

The Brain Health Workshop **Week 2 Handouts & Homework**

VERY IMPORTANT: Since Dr. Chiu is not your primary care provider, he cannot discuss your personal medical situation. Therefore, BEFORE you decide to take any tests, or purchase any products or supplements, please consult with your doctor.

[Week 2 Presentation for Class Video](#) (PDF) Same file as on Week 2 Files Page

[Brain Health Roadmap](#) (PDF) For all 6 Weeks - Same file as in previous week.

[BrainTRAINS and Upgrades](#) (PDF)

Week 2 Homework

Download the BrainTrains and Upgrades File - link above. Then:

- 1 - Try one of the Prefrontal Cortex BrainTRAINS out.
- 2 - Try one of the Hippocampus BrainTRAINS out.
- 3 - Try one of the Brainstem BrainTRAINS out.

Write these down in your Brain Health Roadmap - link above.

Bonus Homework

1 - Pick one upgrade from any of the 3 Neural Networks above. Choose one of the easy lifestyle exercises or hobbies that you can start incorporating into your life, give it a shot and schedule some time for it this week and try it out and see how you feel.

Write it down in your Brain Health Roadmap - link above.

Extra Resources

Extra Apps for BrainTraining (per request in Week 2 Office Hours)

BrainHQ - <https://www.brainhq.com/>

Lumosity - <https://www.lumosity.com/en/>

7 app- <https://seven.app/>

Sujok Rings - also great for BrainTrains and exercises by massaging fingers

<https://www.karma-living.com.au/sujok-ring-assorted.html>

(can also search on Amazon)