



# Brain Training

## Know-Train-Optimize Your Brain



**MyBrainSolutions**  
Optimize Yourself

**MyBrainSolutions is an interactive brain training site\_scientifically designed to:**

- ✓ Reduce your stress
- ✓ Boost your memory and attention
- ✓ Maximize positivity

### Benefits

- ✓ An objective personalized assessment that matches you to Brain Training Exercises (Games) and Insights (Videos) best suited to you
- ✓ Underpinned by the world's largest brain database
- ✓ Integrative training for your whole brain, including positivity and stress management
- ✓ Tools to track your positive behaviour changes as your brain function improves

### How does it work?

#### 1. Know Your Brain

Receive your brain profile and gain insight into **the science** behind how your brain works, and how you can change your brain to optimize yourself.



#### 2. Train Your Brain

Based on your brain profile, you are objectively matched to **Brain Training Exercises (Games)** and **Brain Insights, (Videos)** suited to your profile.



#### 3. Optimize Yourself

By knowing, measuring and training your own brain you become your own brain coach. Use your personal dashboard to best align your 4 key brain functions to track your positive changes and successes.



### 10 Integrative Tips to Optimize Your Brain Function

- ✓ Align your Emotion-Thinking-Feeling-Self Regulation
- ✓ Set realistic goals
- ✓ Pay attention to What you eat and Why you eat
- ✓ De-Stress every 90 minutes throughout the day
- ✓ Build supportive relationships

**Find out more!**

[www.MyBrainSolutions.com](http://www.MyBrainSolutions.com)

