

# HOW-TO GUIDE FOR A HEALTHY BRAIN

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# DOPAMINE

## What does it do in the brain?

Dopamine is a chemical in the brain that helps with movement, mood, and motivation.

- It acts like a messenger between brain cells, helping them communicate.

## How to support :

- Exercise regularly
- Get enough sleep
- Listen to music
- Meditate
- Socialize and have fun

✧ today i choose ✧

**HAPPINESS**



# ENDORPHINS

## What does it do in the brain?

Endorphins are chemicals in the brain that act like natural painkillers and mood boosters. They help you feel good and can make you feel happy, relaxed

## How to support :

- Eat a little bit of dark chocolate
- Get a massage
- Do something creative
- Laugh with friends
- Aromatherapy



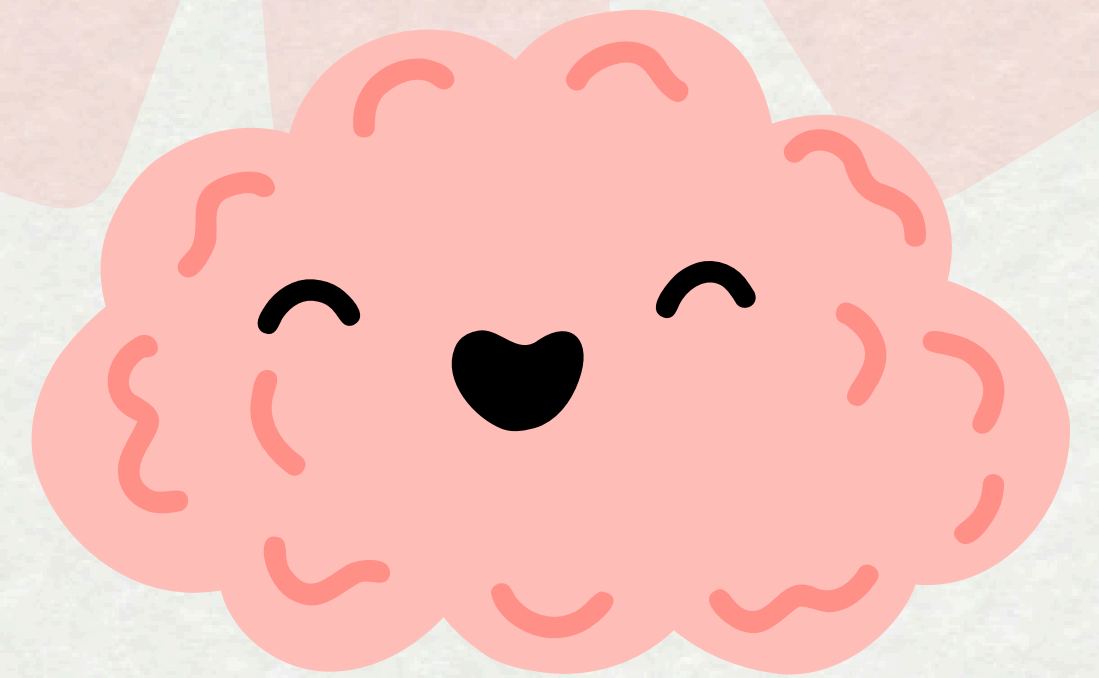
# SEROTONIN

## What does it do in the brain?

Serotonin is a chemical in the brain that helps regulate mood, sleep, and appetite. It's often called the "feel-good" neurotransmitter because it helps you feel calm, happy, and balanced.

## How to support :

- Get plenty of sunshine
- Take certain supplements
- Socialize
- Take care of your mental health
- Laugh more



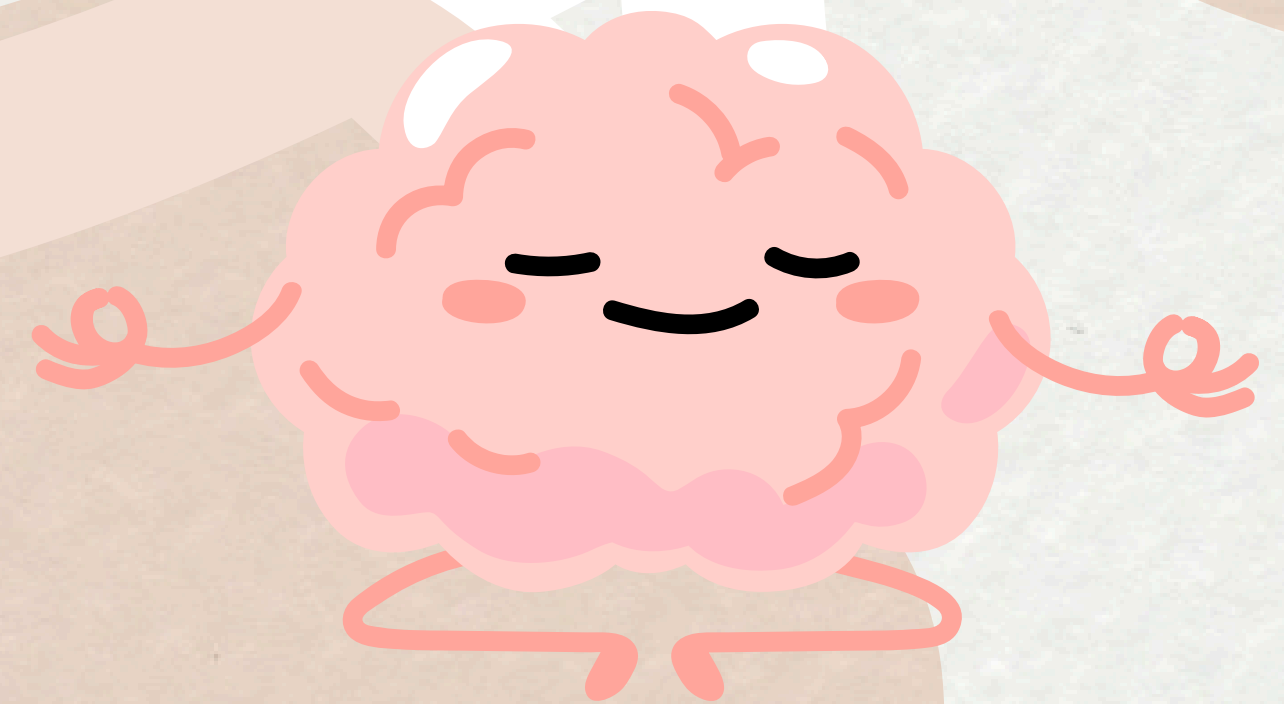
# GABA

## What does it do in the brain?

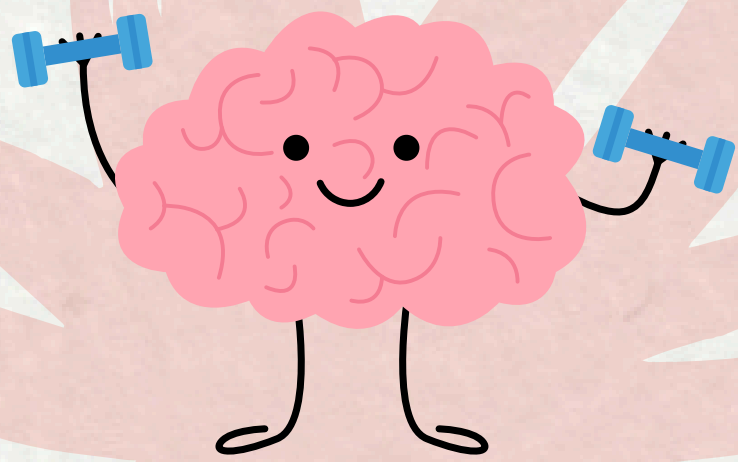
GABA is a chemical in the brain that acts as the brain's natural calming agent. It helps reduce excitability and stress by slowing down nerve activity, making you feel more relaxed and calm.

## How to support :

- Exercise regularly
- Meditate
- Drink green tea
- Avoid excessive caffeine
- Manage stress







# BEST PRACTICES FOR A HEALTHY BRAIN

- **Exercise regularly**
  - Physical activity, like walking, running, or dancing, helps keep your brain sharp
- **Get enough sleep**
  - Aim for 7-9 hours of sleep each night
- **Eat a balanced diet**
  - Eat plenty of fruits, vegetables, whole grains, and lean proteins
- **Stay mentally healthy**
  - learning new things, reading, solving puzzles, or playing memory-boosting games.
- **Manage stress**
  - Meditation, yoga, or deep breathing to keep your mind calm.
- **Socialize Regularly**
  - Spending time with friends and family helps boost your mood
- **Stay hydrated**
  - Drinking enough water is important for brain function
- **Practice mindfulness or meditation**
  - Meditation helps reduce stress, improves focus, and enhances memory
- **Challenge your brain**
  - learning a new language, playing an instrument, or trying new hobbies.
- **Avoid harmful habits**
  - Limit alcohol and avoid smoking or drugs