



THE SCIENCE

Research shows while stress can take a toll on our cognitive fitness, there are simple, practical things we can do to lower the impact stress has on our thinking and well-being.

NOW DO IT!

Practice ways to de-stress using the following 2 worksheets. Think about which ones you would like to keep practicing on you own to balance stress.

TBH TAKEAWAY

There are many ways we can “de-stress” and minimize the impact negative feelings can have on our brain health. Continue to refer to your worksheets to practice different ways to diffuse stress and create more calm for yourself.