

Dear Champions of Brain Health,

First, let me ask you to take a moment, breathe deeply and reflect. How are you doing? I hope you will take a moment to meaningfully consider this question. In this great time of uncertainty, whatever you are feeling, you are not alone.

A trauma like the coronavirus outbreak and the resulting stress can threaten brain health in the moment and create numerous long-term risk factors for future brain illness. With this awareness, the Brain Health Initiative is working to bring preventive resources and action steps to the Florida Gulf Coast region.

This week, the Brain Health Initiative will begin offering **Brain Health Boosts**. These **brain boosts** are designed to increase your brain and physical health while fighting illness.

## WHAT YOU CAN DO TODAY TO PROTECT YOUR BRAIN HEALTH

### 'All the Small Things'

A group of Harvard University Medical School students created a [public service video](#) promoting education and activism around coronavirus, set to the tune of a Blink-182 song.

Boosting brain health is always essential and especially during times of distress. The question is not whether we will get through the ordeal that lies ahead— because we will. The important questions from our perspective at the Brain Health Initiative, are how well can we work together to:

- Protect the greater good?
- Promote brain health during this period?
- Prevent the potential spiral of brain illness, as well as how much we will learn from this unprecedented challenge and make necessary changes for the future?

Watch a recorded **Brain Health Boost** [Facebook event](#): “Brain Health and COVID-19.”

I also invite you to please visit our [Brain Health Boosts web-site](#) page to stay informed about upcoming programs and events in conjunction with [Lakewood Ranch Live](#) for protecting your brain health (e.g., information, tips, programs, and events such as Mind Body Moments, relevant professional seminars for caregivers, live community meditations, Fit Tip Fridays and Fit Tips for Kids, nutrition for brain Health, brain health playlists and film recommendations).

Remember, we are all in good company,



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