

# Welcome to Brain Fitness Class!

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# Grab a Glass of Water!

WATER ENSURES EFFICIENT ELECTRICAL  
AND CHEMICAL ACTIONS BETWEEN THE  
BRAIN, NERVOUS SYSTEM AND SENSORY  
ORGANS!

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# Check In Activity

ONE WORD CHAT BOX

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**Awareness creates change.**

**Just tuning in and being present enables  
messages to travel across the 'noticing  
bridge' in our brain.**



CLOSE ALL YOUR  
DISTRACTIONS NOW.





**A stressed-out mind usually  
leads to a stressed-out gut.**

~Unknown



So what is  
Brain  
Fitness?

# Brain Fitness...

BRAIN FITNESS PROVIDES CURRENT, RELEVANT, AND EASY TO IMPLEMENT TOOLS TO:

- IMPROVE MEMORY
- IMPROVE COGNITIVE FUNCTION
- REDUCE BRAIN FOG
- CONNECT BOTH SIDES OF THE BRAIN
- REDUCE STRESS
- ACHIEVE GREATER WELL-BEING
- HELPS IMPROVE OVERALL FUNCTIONALITY
- LEARNING READINESS
- FOCUS AND CONCENTRATION
- MENTAL CLARITY AND DECISION MAKING
- STRESS MANAGEMENT AND ANXIETY REDUCTION
- HIGHER ENERGY, BETTER MEMORY
- MORE POSITIVE ATTITUDE!

# Check In Basic Physiological Needs

- **FOOD** - AM I HUNGRY?
- **WATER**- AM I HYDRATED?
- **CLOTHING** - AM I  
WARM/COOL?  
ITCHY/COMFY?
- **SHELTER**- AM I IN A SAFE  
PHYSICAL SPACE? DO I  
NEED TO HUG A PILLOW  
OR FIND COMFORT?
- **SLEEP** - HOW WELL DID I  
SLEEP LAST NIGHT? AM I  
FEELING TIRED?





# Curious Question?

How's your tummy  
when you are  
nervous, excited or  
scared?





# Brain Warm UP

ALERT AWAKE ALIVE  
ENTHUSIASTIC

**DID THIS  
EXERCISE HAVE  
AT LEAST 3?**

## **THE 6 M'S:**

- **MOUTH**
- **MUSIC/RHYTHM**
- **MOVEMENT**
- **MIND**
- **MEANING**
- **Mid-line**

## **THE BRAIN NEEDS:**

- **Consistant**
- **Persistant**
- **Repetition**





# Brain Knowledge: The Second Brain!

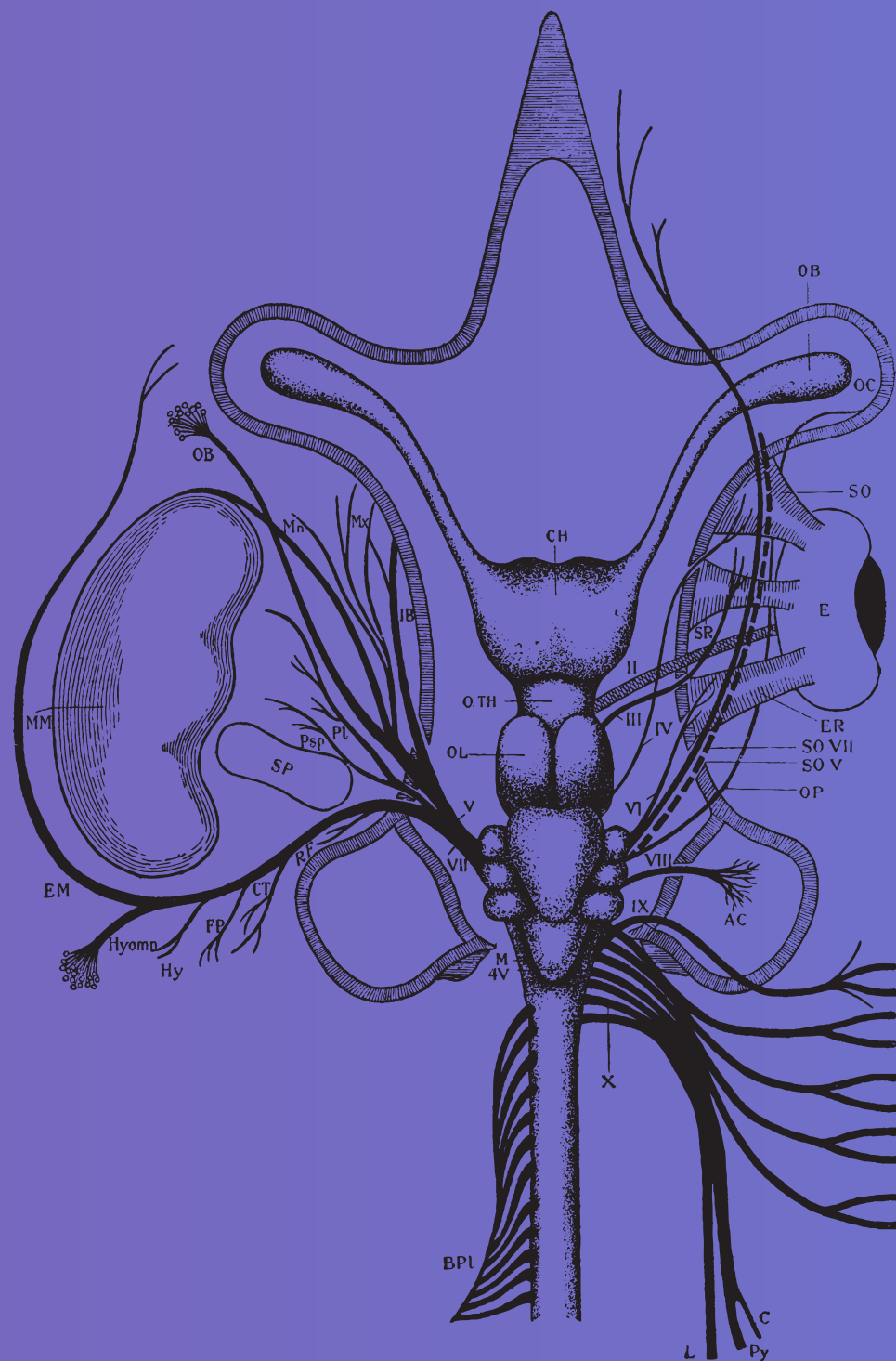
# Microbiome

- MICROBIOME - THE MICROORGANISMS THAT POPULATE THE COLON.
- THEY ARE ABLE TO DIGEST AND MAKE GOOD USE OF PARTS OF OUR DIETS THAT WE CAN'T DIGEST BECAUSE WE DON'T HAVE THE ENZYMES TO - FIBER AND POLYPHENOL-MICROORGANISMS CAN FERMENT IT IN THE COLON.
- AND THEIR METABOLITES PROVIDE A WHOLE RANGE OF BENEFICIAL COMPOUNDS AND ACTIVITIES FOR OUR BODIES, INCLUDING:
  - THE PRODUCTION OF VITAMINS,
  - THE SYNTHESIS OF SHORT-CHAIN FATTY ACIDS,
  - THE SYNTHESIS OF NEUROTRANSMITTERS
  - HELPING TO TRAIN OUR IMMUNE SYSTEMS AND KEEP OUR IMMUNE SYSTEMS FUNCTIONING WELL.

# Vagus Nerve

- TECHNICALLY THE 10TH CRANIAL NERVE!
- WANDERING NERVE," AND IT'S CALLED VAGUS FROM THE LATIN ROOT OF "VAG-" — VAGABOND, WANDERING
- IT GOES DOWN THE BACK OF YOUR THROAT, IT LOOPS UP AROUND THE EARS, CROSSES DOWN BEHIND THE VOICE BOX, IT CONNECTS INTO YOUR HEART, INTO YOUR LUNGS, INTO YOUR LIVER, INTO YOUR STOMACH, INTO ALL OF YOUR MAJOR ORGANS, BEFORE ROUNDING OUT IN THE GUT.
- DIRECT CONNECTION BETWEEN BODY AND BRAIN
- INFO GOES UP NOT JUST DOWN IT IS TAKING INTO ACCOUNT OF THE INFORMATION THAT'S HAPPENING INSIDE THE BODY, TO MAKE A DECISION ABOUT WHAT YOU SHOULD DO NEXT.





- The Vagus nerve is key in the relationship between our body and our emotionality, because our emotionality is anchored in our bodies.
- For example when you are nervous: it goes through the throat — my throat tightens up. Your voice gets strained. Your stomach feels queasy. We have experiences of those connections.

**I think,  
therefore I am  
~Descarte**

- 400 YEARS AGO THIS STATEMENT CREATED DUALISM - THE SEPARATION OF BRAIN AND MIND OR DISEMBODIED PSYCHOLOGY.
- WE DISEMBODIED THE MIND FROM THE ORGAN THAT UNDERPINS IT.
- THERE IS NO SEPARATION AND THIS IS WHAT WE ARE RE-LEARNING NOW WITH THE DISCOVERY OF THE VAGUS NERVE AND THE GUT MICROBIOME.
- PODCAST SUGGESTION: ON BEING WITH KRISTA TIPPET. EPISODE MAY 19, 2022
- LINK:  
[HTTPS://ONBEING.ORG/PROGRAMS/KIMBERLEY-WILSON-WHOLE-BODY-MENTAL-HEALTH/](https://onbeing.org/programs/kimberley-wilson-whole-body-mental-health/)



## Stimulating the vagus nerve can help to:

- Improve our emotional responses
- Improve relationships skills
- Improve relations and ability to accept and/or create change in our lives

## Best ways to stimulate:

- Breathing
- Movement



# MOVEMENT AND THE VAGUS NERVE



- Movements requiring a rather complex level of coordination effectively stimulate the vagus.
- These types of disciplines also represent an excellent way to synchronize emotions, thoughts, external and internal rhythms, waiting and mastery, develop and strengthen top-down and bottom-up connections.





# Brain Knowledge: Mouth Health



# Mouth Bacteria

- STUDIES HAVE SHOWN THAT ORAL BACTERIA CAN ACTUALLY TRAVEL TOWARD THE GUT AND CHANGE ITS MICROBIOME
- STUDIES HAVE ALSO SHOWN THAT MOUTH BACTERIA ORGANISMS ARE BEING FOUND IN THE BRAIN AND THE PLAQUES OF CORONARY ARTERIES
- STUDIES HAVE ALSO DISCOVERED P. GINGIVALIS AND F. NUCLEATUM THE KEY PATHOGENS IN PERIODONTITIS, WAS IDENTIFIED IN THE BRAIN OF ALZHEIMER'S DISEASE PATIENTS.

# What to do?

- FLOSS! GETS FOOD STUCK IN TEETH THAT CAN ATTRACT AND CREATE BACTERIA AS IT BREAKS DOWN. BUILD UP 'CALLUSED' GINGIVAL TISSUE, AND THIS TAKES TIME, SO KEEP AT IT
- LIMIT ANTI-SEPTIC MOUTHWASH - IT KILLS GOOD AND BAD BACTERIA
- CUT BACK ON SUGARY AND ACIDIC FOODS - THESE TYPES OF FOODS FEED BACTERIA
- READ MORE AND FIND STUDIES HERE:  
[HTTPS://WWW.MINDBODYGREEN.COM/ARTICLES/HOW-ORAL-HEALTH-IMPACTS-BRAIN-HEALTH-AND-WHAT-TO-DO-ABOUT-IT](https://www.mindbodygreen.com/articles/how-oral-health-impacts-brain-health-and-what-to-do-about-it)



# Vagus Nerve Exercises!





## Exercise: Drum Roll

Great for:

- Completion
- Inner Connection
- Engagement
- Invigoration





# Exercise: Drum Roll

Pre Exercise Check In:

Are you a procrastinator?

Are you able to finish a task or project completely in one sitting?





## Exercise: Drum Roll

- Gently tap all over your body using the palms of your hands
- Pretend you are hand drumming, use rhythm and awaken your senses





# Exercise: Drum Roll

Pre Exercise Check In:

Are you a procrastinator?

Are you able to finish a task or project completely in one sitting?





## Exercise: Cross Lateral

Great for:

- Out of balance or clumsy
- Problem Solving
- Whole Brain Experience
- Getting started on a task
- Reset



## Exercise: Cross Lateral

Pre Exercise Check In:

On a scale of 1-10 how balanced do you feel? Emotionally or Physically.

Is your mindset in a place of possibility and/or problem-solving?



## Exercise: Cross Lateral



- Stand feet shoulder width apart and raise hands over head
- March and bring right hand to left knee and vice versa
- As you do this movement think of a phone number from your past and say it out loud. Now say it out loud backwards.
- ALternatively: Do a math problem or say the alphabet backwards





## Exercise: Cross Lateral

Pre Exercise Check In:

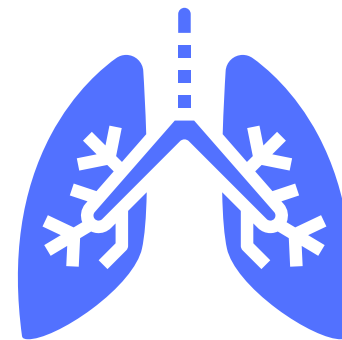
On a scale of 1-10 how balanced do you feel? Emotionally or Physically.

Is your mindset in a place of possibility and/or problem-solving?



# The Emptying Breath

The emptying breath is a way to activate your parasympathetic nervous system and calm your sympathetic nervous system. When you do this breath it helps to calm your mind and relieve anxious energy and stress.



1. Sit with feet flat on floor and with good posture
2. Inhale for a count of 3
3. Exhale slowly for a count of 6
4. If there is any air left in your lungs push it all out.





# Exercise: Transform Storms

Great for:

- Calm
- Soothing
- Clear-headed
- Centered





## Exercise: Transform Storms

Pre Exercise Check-In:

Do you feel stressed or anxious?

Is your stomach in knots or doing flip-flops?



# Exercise: Transform Storms



- There are neurovascular points in your forehead that are connected to your stomach meridian. Rubbing them directs blood flow from the hypothalamus (emotional) to frontal lobes (rational thought).
- Cover forehead with palms of hands
- Relax face and shoulders and breath into your belly. Hold 1 min.
- Variation: Thumb and pointer finger above each eye.





## Exercise: Transform Storms

Post Exercise Check-In:

How clear does your mind feel now?

Has your stomach released any tension?





## Exercise: Connect With Your Mid-line

Great for:

- Feeling anxious or stressed
- Light headed or dizziness
- Approaching problem solving with win-win perspective
- Brings calm to yourself and your environment without saying a word



# Exercise: Connect With Your Mid-Line

Pre Exercise Check In:

On a scale of 1-10 how anxious, worried or overwhelmed do you feel?

How is the energy in your room or around you?



# Exercise: Connect to Your Midline



- Connect the right and left sides of your brain and body by bringing your hands together in a clasp in front of your midline.
- Connect the tips of your fingers and thumbs and imagine you are holding a ball of energy in between your hands
- As slowly as possible bring your hands together until your palms are touching and cross your fingers and thumbs.
- Take a few breaths.
- Try with your eyes closed.





## Exercise: Connect With Your Mid-Line

Post Exercise Check In:

On a scale of 1-10 how anxious, worried or overwhelmed do you feel?

How is the energy in your room or around you?

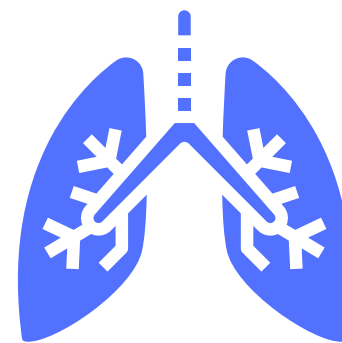
How do you feel?



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# The Falling Breath

Falling Breath is a great tool to release physical tensions in the body.



1. Sit with feet flat on floor and with good posture
  2. Inhale for a count of 3
  3. Take one more sip of air at the top of your breath
  4. Exhale with a BIG SIGH
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# What we learned today:

- Why water is awesome
- Microbiome: second brain
- Vagus Nerve
- Mouth and Alzheimers
- 6 Brain Fitness Exercises!
- 2 Breathing Exercises



# Check Out Activity:

ONE WORD CHAT BOX

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# Soak up some more inspiration.

Get Access Free Resource  
Library and  
Join my Mailing List:

[www.myrecreo.health](http://www.myrecreo.health)



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VICTORIA@MYRECREO.HEALTH