

## **The Brain Health Workshop**

### **Week 5 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 5 Presentation for Class Video](#) (PDF) Same file as on Week 5 Files Page

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

[Epsom Salt Bath Recipe](#) (PDF)

#### **Week 5 Homework**

- 1 - Identify your worst lifestyle trigger.
- 2 - Identify what your best lifestyle antidote is.
- 3 - Put it to the test. Do one action for each. So, if you find that your worst trigger is sleep, do one action in that category to help your sleep. If you find that your best antidote is downtime and rest and relaxation, then do one action in that category for your downtime.
- 4 - In your Brain Health Roadmap - link above - write down:
  - A - How you will bookend your days
  - B - Your favorite stress antidotes
  - C - Sleep hacks to try
  - D - What mini breaks you will take

#### **Bonus Homework & Challenge**

1 - Carve some time out, especially for you, some sacred time where you can unwind and maybe focus on some of the things that you've been missing in your life that you want to start doing more of. Being more creative, or painting, or drawing, or reading a novel. Playing a musical instrument or just listening to music. Whatever it is for you, carve out some time for it between now and next week's class.

For any of the above, if you want a helpful suggestion on downtime or giving yourself a break, check out the Epsom Salt Bath Recipe - link above - and the instructions =)

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**Extra Resources/ Answers from Week 5 Office Hours Questions**

A - Suggestions on Where to Find Nature Sounds

1. [Calm App](#)
2. [YouTube](#) (free but has ads)
3. [Spotify](#) (look for nature sounds playlists)

B - Reference link for Paper on Blood Brain Barrier

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/>

C - Devices for In the Ear - can help with Tinnitus or Sound Sensitivities

Calmer by Flare - For sound sensitivity:

<https://www.flareaudio.com/pages/calmer-life>

Calmer Night by Flare - For reducing trigger noises during sleep:

<https://www.flareaudio.com/collections/hearing/products/calmer-night>

D - Dr. Chiu's Apothecary (Same as in Week 4 Handouts)

Sign up here to create an account, do some research, and if desired, to make any purchases:

<https://us.fullscript.com/welcome/brainsave>

Dr. Chiu's team is able to provide a 15% discount to orders from students. Send an email to [care@drtituschiu.com](mailto:care@drtituschiu.com) to access this discount after creating your account.

**VERY IMPORTANT:** Access to the BrainSAVE! Online Apothecary is for US residents ONLY. If you're not a US resident or would like to find your own sources, feel free to use the information below as a starting point for your research.

*This special access is for educational and informational purposes only and solely as a self-help tool for your own use. You should not use this information to diagnose or treat any health problems or illnesses without consulting your own medical practitioner. If you order supplements or labs through the resources listed above, you understand that doing so does not establish a doctor-patient relationship between yourself and Dr. Titus Chiu. Always seek the advice of your own medical practitioner and/or mental health provider about your specific health situation before taking any nutritional or herbal supplement or adopting any treatment for a health problem.*