



Building Resiliency

Learn how to be healthy and hopeful even when challenges arise!



Living mindfully reduces stress, increases focus and improves relationships (just to name a few benefits)!

Eating healthy foods is critical for brain development and function, and improving mood.



Benefit from a 10% increase in long-term happiness by writing down 3 good things that have happened and your role in them before you go to bed.

Being physically active may be the single most effective way to enhance brain performance, boost mood, and improve overall well being.



Setting mini goals will keep you motivated and you'll be able to achieve a larger goal more easily by working towards it each day.

7-9 hours of sleep a night maximizes brain function, physical performance, and increases willpower.



Taking time for visioning and self-reflection each day can help remove inner road-blocks and develop personal inner growth, attain clarity, and immense self-power.

**For more information visit
www.pcamn.org**

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Resources

-Books-

The Whole-Brain Child, D. Siegel

Building Resilience in Children and Teens: Giving Kids Roots and Wings,
K. Ginsburg

Mind in the Making: The seven essential life skills every child needs,
E. Galinsky

The Optimistic Child, M. Seligman

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma
B. Van Der Kolk

SPARK: The revolutionary new science of exercise and the brain, J. Ratey

The Sweet Spot: How to find your groove at home and work, C. Carter

The Mindful Path to Self-Compassion: Freeing yourself from destructive thoughts and emotions, C. Germer

The Brain's Way of Healing, N. Doidge

-Websites-

www.pcamn.org

Brian Johnson's "Optimize" podcasts
www.brianjohnson.me

UC Berkley's Greater Good website
www.greatergood.berkeley.edu

Christine Carter (Happiness expert)
www.christinecarter.com

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