

Feed Your Brain Study Guide

How to Use This Study Guide

The Study Guide for this course is designed to help you take notes as you're taking the online course "Feed Your Brain". It is organized in sections that mirror the elements of the course, with plenty of room to make notes and capture your learning.

The use of the Study Guide is optional. Research shows that different people learn differently, and for many, the act of writing something down as you are learning helps to solidify the information in your brain. If you find the Study Guide helpful, use it. If not, feel free to omit it from your learning process.

Course Overview – Feed Your Brain

You probably know that it's important to eat well, get a good night's sleep, and exercise regularly to keep your body fit and healthy. But did you know that all of these activities can impact your brain as well? Your brain is one of the most energy-intensive organs in your body, using close to 20% of your body's energy each day. Everything you do to energize or take care of your body affects your brain and mental wellbeing as well. In this course, we will focus on how stress, exercise, sleep and food can impact your mood, focus and overall brain health. You will also develop strategies to support your brain's health. Let's eat some brain food!

Learning Objectives – Feed Your Brain

By the end of this course, you will understand the following:

- Learn about your brain and how it is impacted by food, sleep, stress and exercise
- Read about how stress and lack of sleep can impact not only your body but your mind
- Understand how exercise can impact your brain function, both long-term and short-term
- Discover what foods can help your brain function at its best
- Create strategies in your daily life to optimize your brain and mental well-being

Your Brain: A Quick Overview

Video Notes

Brain Health

Journaling Activity - Brain Health

Your Brain & Food

Video Notes

Your Brain & Exercise

Journaling Activity - Your Brain & Exercise**Your Brain & Sleep****Your Brain & Stress**

Journaling Activity - Your Brain & Stress

Discussion Questions

Discussion questions are used by workgroups who are taking courses concurrently and want to engage in a conversation about the course content. The use of discussion questions is optional.

1. How could you change how you eat to better support brain health at work?
2. What unique challenges does work bring up concerning eating? How can the workplace environment support more healthy snacking or meals throughout the day?
3. How often do you work vs. rest throughout the week, month or year? How can you support yourself and your colleagues in taking regular breaks and time off?
4. How often are you able to move throughout the day? What could you do to add more movement to your time at work (or after work)?