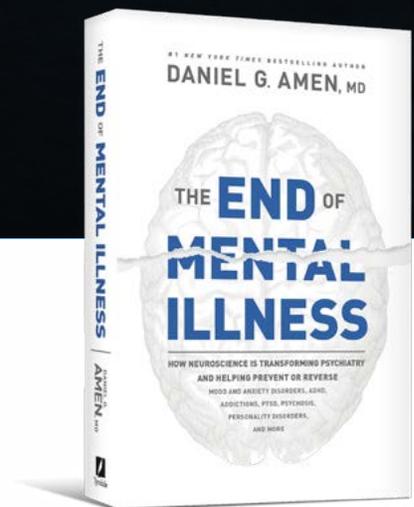


6-WEEK LIVE CLASS + CHALLENGE

Week 1: **Daily Challenges**



Daniel Amen, MD and Tana Amen, BSN, RN

|  brainMD



Getting Started

The Building Blocks Of Better Brain Health

Welcome to Week 1 of your 6-Week Brain Health Revolution Challenge! This week is all about getting started on your journey to better brain health. The 7 daily challenges that follow will help you begin making simple yet important changes in your life that will have a powerful impact on your moods, memory, and happiness.

Let's begin!

DAY 1:

Share this Tiny Habit with 1 other person: “Is this good for my brain or bad for my brain?”

How long will it take?

Less than 1 minute

Tiny Habits are like baby steps—easy changes that will boost your sense of accomplishment and competence and, over time, evolve into bigger changes.

Each of these habits takes just a few moments. They are anchored to something you do (or think or feel) every day—like getting out of bed, brushing your teeth, answering the phone, or driving your car.

The goal is for them to become automatic. The Tiny Habits format is: When I do X (or when X happens), I will do Y.

For example, “When I drive, I will fasten my seatbelt to protect against head trauma.”

Celebrate whenever you adopt a Tiny Habit. Celebrations can be simple—like a fist pump or saying “Attaboy/Attagirl” to yourself.

Today’s Tiny Habit is one of the simplest yet most powerful ways to enhance brain health. Before you make ANY decision, ask yourself, “Is this good for my brain or bad for my brain?” By hitting the brakes before acting impulsively, you can train your brain to make better decisions in every area of your life.

Sharing this Tiny Habit with a loved one adds a level of accountability and increases the likelihood that you will both follow through on it.

DAY 2:

Download and read the Introduction and Chapter 1 of The End of Mental Illness

How long will it take?

About 10-15 minutes

There has never been a more important time to change the way we think about, diagnose, and treat mental “mental” illness and “psychiatric” disorders. We must do better because we’re heading in the wrong direction:

- Every 14 minutes, someone dies by suicide in the U.S.
- 51% of Americans will struggle with a mental health condition.
- Teens and young adults are more prone to depression, distress, and suicide than other generations at their age.
- 23% of women ages 40-59 are taking antidepressants.

If we do not erase—or at least lower—the stigma for these issues, many more people will unnecessarily suffer and die without getting the help they need.

In *The End of Mental Illness*, I explain how over the last 30 years, my colleagues and I have built the world’s largest database of brain scans related to behavior—over 160,000 scans and growing—which has made it crystal clear to us that mental health issues are actually brain health issues that steal your mind.

On this day, you will get a brief overview of why the end of mental illness begins with a brain health revolution.

To complete today’s challenge, download and read the first chapter of *The End of Mental Illness* from the button below.

[CLICK HERE](#)

DAY 3:

Know your brain type and assess your overall brain health by taking the FREE Brain Health Assessment

How long will it take?

About 5 minutes

Based on our brain imaging work at Amen Clinics, we have identified a total of 16 brain types (5 primary brain types and 11 combination brain types). Knowing your brain type helps you understand the ways in which you interact with the world and what brain health/mental health risks you may face. Even more importantly, it can also help you understand how to optimize your specific brain to smooth out some of the rough edges.

Our Brain Health Assessment will identify your brain type and will also give you a quick “snapshot” of where you are today as you begin your journey—think of it as a “before” picture that will help you mark your progress in the weeks ahead!

To complete today's challenge, take the FREE Brain Health Assessment by clicking the button below.

[CLICK HERE](#)



DAY 4:

Download “Know Your Important Numbers” and plan to get them checked

How long will it take?

About 1 minute

Maintaining your overall physical health is critical to your brain health. Many biological problems—such as underactive thyroid, heart disease, high blood sugar, or infections—can cause symptoms associated with mental illness. Healing the underlying physical issue can be very beneficial in helping eliminate the symptoms.

We have created a handy guide to the important health numbers you should know. Make an appointment with your healthcare professional to check these numbers and optimize them if necessary.

To complete today’s challenge, download the Important Numbers handout from the button below.

[CLICK HERE](#)



DAY 5:

Fill out your One Page Miracle

How long will it take?

About 5-10 minutes

In order to enhance your brain health, you must know why you want to get healthy. One of the best ways to focus on what you want in life is to write it down. I have my patients do an exercise called the One Page Miracle (OPM) because it makes a dramatic difference in the lives of those who practice it. Here are the simple steps:

1. On a piece of paper, write down what you want (not what you don't want) in the major areas of your life, including your relationships, work, money, and self (physical, emotional, and spiritual health).
2. Place it somewhere you can see it every day, such as on the refrigerator or bathroom mirror.
3. Ask yourself every day, "Is MY behavior today getting me what I want?" This will help you focus your thoughts and actions on your goals throughout the day.

To complete today's challenge, download the One Page Miracle handout from the button below.

[CLICK HERE](#)



DAY 6:

Eat 5-8 servings of vegetables and fruits today

How long will it take?

A few minutes at each meal of the day

Colorful vegetables and fruits are full of brain health/mental health benefits, providing nutrients, vitamins, minerals, and antioxidants. They boost the level of antioxidants in your body, which reduces the risk of developing cognitive impairment and depression. Antioxidants neutralize the production of free radicals in the body, which play a major role in many physical illnesses, including cardiovascular disease, autoimmune disorders, and Parkinson's, but also in many mental illnesses, such as Alzheimer's disease, schizophrenia, and depression.

Increasing antioxidants has been found to help many conditions, including anxiety and depression. In fact, a recent study found that happiness is correlated to how many vegetables and fruits you eat. The more colorful vegetables and fruits you eat (up to 8 servings a day) the happier you become—almost immediately. No antidepressant works this fast!

I recommend a 2-to-1 ratio of vegetables to fruits, so choose up to 5 servings of vegetables and up to 3 fruits you enjoy and include them in your meals today.

For help completing today's challenge, here is a list of delicious fruits and vegetables shown to improve brain health. Click the button below to see the list.

[CLICK HERE](#)

DAY 7:

Download and practice the Loving Kindness Meditation audio

How long will it take?

About 5 minutes

New research has shown many positive benefits of a special form of meditation called Loving Kindness Meditation, which focuses on developing feelings of goodwill, kindness, and warmth toward others. Loving Kindness Meditation has been shown in scientific studies to increase positive emotions and decrease negative ones, decrease pain and migraine headaches, decrease symptoms of post-traumatic stress disorder (PTSD), increase gray matter in the emotional processing areas of the brain, and increase social connectedness.

The Loving Kindness Meditation is a very simple form of meditation that you can do today even if you've never tried to meditate before.

To complete today's challenge, simply listen to the audio by clicking the two buttons below. Button one is the introduction and button two is the meditation. Follow the easy instructions and you'll start feeling the benefits almost immediately.

[INTRO](#)

[MEDITATION](#)

Week 1: Recap

Congratulations!

You've now completed Week 1 of the 6-Week Brain Health Revolution Challenge. By completing each day's challenge, you are making significant progress toward better brain health and a better life.

Keep up the good work!

The downloads enclosed in this document will also be uploaded to our webpage. Please click the button below to view all.

[CLICK HERE](#)



MEDICAL DISCLAIMER

The content contained within Dr. Amen's Brain Health Revolution Live Class + 6-Week Challenge is intended for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The materials, by necessity, are of a general nature and should not be viewed as a substitute for an evaluation or treatment by a competent medical specialist. Please work with your health care provider for advice about your specific medical condition(s) and treatments(s) for such condition(s). Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or medications. We recommend working with your doctor or other qualified health provider before beginning the program, starting or stopping any medications, and making any changes to your life to make sure that it is appropriate for your needs—especially if you are pregnant or have a family history of any medical concerns, illnesses, or risks.

If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Stop exercising immediately if you experience faintness, dizziness, pain, or shortness of breath at any time. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read or heard throughout this program.

