

# How to Guide **HEALTHY BRAIN**



Lessons in Mental Health





## Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Healthy Brain Presentation](#)
- Link: [Student Reference Guide](#)
- PDF: [Printable Student Reference Guide](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.

# TODAY WE WILL....

- Learn what brain-reward neurotransmitters do
- Explore how they impact emotions, focus, and behavior
- Discover ways to support a healthy brain naturally
- Create a Canva “How-To Guide” for brain health
- Include tips for lifestyle, nutrition, stress, sleep, and more



# YOUR BRAIN

Your brain is the most important organ in your body. It controls everything you do, from thinking and feeling to moving and breathing.

That's why it's important to take care of your brain and keep it healthy.





# BRAIN REWARD

One way to keep your brain healthy is to understand how to support the health of our brain-reward neurotransmitters.

These neurotransmitters, such as dopamine, endorphins, and serotonin, GABA play a vital role in our emotions, motivations, and behaviors.







# BALANCE

When these neurotransmitters are in balance, we feel good, motivated, and focused.

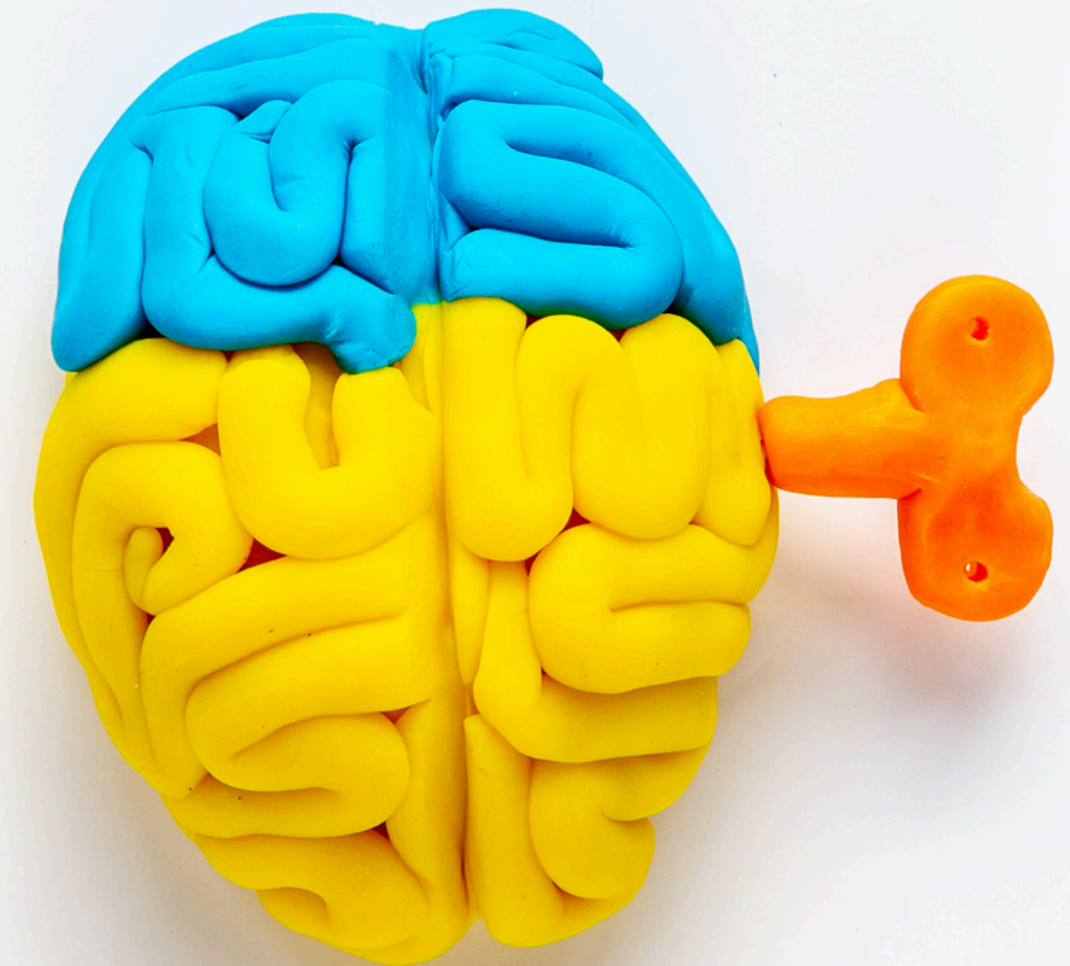
However, when these neurotransmitters are out of balance, we can experience a variety of problems, such as anxiety, depression, and cognitive impairment.



# YOUR BRAIN

There are a number of things you can do to support healthy levels of brain-reward neurotransmitters naturally.

In this activity, you will create a how-to guide on maintaining a healthy brain, focusing on the role of brain-reward neurotransmitters.



# STEP 1

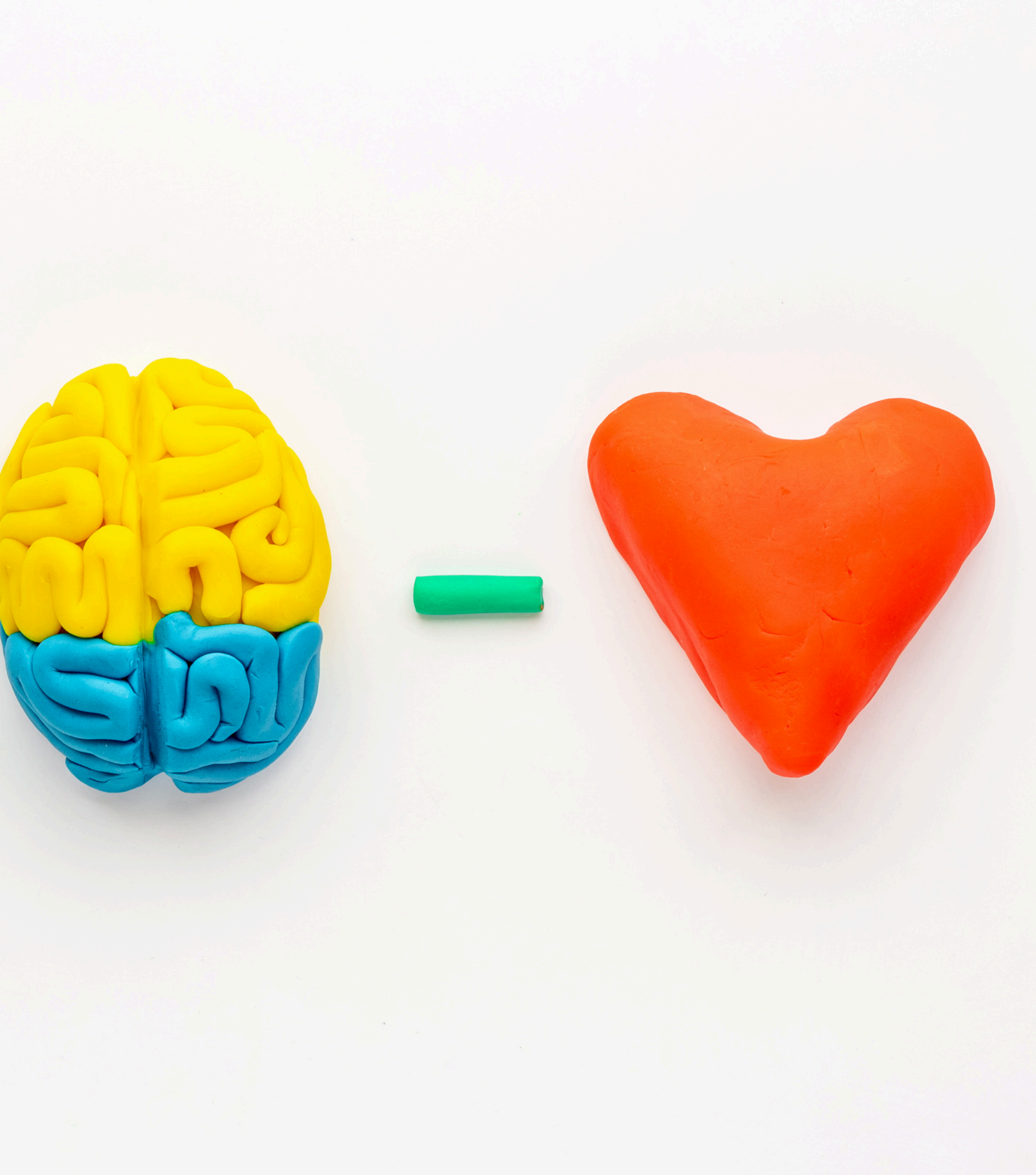
Create a how-to guide using Canva on maintaining a healthy brain.

Include the following sections:

- Title Page
- Dopamine
- Endorphins
- Serotonin
- GABA
- Best Practices for a healthy brain







## STEP 2

Create a separate page for each neurotransmitter within your guide.

- For each neurotransmitter, Write a brief description of what each neurotransmitter does in the brain.
- Provide a minimum of **five** ways to naturally support and increase each designated neurotransmitter.

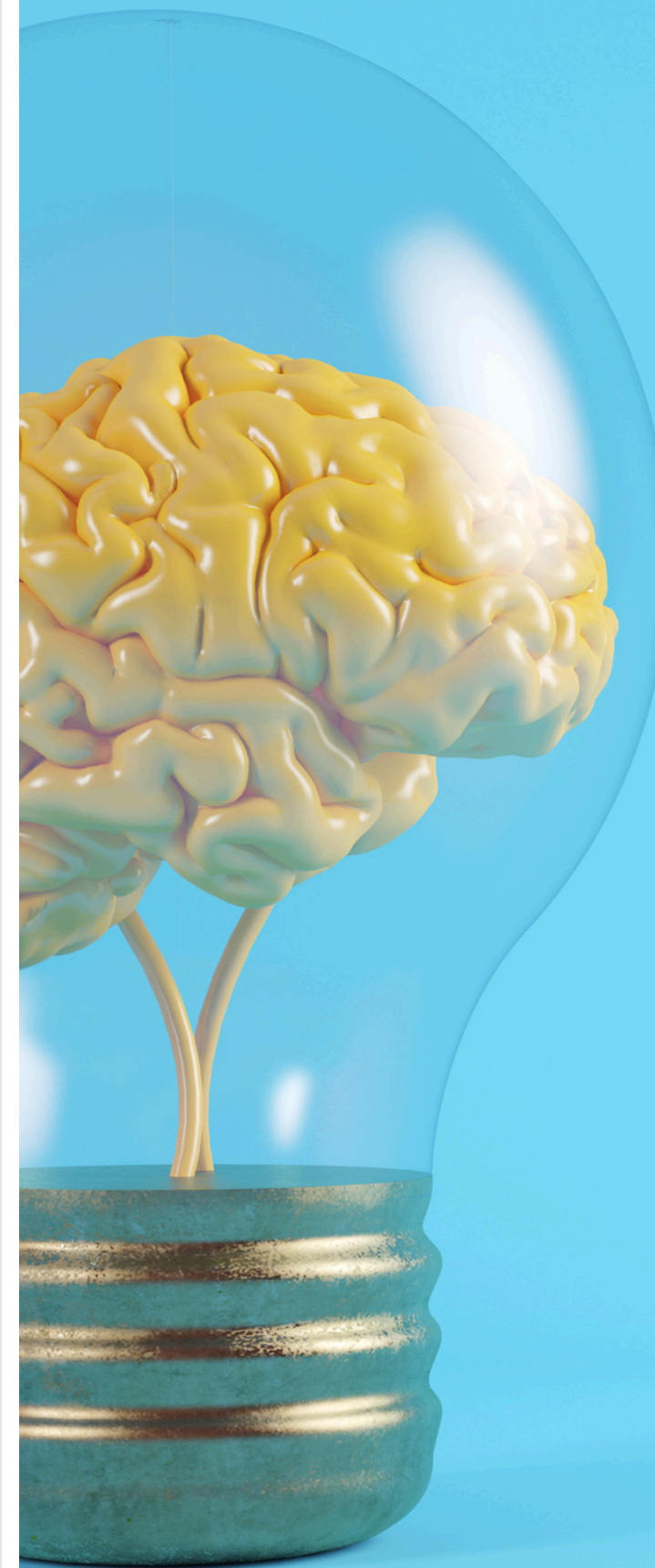


# STEP 3

Identify the best overall practices for maintaining a healthy brain.

Include a variety of lifestyle tips, diet recommendations, stress management techniques, hours of recommended sleep and activities that support brain health.

Include a minimum of **10 tips**.







# TURNING IN YOUR ACTIVITY

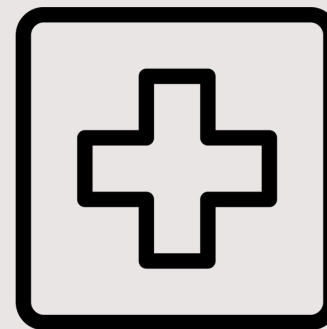
- Create your “How To Guide” using Canva.
- Once you complete your guide, download it as a PDF and upload it online to: How To Guide for a Healthy Brain.



LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

*Until our next lesson*

Visit [Lessons in Mental Health](#) for more FREE lessons and activities that support Mental Health Education.



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