

# New Year, New You!

## Our Gift to You... 7 Days of TED Talks to Inspire Better Brain Health

Start the year with some smart thinking certain to motivate you and your community to better brain health! Enjoy and share this series of talks, curated by our experts at Total Brain Health, on everything from how food affects our brains to what we can do to rid ourselves of bad habits. Here's to better brain fitness!

— CLICK TO VIEW —

DAY 1



### TRY SOMETHING NEW FOR 30 DAYS

Ready to change your habits? Get inspired by computer scientist Matt Cutts as he shares some simple ways to begin improving your life, one day at a time.

DAY 2



### THE BRAIN-CHANGING EFFECTS OF EXERCISE

What happens to our brains when we work out? Its more than you think. This TED talk features neuroscientist Wendy Suzuki, who has a lot to teach us about the brainy benefits of exercise.

DAY 3

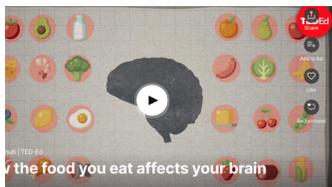


### WHAT MAKES A GOOD LIFE?

#### LESSONS FROM THE LONGEST STUDY ON HAPPINESS

Learn what Harvard scientists discovered in their longstanding research on happiness. What makes a good life? How can we make changes to increase our own happiness?

DAY 4



### HOW THE FOOD YOU EAT AFFECTS YOUR BRAIN

You are what you eat - and so, recent research suggests, is your brain. This entertaining TED video gives a great overview of what we know about the brain-gut connection.

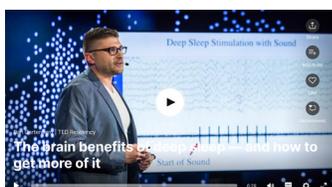
DAY 5



### WHY WE ALL NEED TO PRACTICE EMOTIONAL FIRST AID

We know what to do if we get a small cut or bruise - but what about everyday emotional self-care? Psychologist Guy Winch offers some simple suggestions for “emotional first aid”.

DAY 6



### THE BRAIN BENEFITS OF DEEP SLEEP

All our brains can benefit from a good night's sleep. Learn why and how to get more zzz's from sleep expert Dan Gattenberg.

DAY 7



### A SIMPLE WAY TO BREAK A BAD HABIT

Rev up your resolutions with these simple tips for breaking bad habits you want to leave behind. Addiction expert Dr. Judson Brewer shares the power of mindfulness to making meaningful changes in our lives.