



Remodel your **B.R.A.I.N.**

OUR RESPONSE TO CURING BRAIN ILLNESS

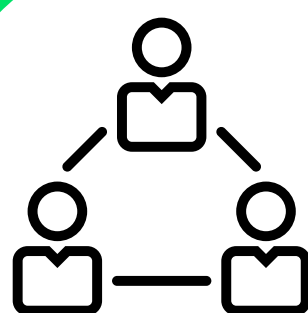
B is for **Band**

PEOPLE SURROUNDING YOU TO
HELP YOU HOLD IT TOGETHER
AND BE STRONGER

EXAMPLE 01

Trusted Team

Develop a small team of people who will have your back no matter what or when.



EXAMPLE 02

Make Me Promise

Ask the people around you to make you promise not to hurt yourself in any way.



EXAMPLE 03

Ask Me To Stay

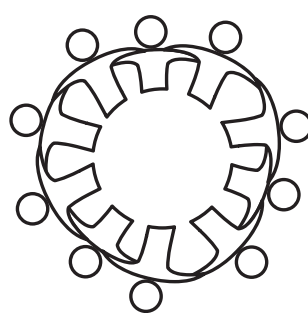
Make a list of people who would care and be hurt if you were to die by suicide. Have these people regularly remind you that they value you and ask you to stay.



EXAMPLE 04

Who Is Your Band

By definition a band is a loop of material put around something to hold it together.



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R is for Rest

ANY ACTIVITY AIMED AT INCREASING
PHYSICAL OR MENTAL
WELL-BEING

EXAMPLE 01

Sleep

Your brain needs the proper amount of sleep to function well. But sleeping too much is a danger sign. Get help.

EXAMPLE 02

Breathing

Use guided breathing to oxygenate your body, learn to control your mind, and grow spiritually.

EXAMPLE 03

Nature

It's OK to take a break - and the outdoors will increase the effectiveness of that break.

EXAMPLE 04

Practice Spirituality

The greatest source of love and peace is your spiritual self.



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A is for Antidote

MEDICINE OR THERAPY USED TO
COUNTERACT THE EFFECTS OF
BRAIN ILLNESS

EXAMPLE 01 Talk Therapy

Also referred to as counseling, or behavioral therapy, this is a great place to start your journey to mental well being.

EXAMPLE 02 Medicine

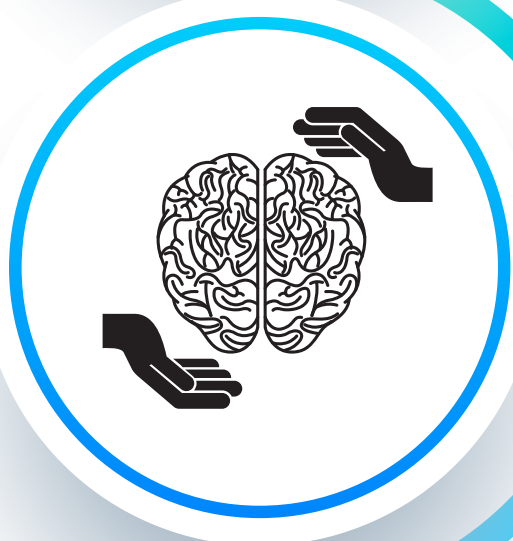
Your physician may also be a good place to start because physical problems can be the root cause of mental issues. A psychiatrist is who you see for an accurate mental diagnosis and prescription.

EXAMPLE 03 Newer Treatments

Ask your medical and mental health professionals about treatments beyond the norm and any new developments.

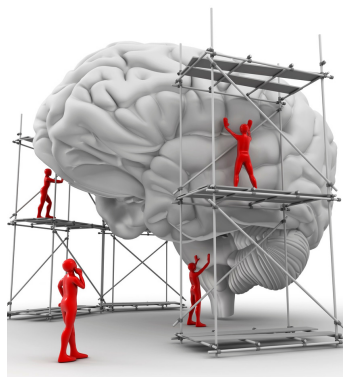
EXAMPLE 04 Inpatient Therapy

Nobody wants to end up in the "psych ward" of a hospital, especially because of the associated stigma. But, that may be the best place to start your remodel.



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I is for Insight

TO GAIN AN ACCURATE AND DEEP
UNDERSTANDING OF YOUR THOUGHTS
AND THOUGHT PROCESSES

EXAMPLE 01

Thought Control

Your thoughts at times can be your greatest enemy. Knowing when and how to control them better is foundational to mental health.

EXAMPLE 02

Apply Yourself

There are times when the best inspiration is to apply yourself fully to the solution for the situation that is causing your distress. This means sometimes you may have to do really hard things, but you can do hard things.

EXAMPLE 03

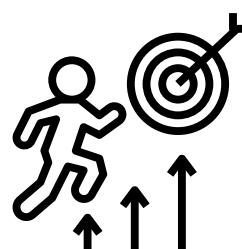
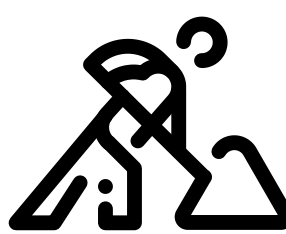
Purpose

Do you know what is most important to you? Do you consider these when you are distressed or during planning and decision making?

EXAMPLE 04

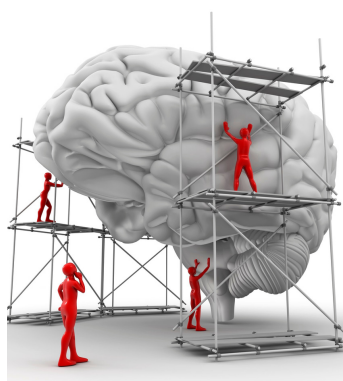
Mindfulness

Defined as a mental state achieved by focusing one's awareness on the present moment.



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N is for Nutrition and Movement

A BALANCED DIET AND
INTENTIONAL MOVEMENT OF
SPECIFIC BODY PARTS

EXAMPLE 01

Nutrition

Work with your physician and pick a nutrition plan that suits you the best. You need to feel good when you eat. You choose.

EXAMPLE 02

Movement

You don't have to be an extreme exercise nut. You just have to move often. Movement can also be great for balancing your feelings in the moment.

EXAMPLE 03

Hygiene

This can be difficult to do during the most severe episodes. But, is one of those hard things you have to apply yourself to. You will feel better.

EXAMPLE 04

Hydration

Water, water and more water.



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