

The Brain Health Workshop Week 6 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 6 Presentation for Class Video](#) (PDF) Same file as on Week 6 Files Page

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

[Gratitude Journal](#) (PDF)

Week 6 Homework

1 - Complete the [Negativity Bias Quiz](#)

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

After entering your score, write down your answers for 5 Steps to Silence Your Inner Critic.

You can always come back to either of these to do a check on yourself.

2 - Search your memory bank and think of one positive memory. It doesn't have to be a massive life-changing thing that happened. Just one positive memory that you have. Identify it and then spend 5 minutes steeping in it.

To steep in it, you can think about it and really feel those emotions, or journal about it, what the experience was, why it was positive, why you chose that, or even talk about it with somebody, a friend, or a loved one.

3 - 10 days of gratitude. For the next 10 Days, challenge yourself to write one thing that you're grateful for every single day and three reasons why. You can enter this in your own journal or in the Gratitude Journal - link above - you can download and print out.

Extra Resources

Man's Search for Meaning - Viktor Frankl

<https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl-ebook/dp/B009U9S6FI>

The Book of Joy - Dalai Lama, Desmond Tutu, Douglas Abrams

<https://www.amazon.com/Book-Joy-Lasting-Happiness-Changing-ebook/dp/B01CZCW34Q>

Sujok Rings - also great for BrainTrains and exercises by massaging fingers (also on Amazon)

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