

# THE BRAIN

COLLECTS INFORMATION FROM THE WORLD AROUND YOU AND CONTROLS ACTIONS

HUMAN INSTINCTUAL REACTIONS



FLIGHT



FIGHT



FREEZE

## ❌ OUT OF BALANCE

WHEN YOUR INSTINCTUAL REACTION DEFAULTS TO ONLY ONE OF THESE

## ✅ IN BALANCE

WHEN YOUR NATURAL RESPONSE IS TO CENTER AND BE FREE TO MOVE GIVEN ANY EXPERIENCE OR RELATIONSHIP



FREE

# BALANCE YOUR BRAIN WITH NUEROFEEDBACK TRAINING

## ✅ RECLAIM YOUR RESILIENCY

EX: FROM EXHAUSTION ● \_\_\_\_\_ ● TO ENERGY  
EX: FROM PAIN ● \_\_\_\_\_ ● TO PLEASURE  
EX: FROM TRAUMA ● \_\_\_\_\_ ● TO RELIEF

## ✅ REGULATE YOUR EMOTIONS

EX: FROM ANXIETY ● \_\_\_\_\_ ● TO CALM  
EX: FROM DEPRESSION ● \_\_\_\_\_ ● TO HOPE  
EX: FROM GRIEF ● \_\_\_\_\_ ● TO PEACE

## ✅ EXERCISE YOUR BRAIN FOR BEHAVIORAL CHANGE

EX: FROM INSOMNIA ● \_\_\_\_\_ ● TO SLEEP  
EX: FROM CRAVINGS ● \_\_\_\_\_ ● TO HEALTHY CHOICES

## ✅ ENHANCE YOUR BRAIN'S COHERENCY

EX: FROM INATTENTIVENESS ● \_\_\_\_\_ ● TO FOCUS  
EX: FROM FORGETFULNESS ● \_\_\_\_\_ ● TO MEMORY  
EX: FROM FOGGY ● \_\_\_\_\_ ● TO CLEAR

## ✅ RESTORE YOUR BRAIN'S EXECUTIVE FUNCTIONS

EX: FROM SCATTERED ● \_\_\_\_\_ ● TO ORGANIZED  
EX: FROM INDECISIVE ● \_\_\_\_\_ ● TO DECISIVE