

## BRAIN HEALTH BOOST-A WEEK IN REVIEW

### The Week in Review (April 27-May 2)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

#### **Brain Health and COVID-19 Experience- Inspiring Us to Ask, Who Can We Be?**

Throughout history and this period of COVID-19 experience, people are asking deep and meaning-filled questions about life and living. How do we pause, reflect and make meaning from our individual and collective experience and apply our lessons learned to **ways of being**? How do we become as wise, compassionate, grateful, strong, happy, and loving as we can be? How can these **ways of being help** us reach our potential as individuals and as a community and make a difference for the greater good? Recent science is revealing how these **ways of being**, of living a brain healthy lifestyle, are creating remarkable positive changes in the physiology of our own central nervous system and increasing outcomes in our own brain health and daily performance across the lifespan.

- **Brain Health Boost posts:** [brainhealthinitiative.org/brain-health/brain-boosts/](https://brainhealthinitiative.org/brain-health/brain-boosts/)
- **Brain Health Boost Facebook events:** [www.facebook.com/LakewoodRanch](https://www.facebook.com/LakewoodRanch)
- **Brain Health Boost Lakewood Ranch sponsored events:** [mylwr.com/](https://mylwr.com/)

#### **Monday**

- **Brain Health Boost:** [Brain Development Matters, Even During COVID-19](#)

#### **Tuesday**

- **Brain Health Boost:** [Couples During COVID-19-A New Kind of Togetherness](#)

#### **Wednesday**

- **Brain Health Boost:** [Part 4 Food for Mood, Thought and Staying Healthy: Boosting Brain Health Immunity](#)

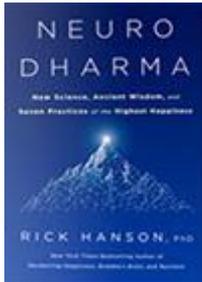
#### **Thursday**

- **Brain Health Boost:** [Brain Health and Watching the News: How Much is Too Much?](#)

## Friday

- **Brain Health Boost:** Music, Book and Film to Boost Brain Health: Wisdom and Courage

Watch the film: Wizard of Oz (1939). A film that focuses on brain healthy themes of **ways of being, living and becoming**. Can you identify a **way of being** theme that is associated with each character?



What is happening in the brain and body when we are as wise, strong, happy, and loving as any person can ever be? Find out in Neurodharma – the new book from Brain Health Initiative’s faculty Dr. Rick Hanson.

Listen to the book trailer:

- [Listen](#) to the book trailer
- [Read](#) Excerpt 1 – Mind in Life (An overview of the book/path)



Listen to the [BHI Playlist](#) with songs of wisdom and courage and living a meaning-filled life of honesty, integrity, perseverance and bravery.

- **Brain Health Boost:** COVID-19 Webinar- Friday, May 1 at Noon  
[COVID-19 Webinar: Strategies to Successfully Manage Stress During Difficult Times](#). As we struggle with the stressors brought on by the COVID-19 pandemic, it’s natural to turn to what we normally accept as typical methods of coping, including drinking. However, the incredible amount of stress each one of us is experiencing makes it more important than ever to focus on finding healthy outlets for the pressure we all feel. McLean’s Cathy Milliken, LICSW, helps us identify self-defeating behaviors, determine when behaviors may have addictive tendencies and teaches us how to manage new circumstances while validating our feelings and our loved ones’ emotions.
- **Brain Health Boost:** Mindfulness programs for preschoolers and their caregivers are growing world-wide, and can be surprisingly effective. The practices just need to be adapted to young children’s hearts, minds, and bodies. Join Rick Hanson, Dan Siegel, Kristin Neff, Elisha Goldstein, Susan Pollak, Chris Willard, 20 other experts, and me exploring how to adapt mindfulness practices to the needs of preschoolers and their caregivers. This free online [Mindfulness for Preschoolers Summit](#) will replay from May 4 – 8 (Rick Hanson’s interview is on Monday, May 4). Sessions will be available free for 48 hours. And if you’d like to purchase anytime access, a donation in your name will be made to ABCs and Rice, a charity for underserved Cambodian children. Just [click here to register for free](#).

## ONGOING EVENTS



- [Art Works Anywhere](#), sponsored by Van Wezel  
Van Wezel Professional Teaching Artists create simple, how-to videos. New videos are posted to the channel weekly. Whether it's for creative expression, or to support school-based learning online, #ArtworksAnywhere is a perfect way for families to engage and learn together.
- Every Tuesday at 10 am May 12  
**Brain Health Boost:** 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- Tuesday 1pm, through May 12  
**Brain Health Boost:** [Create for Care-Art Projects for Kids](#): hosted by Kori Clark Design, sponsored by Lakewood Ranch
- Consider placing a pick-up or delivery order from one of the [Lakewood Ranch Farmers' Market vendors](#) or visit the [farmers' market Pinterest](#) page for healthy recipe ideas.
- Every Wednesday at 7pm through May 13  
**Brain Health Boost:** [Ranch Nites: Virtual Happy Hour](#)-Live stream performance by local musicians
- Every Thursday at 7 pm through May 14  
**Brain Health Boost:** Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- Every Friday at 10 am through May 15  
**Brain Health Boost:** Facebook live in partnership with Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#)
- Sun Coast ARTS Reach Task Force, local arts education experts created [daily arts-based learning activities](#). They are available free to families, teachers, and caregivers and a new calendar is launched every Friday.

### About the Brain Health Initiative ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. Through education, research, innovation and action that focuses on brain health promotion, prevention, early identification, evidence-based

intervention and performance optimization the collaboration between Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance builds brain healthy communities with cultures that increase brain health protective factors and reduce risk factors, improving brain health and optimizing brain performance outcomes for the Florida Gulf Coast region and beyond. Join the movement, brain health matters and lifestyle makes a difference.

**To view all Brain Health Boosts [click here](#).**