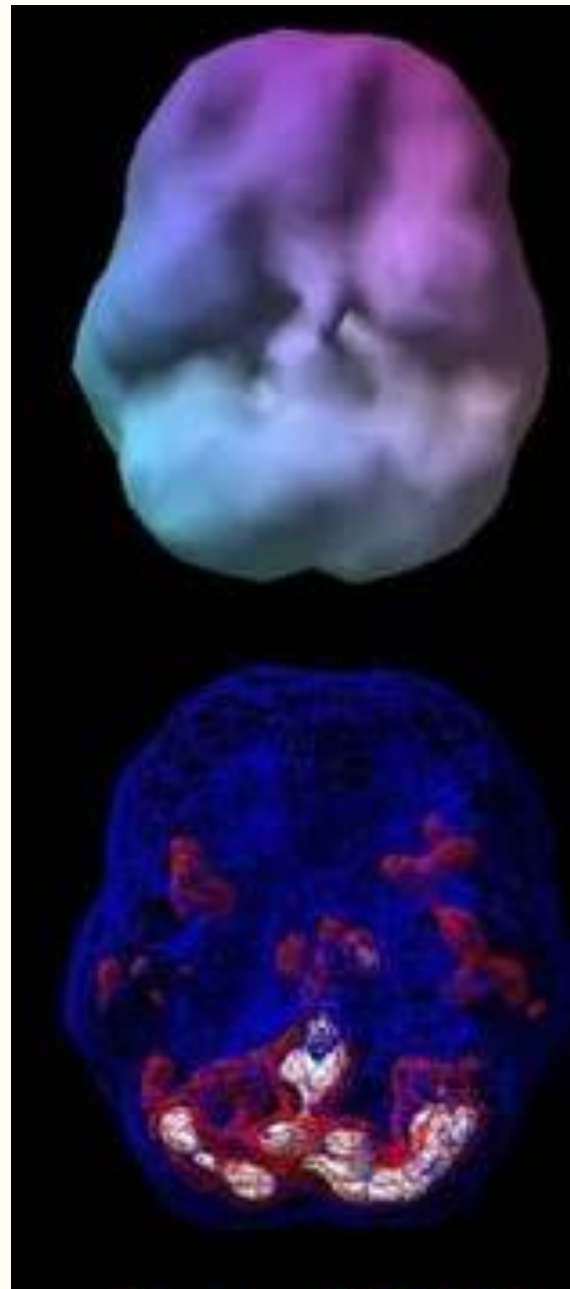
When out of balance hormones can impact our thoughts, behaviours and mental health.

Diabesity....

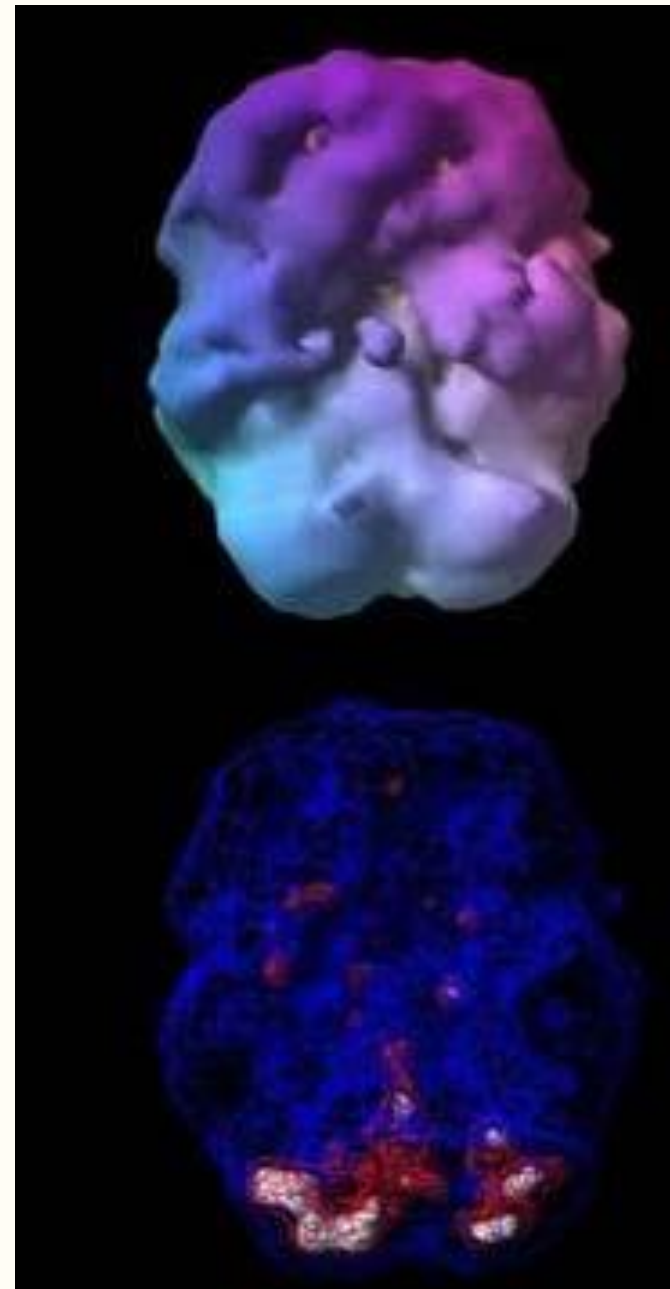
Impacts all risk factors, including gut health, inflammation and decreased blood flow to the brain. Anxiety and depression are 2x higher in people with diabetes.



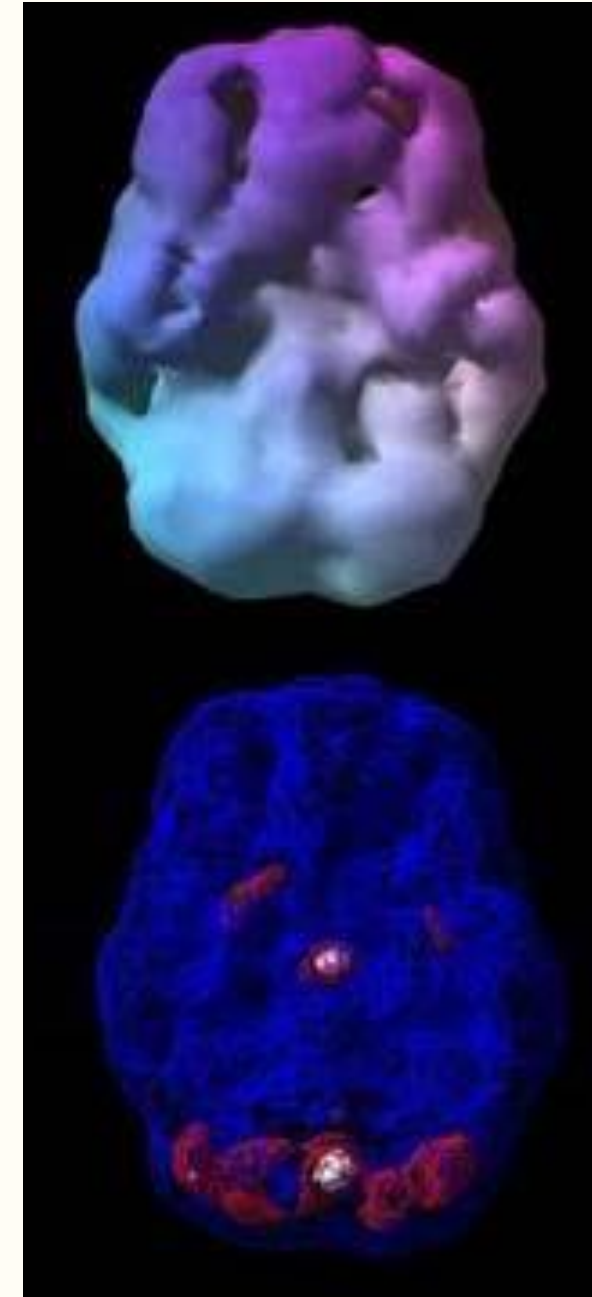
Normal BMI vs Overweight vs Obese



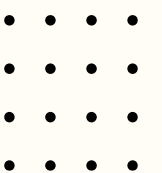
Normal



Overweight



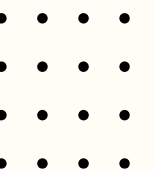
Obese

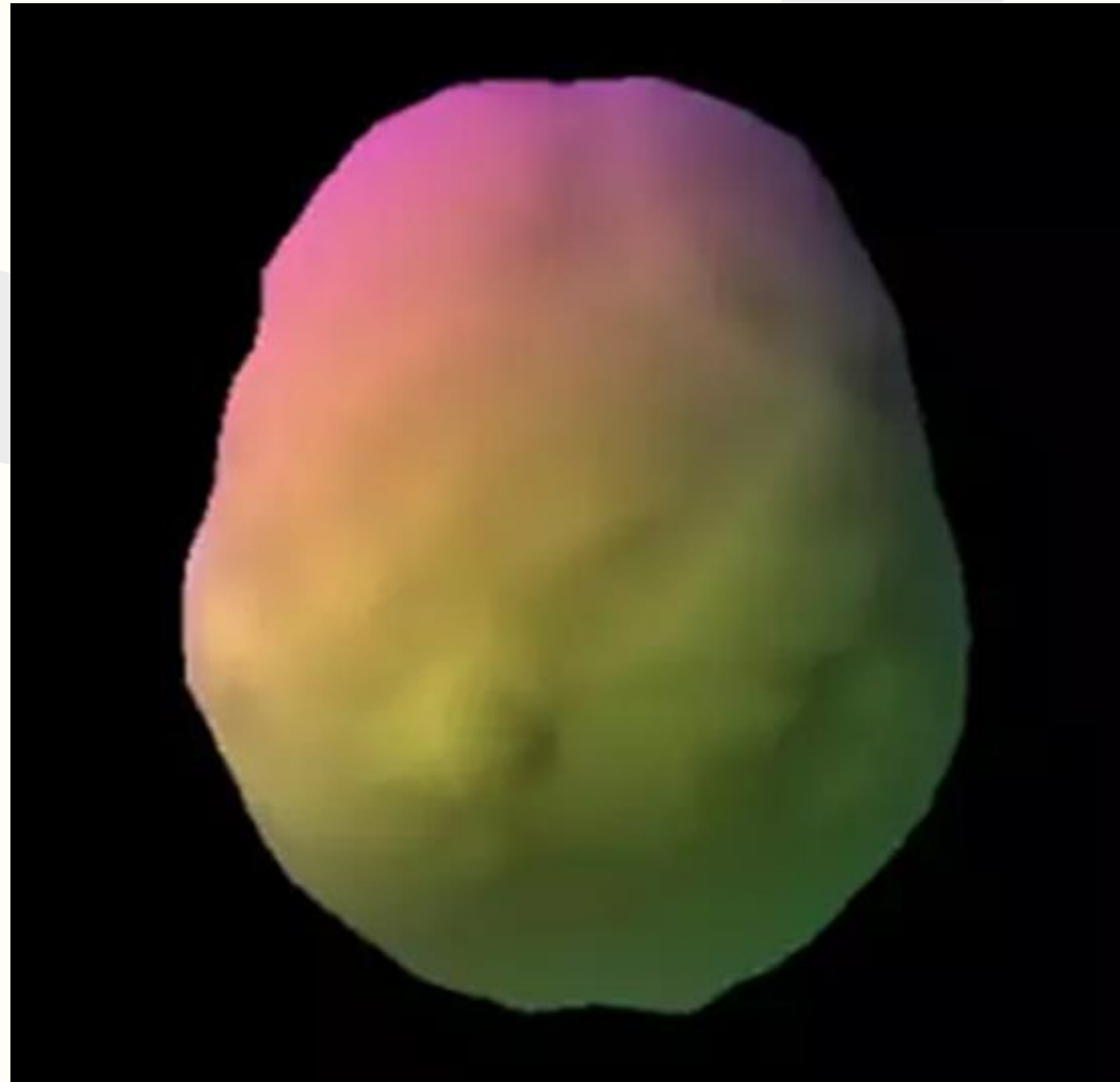


Sleep

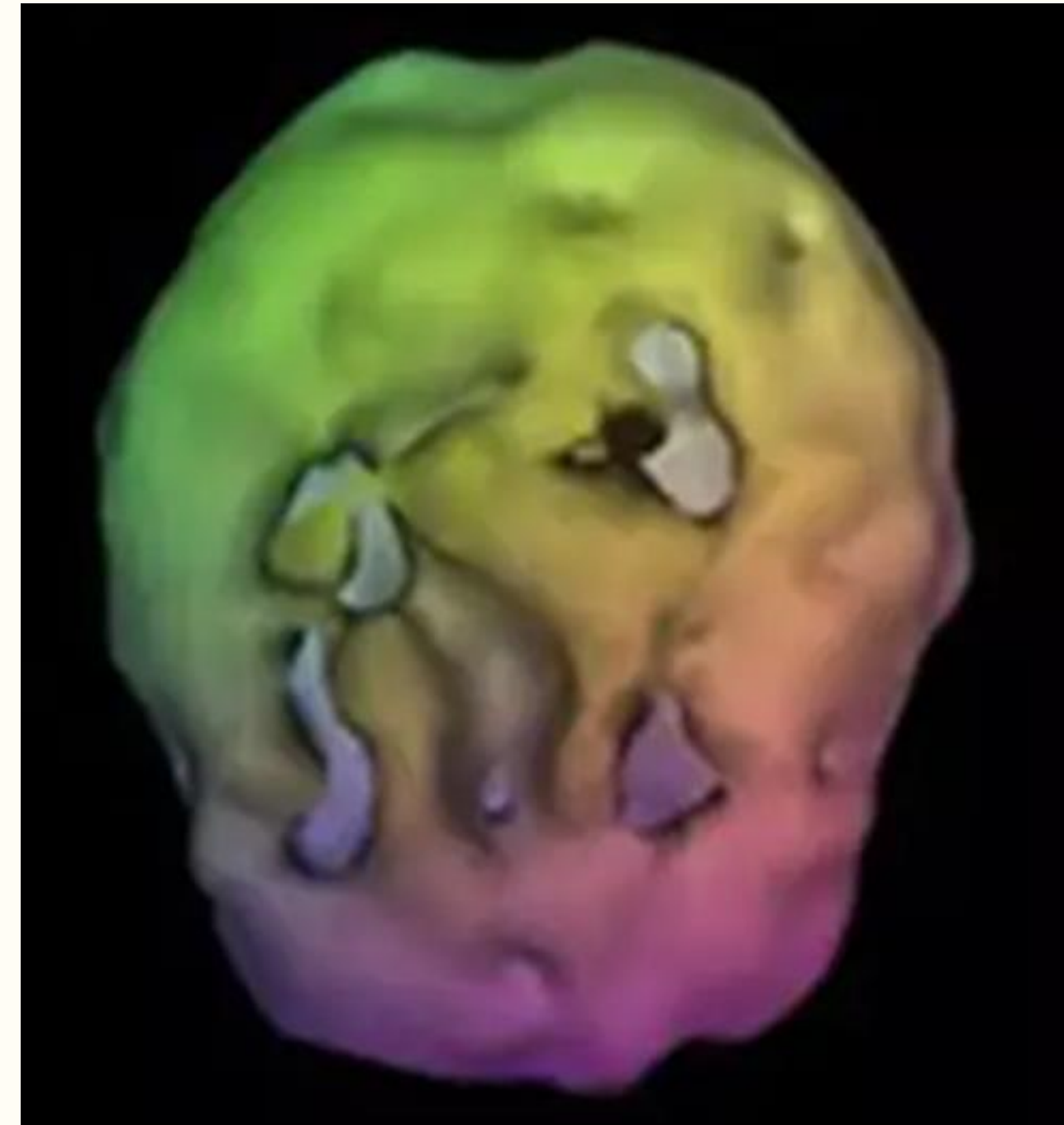
Advice from Ralph....

Make this a priority.....

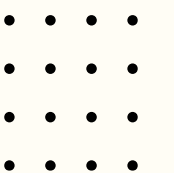


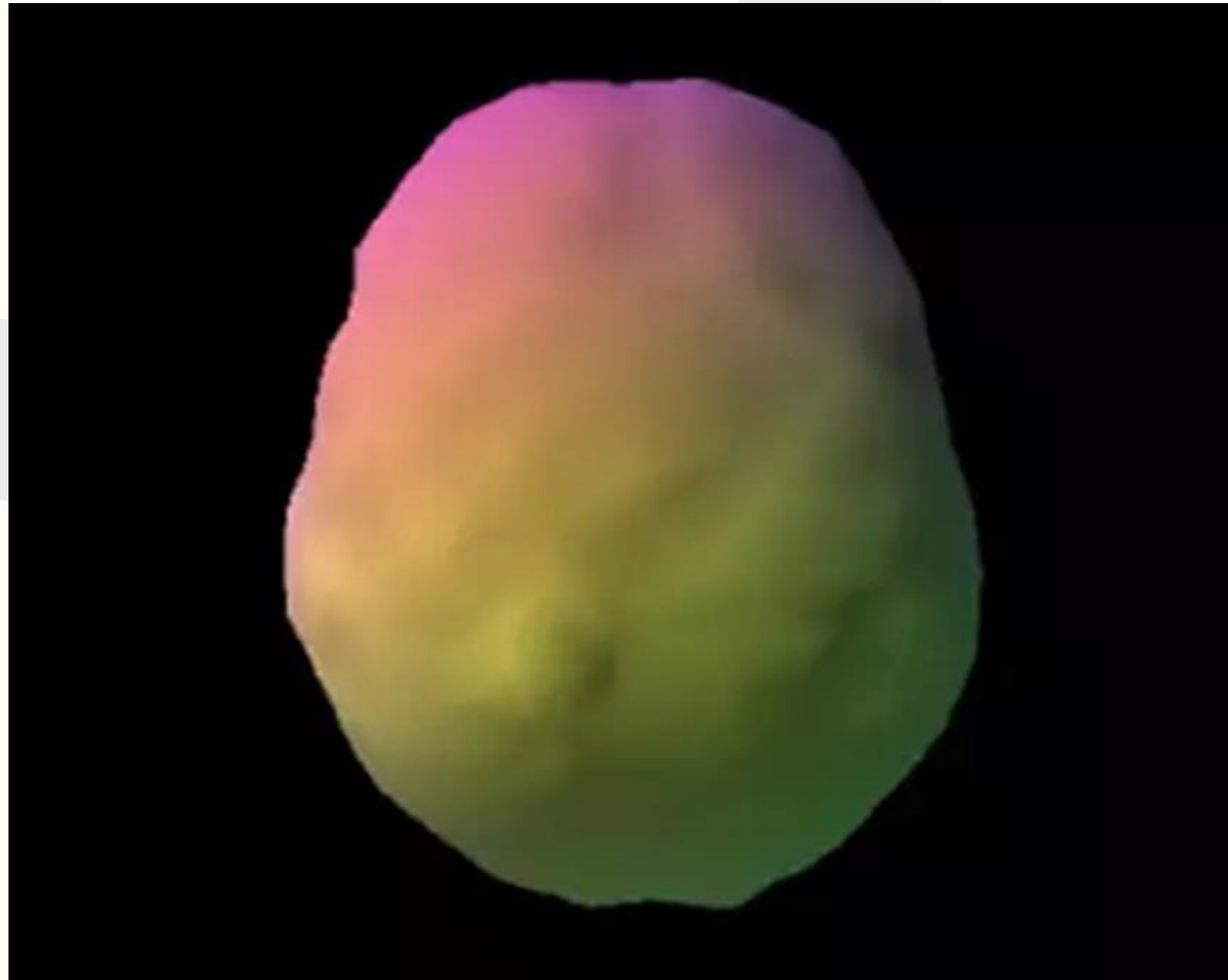


Healthy Brain

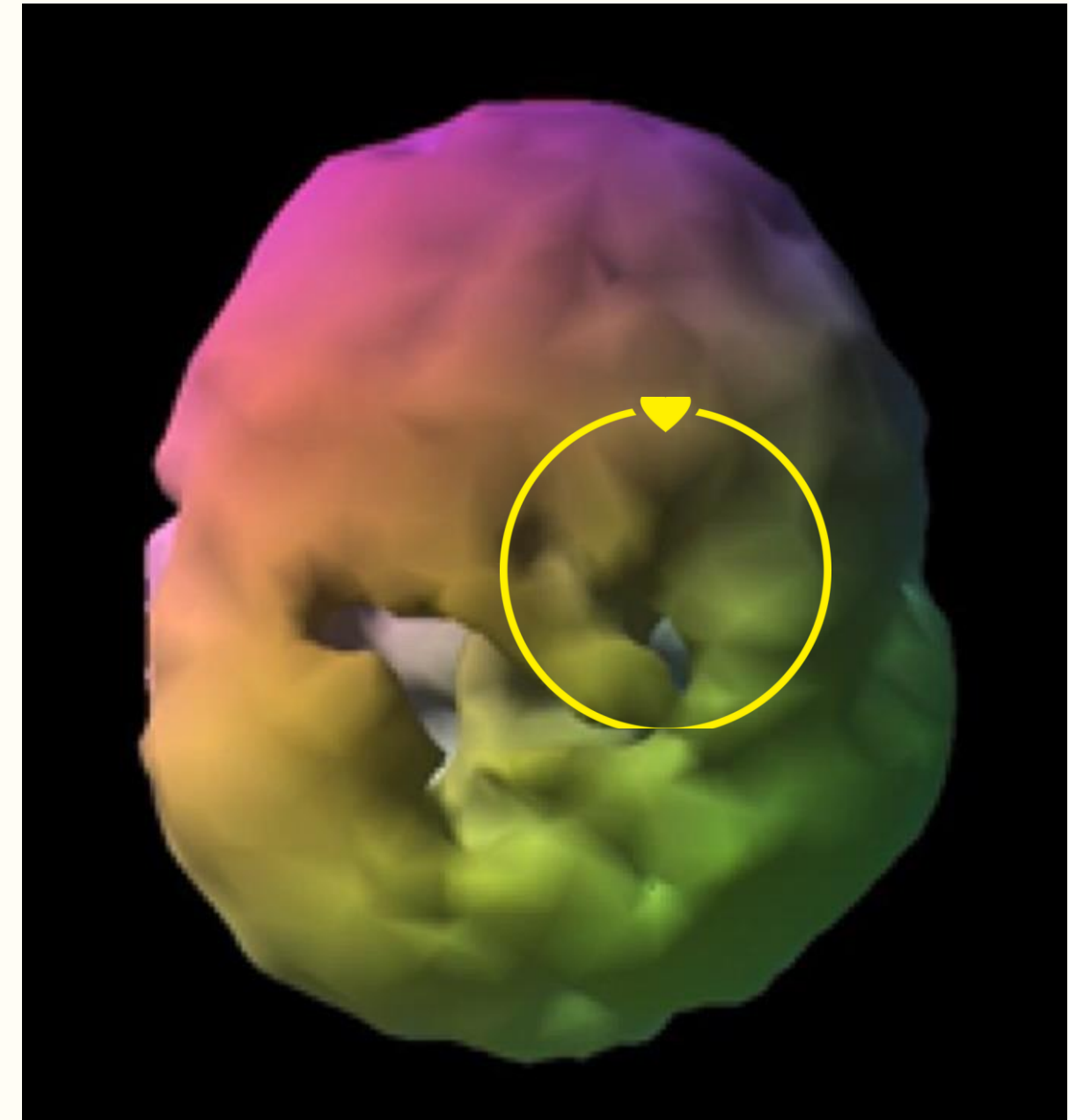


Sleep Deprived Brain

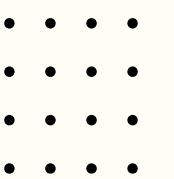




**Healthy
Brain**



Sleep Apnea



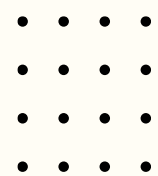
Where to start...

Choose one strategy that aligns with your goal:

- **Top starters:** Sleep, drink more water, exercise.
- **Then:** Habit stack to get started.
- **And:** Practice 2 – 3 calming strategies.

Following this:

- Complete your BRIGHTMINDS handout, including the brain health assessment.
- Make a plan to shine up your brain and mental health.



If you get the health
of your brain right,
everything else
will fall into place.

Dr Daniel Amen



Final words of wisdom from Ralph

When things are going wrong
and you feel a bit blue
Have a nap on the couch
Or find some delicious wallpaper to chew

