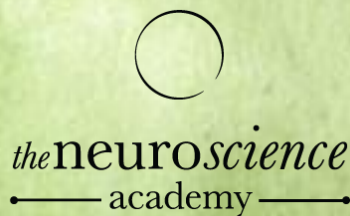


Nine Habits of High Performing Brains

Sarah McKay PhD



Hello, I'm Sarah.



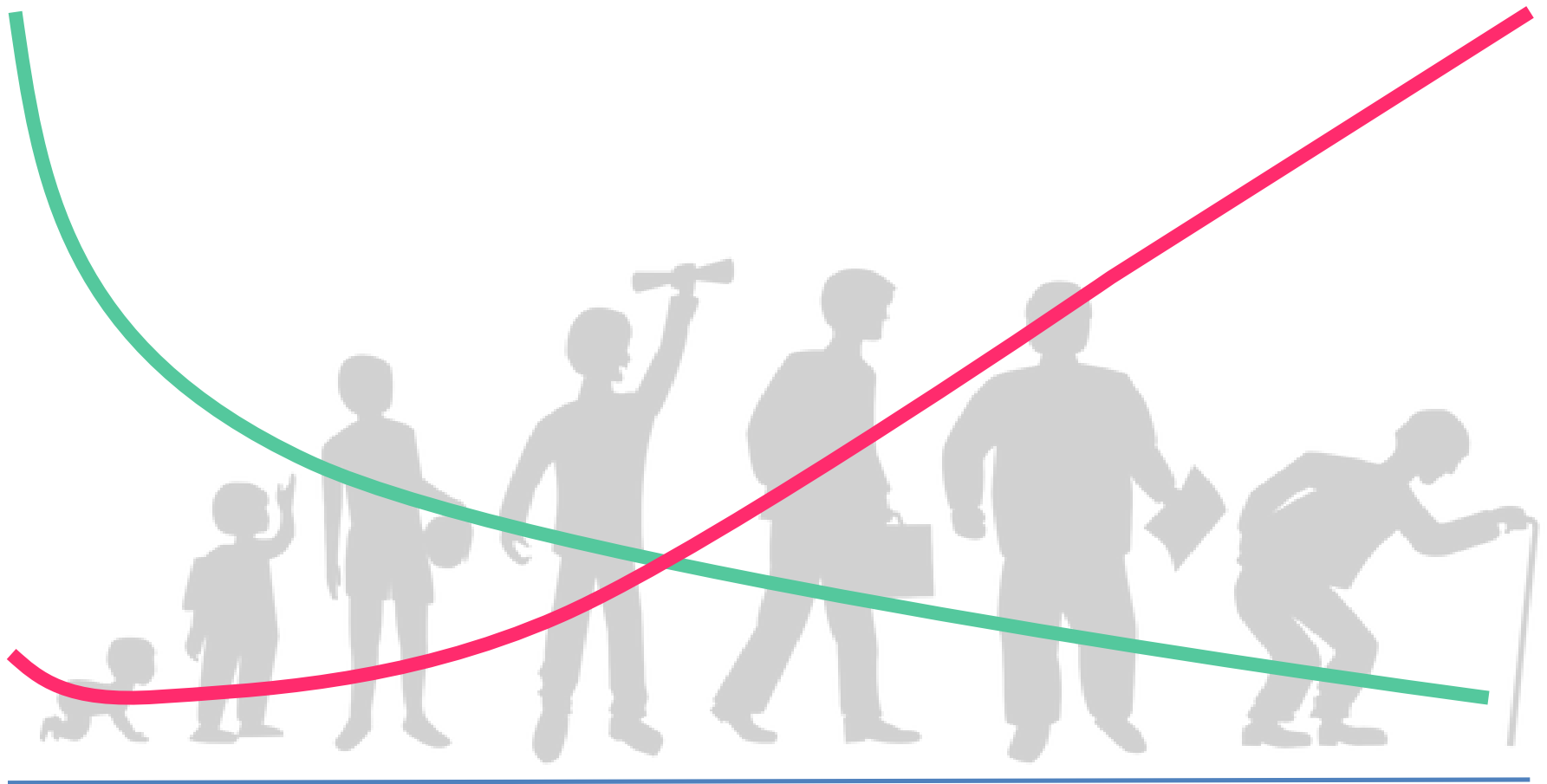
PhD Neuroscientist, Consultant, Author

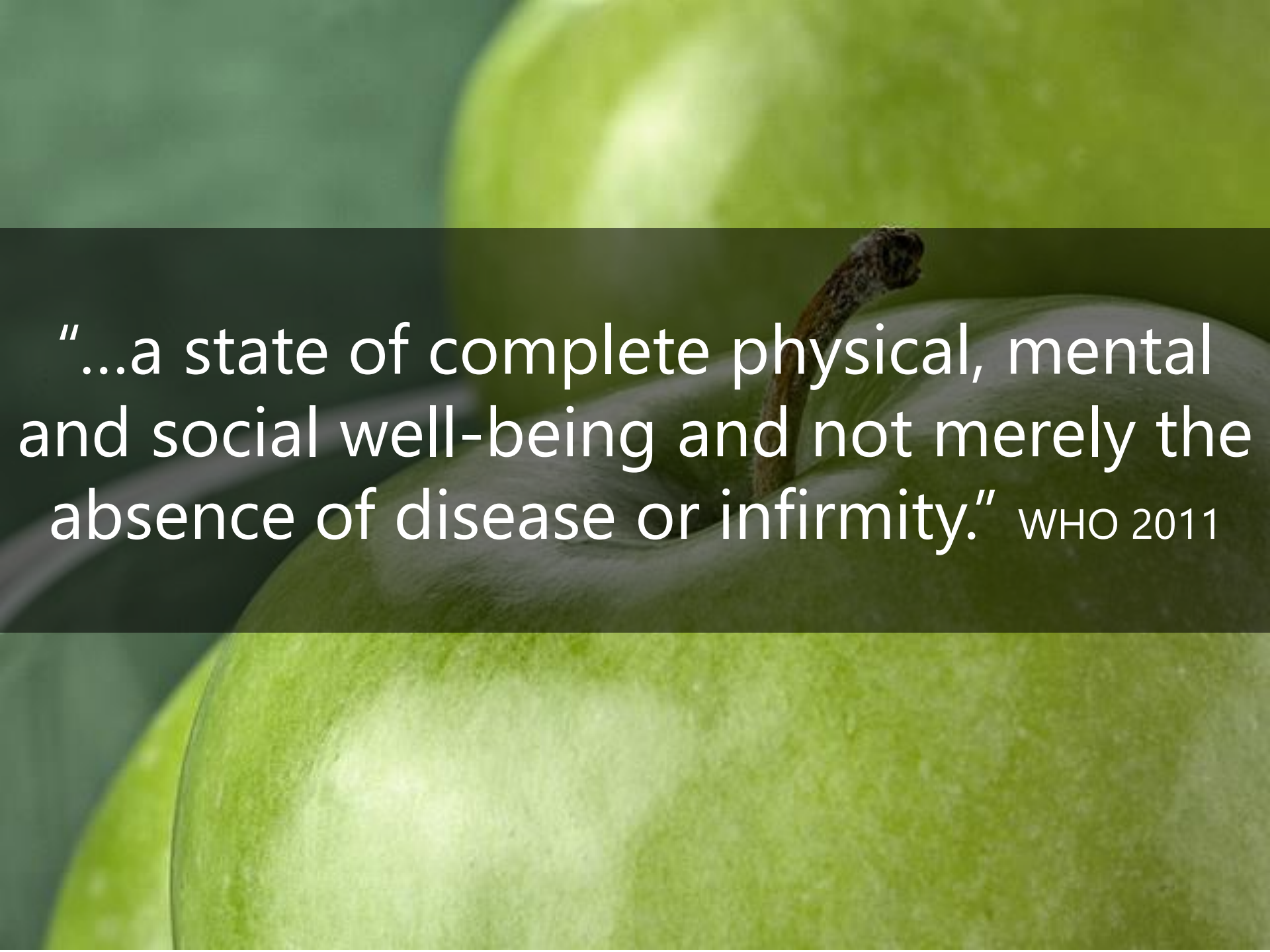
**An apparatus
with which we
think we think**



The brain's **ability to change**
in response to experiences

The **amount of effort**
such change requires



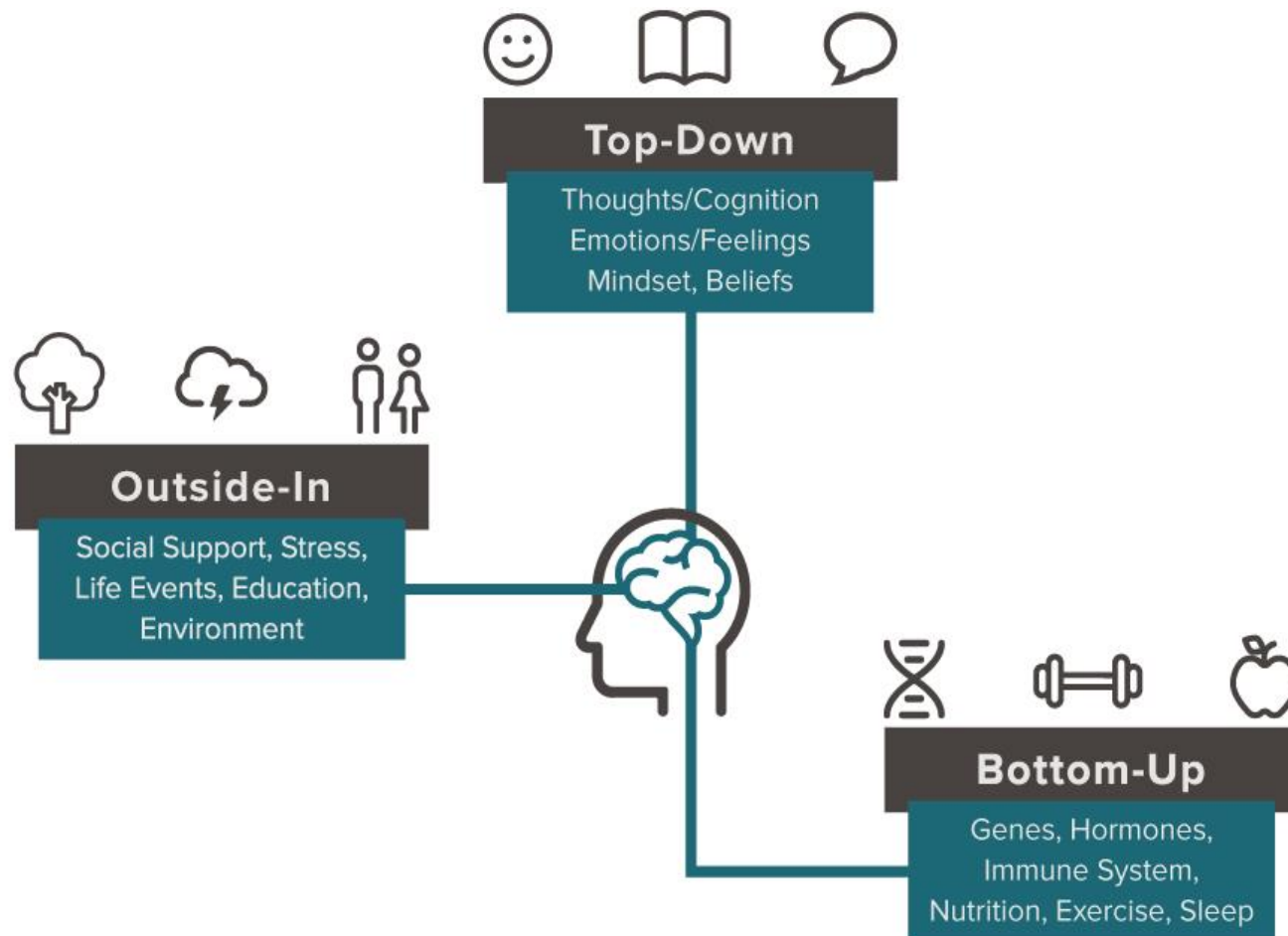


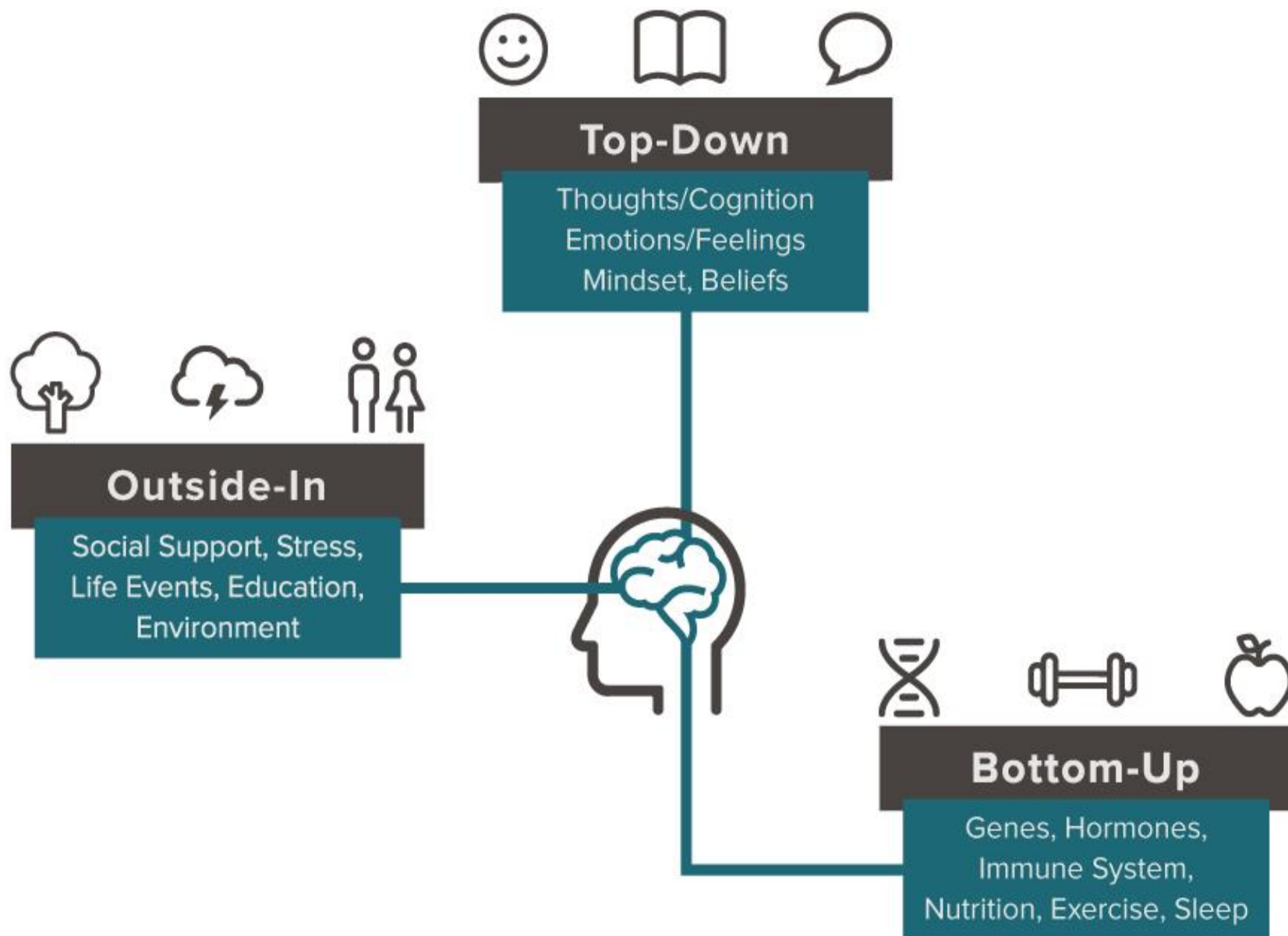
"...a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." WHO 2011



"Our resilience or capacity to cope and maintain and restore our integrity, equilibrium, and sense of wellbeing."

Bottom-Up Outside-In Top-Down Model of Brain Health





SLEEP

A serene park scene with a blue hammock strung between two large trees. A person is sleeping peacefully in the hammock. The background features a calm pond with lily pads, a grassy lawn, and more trees. A black bag and a red hat are on the ground near the hammock.

Sleep is the foundation of good health.



MOVE

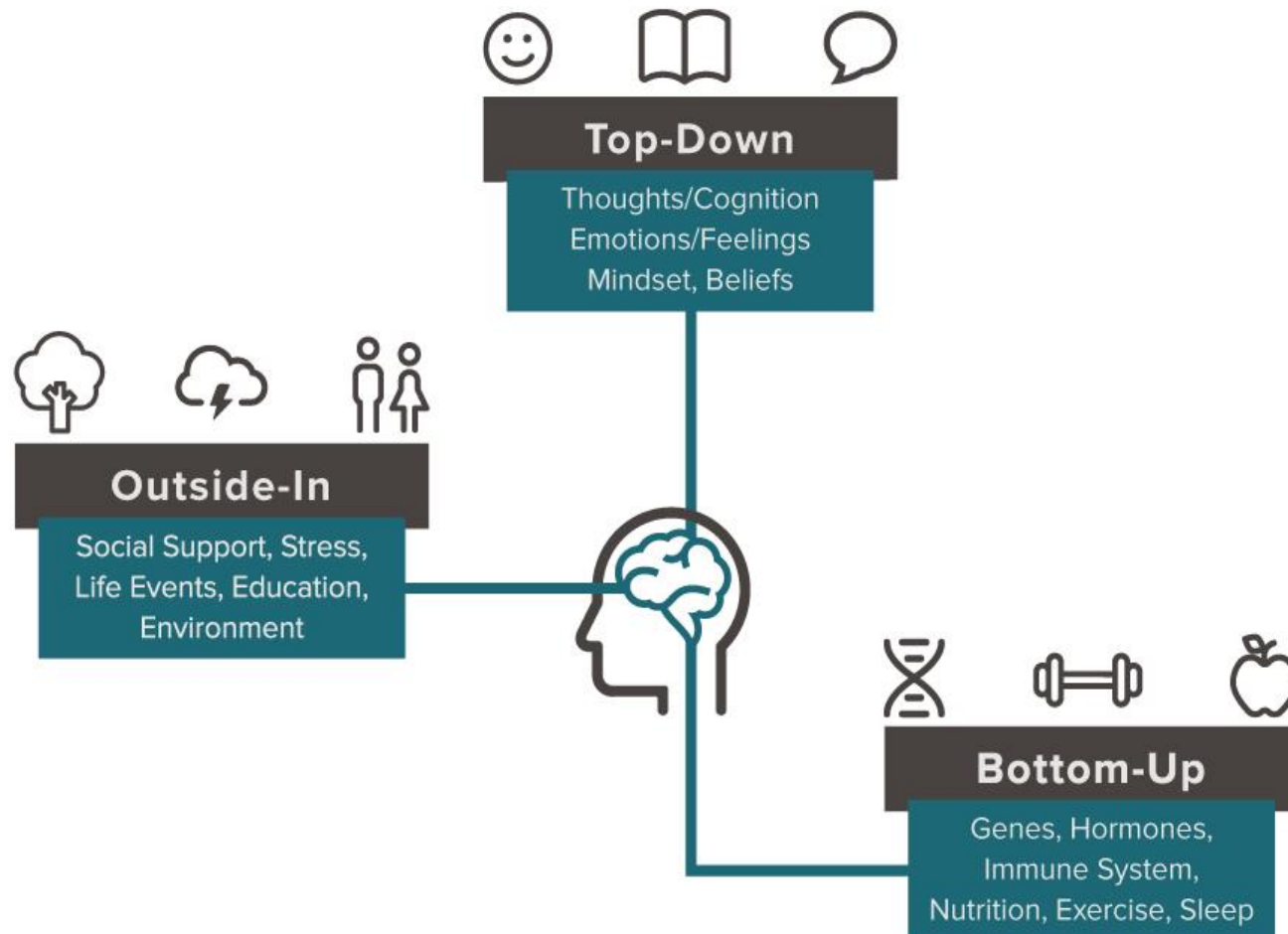
The BEST exercise for your brain is
physical exercise

NOURISH



Eat less. More plants.
Choose a Mediterranean diet.

Bottom-Up Outside-In Top-Down Model Brain Health



CALM



Find your place or moment of calm.

CONNECT



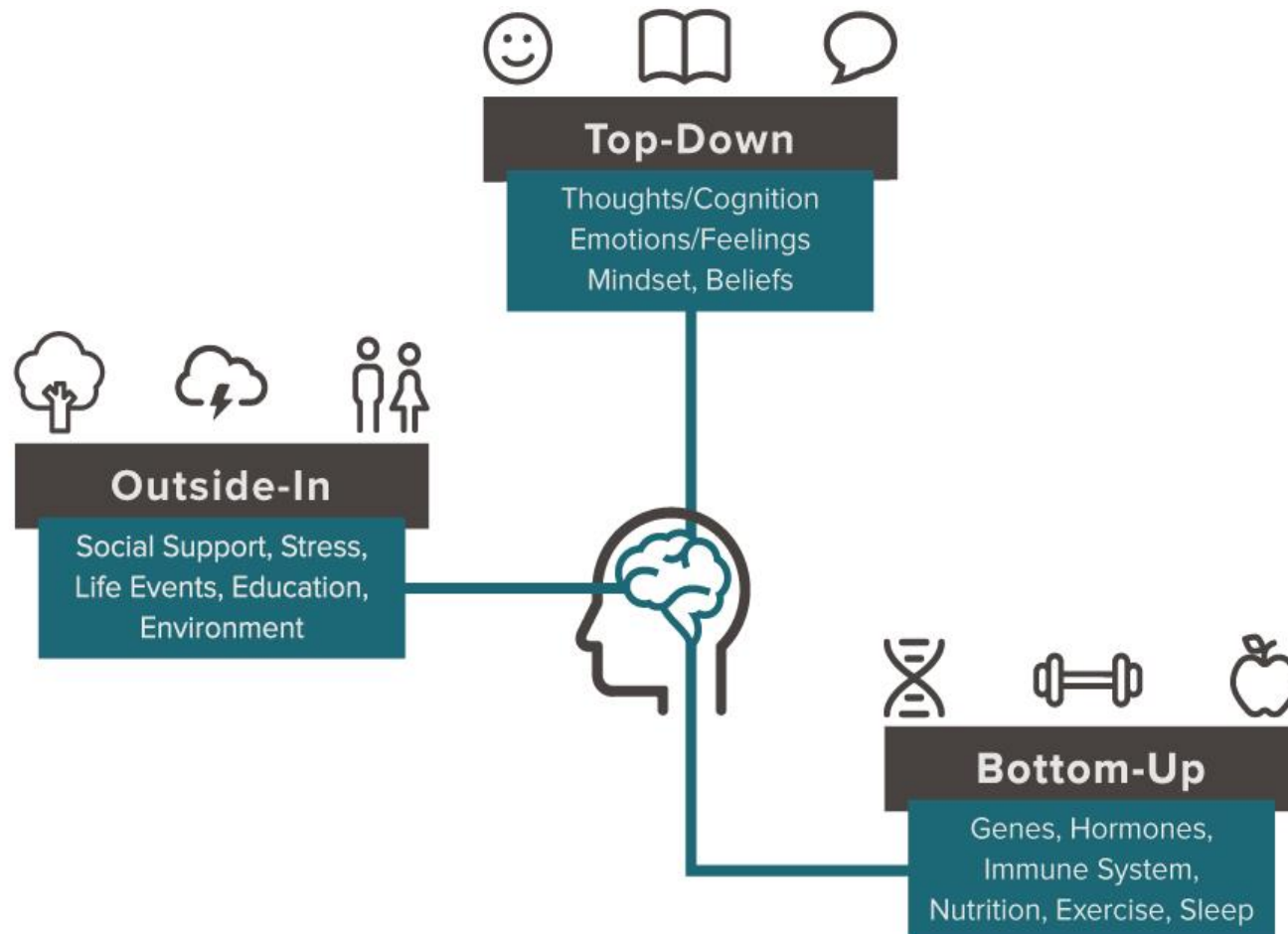
The impact of loneliness on your health
is comparable to smoking.

NURTURE

A photograph of a dense bamboo forest. Tall, slender bamboo stalks line a path that leads into the distance. The ground is covered with dry, brown bamboo leaves. Several people are walking along the path, some holding umbrellas. The scene is captured in a way that emphasizes the height and density of the bamboo grove.

You're an earthling - maintain and respect
your connection with nature.

Bottom-Up Outside-In Top-Down Model Brain Health



FEEL

A silhouette of a person with their arms raised in a celebratory gesture, set against a vibrant sunset sky with pink, orange, and purple hues. The person's hair is blowing in the wind. The image is framed by a dark purple border at the top and bottom.

Marinate in positive
emotions and experiences.

CHALLENGE



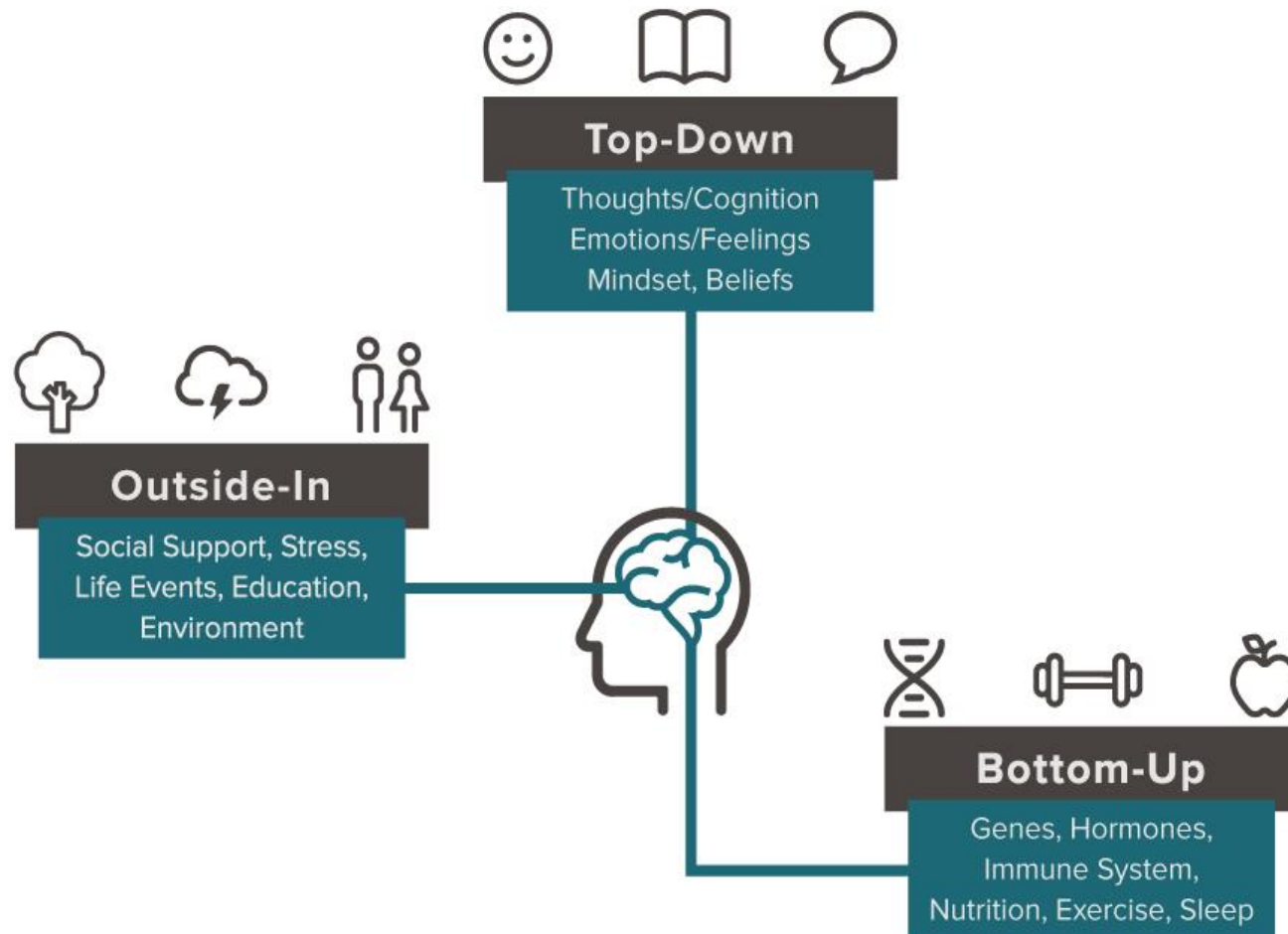
Leading an intellectually stimulating life
Builds cognitive reserve.

SEEK



Meaning comes from serving a cause
bigger than ourselves.

A final word on 'change' ...



Online Course – Self Study
SPECIAL OFFER
for
Shanghai Leadership Summit

www.theneuroacademy.com/selfstudy



the neuroscience
— academy —

