

YOUR MOST HEALTHY BRAIN



1/31/2017 3:37 PM

What We'll Cover

- What we used to believe
- What we're learning and know now
- How the brain works
- Qualities we can change
 - mood
 - mental clarity
 - creativity
 - attention
 - memory
 - addiction
 - IQ
 - EQ
- Ways to improve the brain

What we used to believe

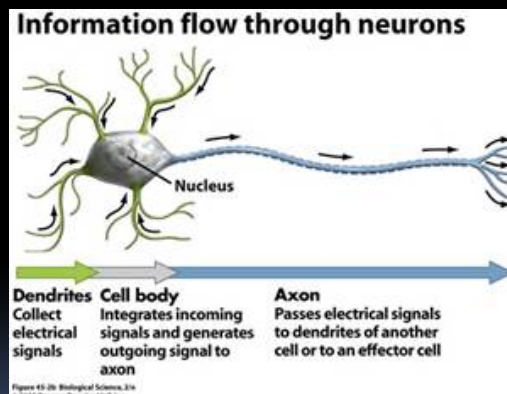


What we know now

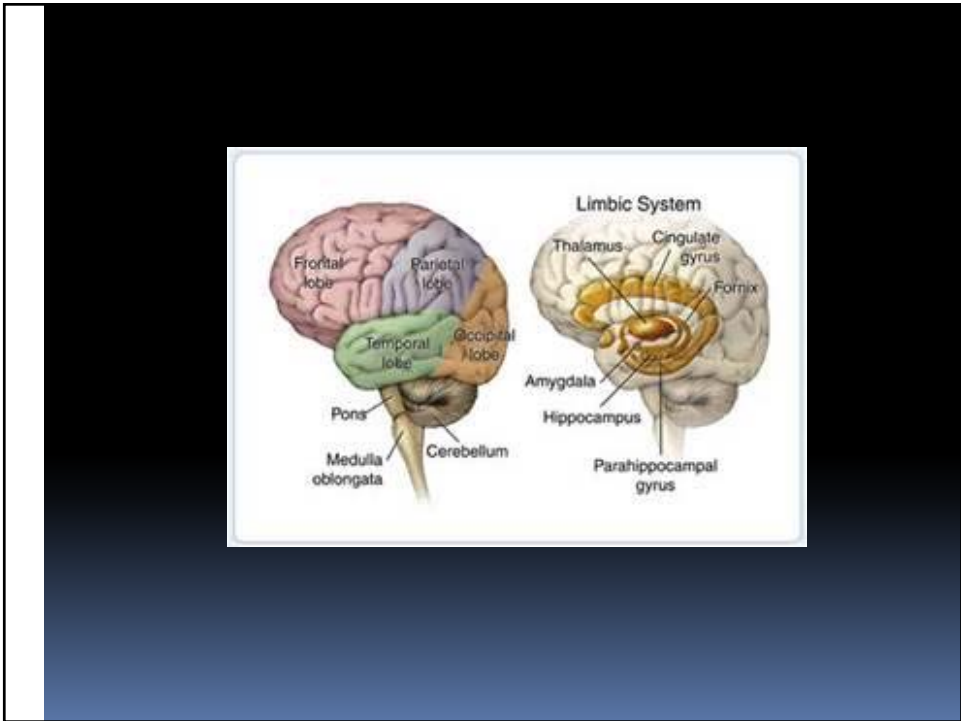
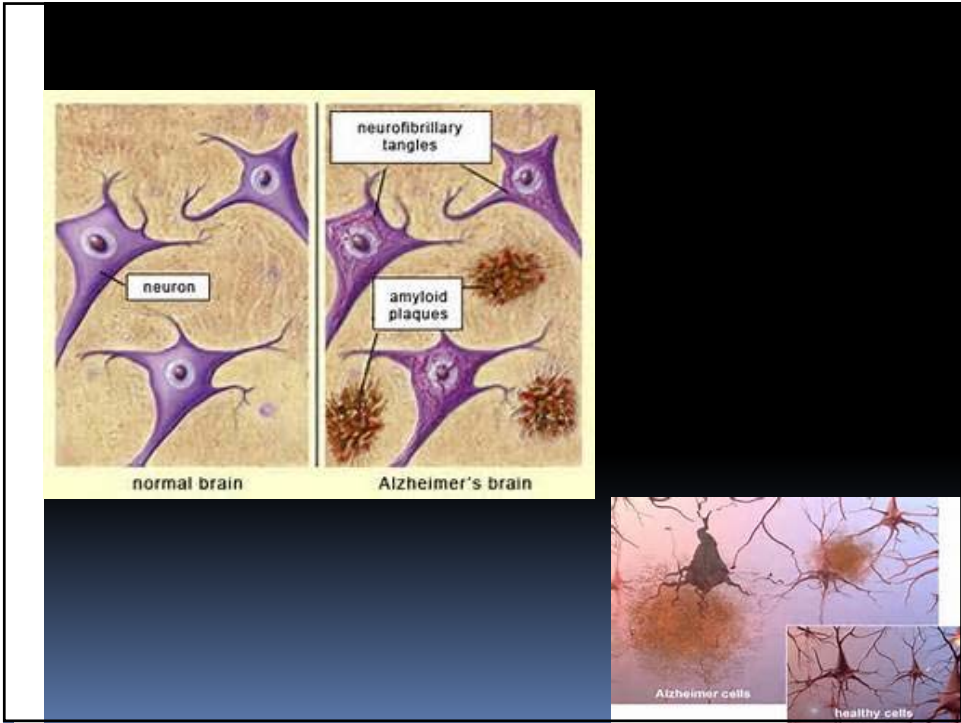




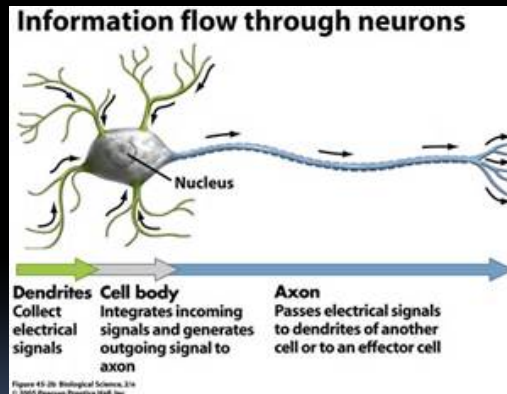
How the brain works



<https://www.youtube.com/watch?v=XSzsl5aGcK4>



How the brain works



Qualities we can change



mood



clarity



creativity



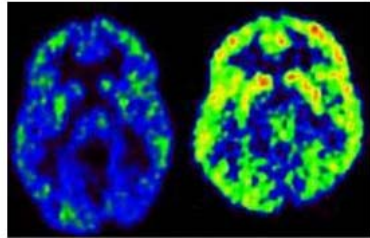
attention



memory



addiction



Alcoholic

Darker coloring indicates depressed brain activity

Normal

Healthy levels of brain activity

The addicted brain shows distinct changes *which do improve with continued cessation of drug use*



NORMAL

ACTIVE HEROIN USE

1 YEAR DRUG FREE

IQ



EQ



Self-awareness

Decision-Making

Self-regulation

Social Skills

Empathy

Motivation

Ways to improve the brain



- mindfulness
- neurobics
- nutrition
- exercise
- divergent thinking
- learning
- brain games
- do things the hard way
- sleep

mindfulness

helps attention, focus, mood, memory, addiction, pain, EQ, chronic pain



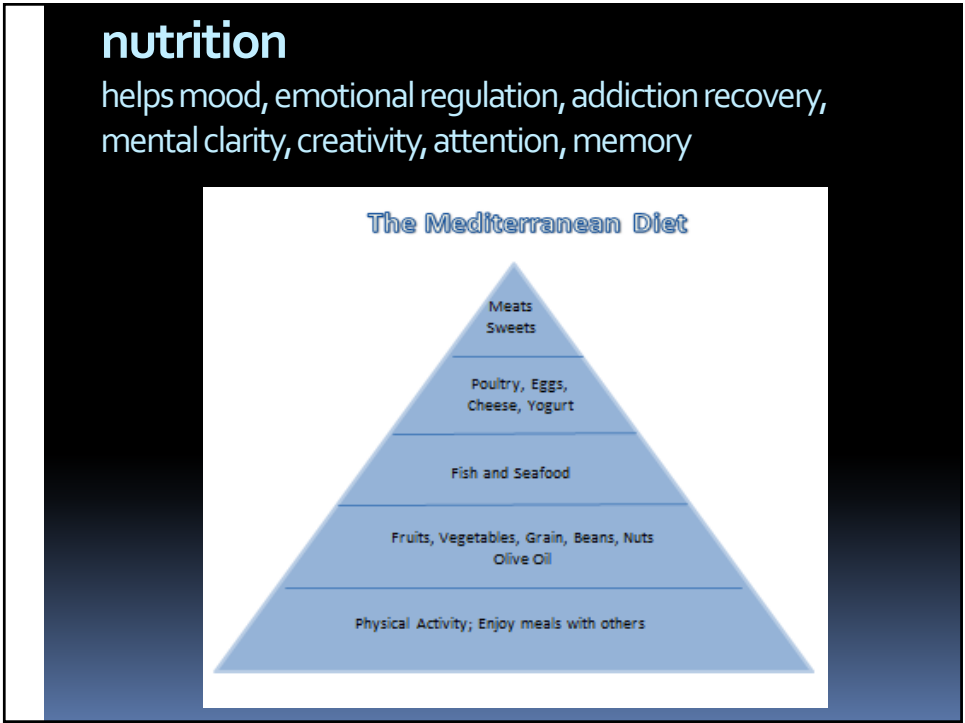
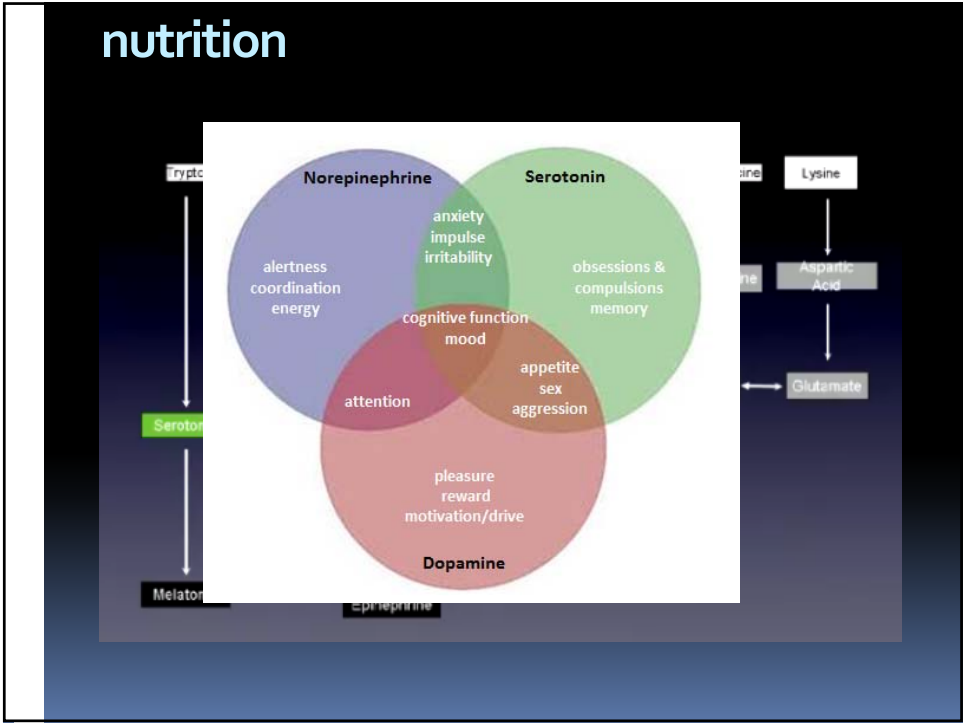
...a mental practice of focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

neurobics

memory



- Get dressed for work or take a shower with your eyes closed.
- Listen to a specific piece of music with eyes closed while smelling a particular aroma like vanilla, chocolate, or lavender and think about a vacation you liked.
- Wake up to a new scent everyday for a week, switch
- Read aloud
- Eat a meal with your family in silence. Use only visual cues
- Use your non-dominate hand
- Use one hand for 2 handed activities
- Use feet to do laundry
- Change morning routine
- Reorganize your desktop



nutrition

helps mood, emotional regulation, addiction recovery, mental clarity, creativity, attention, memory



nutrition

- Avocado
- Beets
- Blueberries
- Carrots
- Elderberry
- Leafy greens
- Oranges
- Pomegranates
- Red grapes
- Spinach
- Sweet potatoes
- Tomatoes
- Poultry
- Beans and peas
- Lentils
- Quinoa
- Chia seed
- Whole grains
- Pistachios
- Walnuts
- Green tea
- Spice-Turmeric + pepper



exercise

aids memory, mood, energy, attention, learning, addiction, sleep



exercise



exercise

Big body. Little brain. Become extinct.

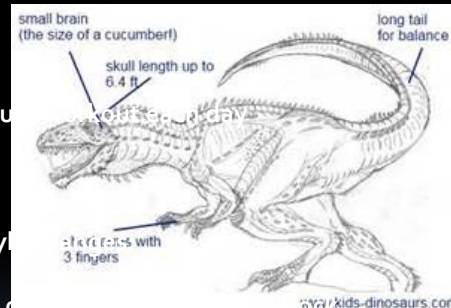
Go Big

- do a 30-40 minute

or

start small--lifestyle

- takes stairs
- after lunch and dinner walk around the block
- when you're on the phone for a bit, use earpiece and walk or at least stand
- watching tv walk during commercials
- use standup desk or alternate sitting on chair or ball at work
- park far away
- get a dog to walk



divergent thinking

improves creativity



- ❖ Think of four new uses for common items that you see every day (toothbrush, toaster, stapler, rubber band, etc.)
- ❖ Think of three new ways to ask your kids (or someone else) what they did at school or work.
- ❖ Find a new use for items you would typically recycle.
- ❖ Find a new way to get to work.
- ❖ Create a crossword puzzle out of three words, then add more
- ❖ Create something good to eat using only what you have on hand

learning

grows more neurons, increases IQ, EQ and creativity



Excellent learning condition =

Novel Activity → triggers dopamine → creates a higher

motivation than which fuels engagement and primes

neurons → neurogenesis can take place + increase in synaptic

plasticity (or adding new neural connections, or learning).

- learn a second language
- learn a musical instrument
- read and study
- increase exposure to other cultures
- volunteer

brain games

improves working memory and fluid intelligence

Pink	Orange	Blue	Purple
Red	Green	Black	Yellow

- ❖ Difficult level sudoku
- ❖ Memorize a deck of cards
- ❖ Strategy games (ex. Chess)
- ❖ N-back task

do things the hard way

working memory, IQ and fluid intelligence



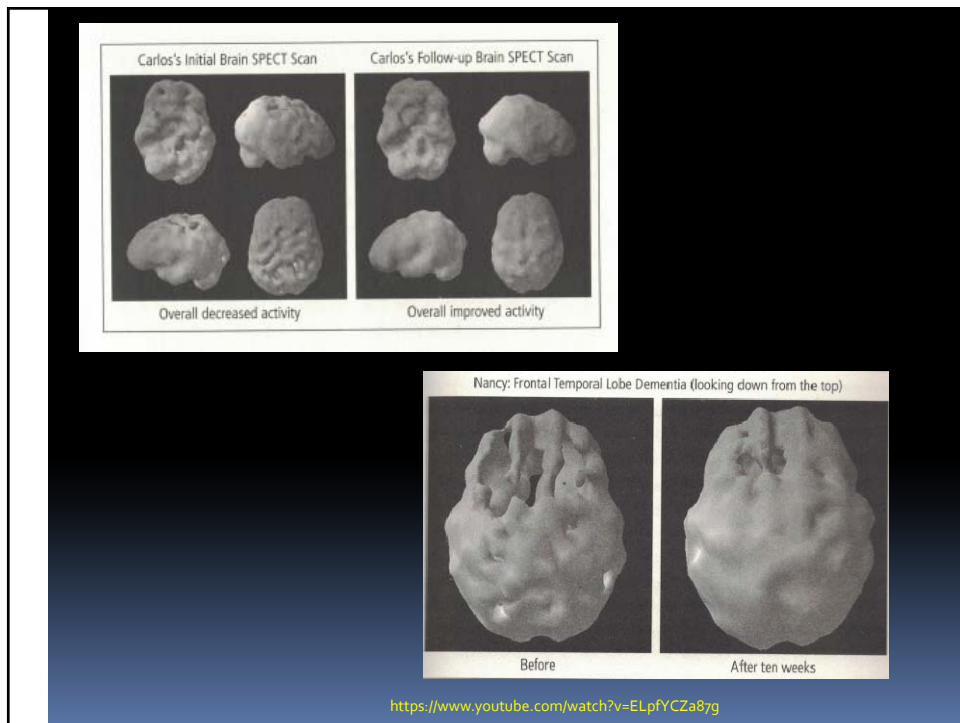
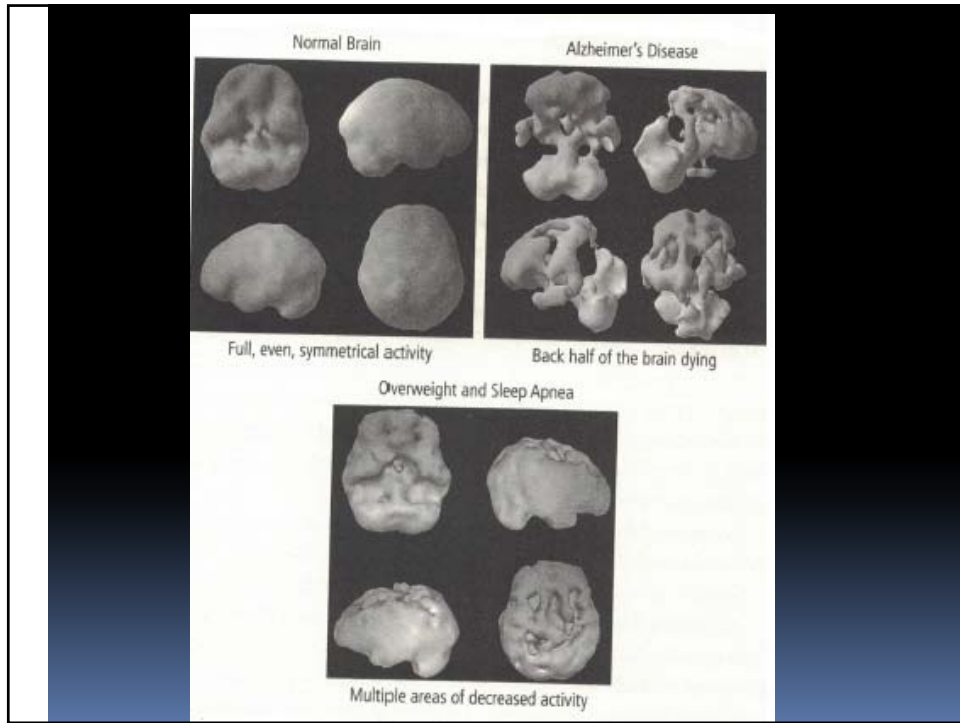
- Stop using GPS, Tipster, calculator, spell check

sleep

aids memory, learning, attention, mood



- ❖ Increase omega 3
- ❖ Talk to doctor about time-released melatonin
- ❖ Rethink your lighting (Open the blinds in the morning. Take a morning walk outside on break and after you eat lunch to increase sunlight exposure.)
- ❖ Unplug at least 1 hr. before bed- no tv in bedroom
- ❖ Set room temperature to 66-68. Take shower before bed warm water relaxes and body temp dips



Why is this important at work?



References

- Carmona, Richard. *30 Days to a Better Brain*. 2014
- Dow, Mike. *The Brain Fog Fix: Reclaim your Focus, Memory and Joy in just 3 Weeks*. 2015
- Fotuhi, Majid. *Boost Your Brain: The New Art & Science Behind Enhanced Brain Performance*. 2013
- Katz, Lawrence. *Keep Your Brain Alive*. 2014
- Small, Gary. *The Alzheimer's Prevention Program*. 2011
- Suzuki, Wendy. *Healthy Brain, Happy Life*. 2015

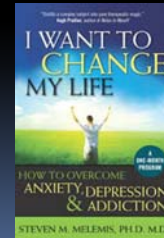
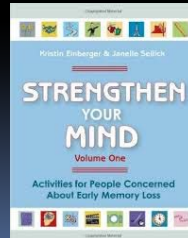
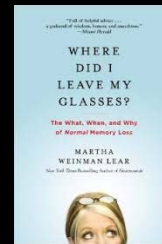
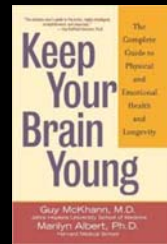
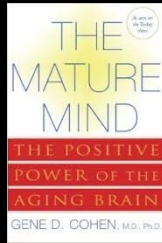
Resources @ the State Library



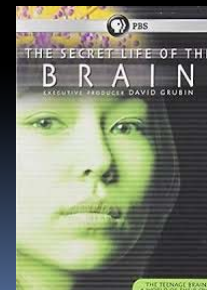
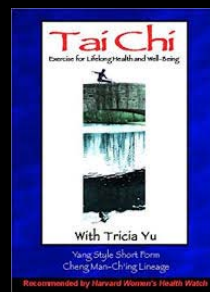
Internet Resources

- Administration for Community Living
What is Brain Health?
<https://brainhealth.acl.gov/>
- AARP Brain Health and Wellness
<http://www.aarp.org/health/brain-health/>

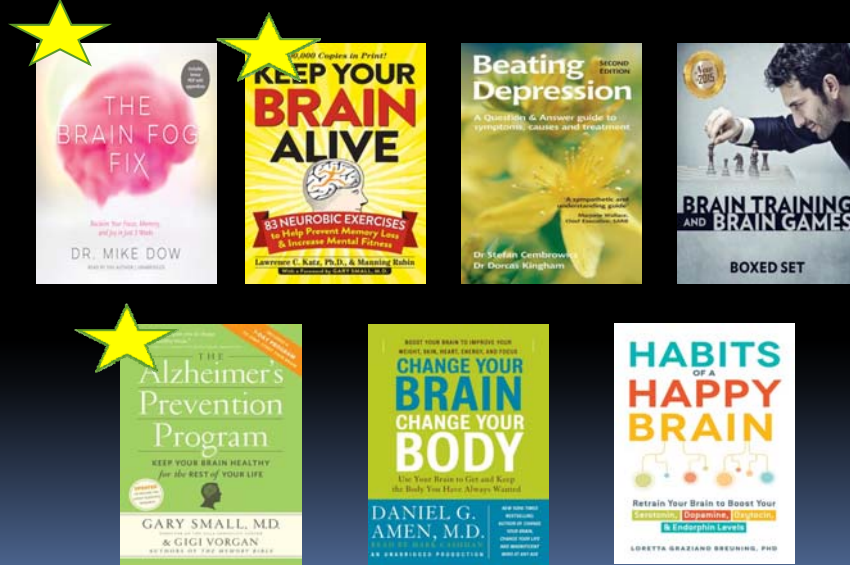
Books about the Brain



DVD Titles



Downloadable Titles



How do I find materials?



KDLA WorldCat Discovery Catalog

<https://kdla.on.worldcat.org/discovery>

Kentucky Libraries Unbound (KLU)

<http://kdla.ky.gov/employees/downloadingmedia/Pages/default.aspx>

KDLA WorldCat Discovery Catalog

gov An Official Website of the Commonwealth of Kentucky

Kentucky Department for Libraries and Archives

Librarians • Archivists • Researchers • State Employees • Records Management •

Source: Public Information Photo Collection, Archives and Records Management Division – Kentucky Department for Libraries and Archives, ca. 1957-1963

Upcoming Events & Closures

- April 14 - Good Friday
- May 29 - Memorial Day
- June 23 - Archives Research Room CLOSED
- July 04 - Independence Day
- Sep 04 - Labor Day

KDLA WorldCat Discovery

Kentucky Department for Libraries and Archives

Librarians • Archivists • Researchers • State Employees • Records Management •

Common Content / KDLA WorldCat Discovery

KDLA WorldCat Discovery

Search KDLA WorldCat Discovery Advanced Search

KDLA WorldCat Discovery offers quick and easy searching of KDLA's collections, and the collections of other libraries worldwide.

STATE GOVERNMENT EMPLOYEES

- "Finding HOLDS in WorldCat Discovery" (video, October 2015, 6 min.)
- NEW!** "Requesting Interlibrary Loan (ILL) in WorldCat Discovery" (video, March 2016, 7 minutes)
- "Setting/Resetting your KDLA LIBRARY ACCOUNT in WorldCat Discovery" (video, July 2015, 6 minutes)

KENTUCKY PUBLIC LIBRARIES

- WorldCat Discovery for your Kentucky Public Library
- NEW!** "Searching for Kits in WorldCat Discovery" (video, April 2016, 10 minutes)

Frequently Asked Questions

Home • KDLA Catalog • eArchives • Ask a Librarian • Public Library Directory • Kentucky Library Job List • Records Retention Schedules • Kentucky Talking Book Library

State Library Hours

9 am - 4 pm ET, Monday - Friday
Staff available by phone and Ask a Librarian
8 am - 4:30 pm ET, Monday - Friday
See calendar for upcoming closures & holidays.

Kentucky Department for Libraries and Archives
brain health
Advanced Search
Library Links Sign In

KDLA WorldCat Discovery

542,501 results sorted by: Library and Relevance

Libraries

- Libraries Worldwide
- Kentucky Historical Society
- Kentucky Department for Libraries and Archives

Content

- Full Text
- Peer Reviewed (358412)

Format

Top 6 Formats

- All Formats
- Article/Chapter (503992)
- Article (424487)
- Chapter (55423)
- Downloadable article (25719)
- Book (20781)
- Archival material (9660)

Databases

- All Databases
- WorldCat.org (542097)
- WorldCat (38120)
- OAlster (14028)

Author

See All

1. **The female brain**
by Louann Brizendine
Print book ©2006
Held by: Kentucky Department for Libraries and Archives
While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Dr. Brizendine discovered that almost all of the clinical data on neurology, psychology... [Read More](#)
Available State Library General Stacks 612.82 Briz

1. **Brain injury : BI**
by International Association for the Study of Traumatic Brain Injury. European Brain Injury Association
eJournal/eMagazine ©1987-
Source: Academic Search Premier
Health Source: Nursing/Academic Edition
Held by: Kentucky Department for Libraries and Archives
[Access online](#)

1. **Keep your brain young : the complete guide to physical and emotional health and longevity**
by Guy M. McKhann, Marilyn Albert, Marilyn S. Albert
Print book 2002
Held by: Kentucky Department for Libraries and Archives
Presents an examination of how the human brain ages, discussing the normal changes that can affect the brain and what can be done to minimize changes, boost mental and physical functioning... [Read More](#)
Available State Library General Stacks 612.82 McKH

1. **Genes, brain, and behavior**
by International Behavioural and Neural Genetics Society.
eJournal/eMagazine 2002-
Held by: Kentucky Department for Libraries and Archives
[Access online](#)

1. **Change your brain, change your body : use your brain to eat and keep the body you have always...**
Send Feedback

Kentucky Department for Libraries and Archives
brain health
Advanced Search
Library Links Sign In

KDLA WorldCat Discovery

542,501 results sorted by: Library and Relevance

Libraries

- Libraries Worldwide
- Kentucky Historical Society
- Kentucky Department for Libraries and Archives

Format

- All Formats
- Book (15)
- Print book (15)

Databases

- All Databases
- WorldCat (15)
- WorldCat.org (15)
- OAlster (0)

Author

- All Authors
- Delehanty, Hugh (1)
- Emberger, Kristin (1)
- Epstein, Lawrence J (1)
- Halowell, Edward M (1)
- Kan, Katharine (1)

Year

- All Years
- Last 5 Years
- Last 10 Years
- Last 25 Years

See All

1. **Change your brain, change your body : use your brain to eat and keep the body you have always...**
Held by: Kentucky Department for Libraries and Archives
Offers over fifty ideas to promote young adult reading, including such theme programs as crime scene investigation, poetry workshops, readings combined with field trips, and cross-cultural e... [Read More](#)
Available State Library General Stacks 627.626 Kan

1. **Bipolar disorder - a guide for patients and families**
by Francis Mark Mondimore
Print book 2006
Held by: Kentucky Department for Libraries and Archives
A guide to the symptoms, diagnosis, treatment, and causes of the psychiatric illness known as bipolar disorder, discussing the pros and cons of various treatments, describing what it is like... [Read More](#)
Available State Library General Stacks 616.895 Mond

1. **Caring for your parents : the complete AARP guide**
by Hugh Delehanty, Elinor Gender, AARP (Organization), American Association of B...
Print book ©2005
Held by: Kentucky Department for Libraries and Archives
Explores the challenges children face when they must care for their aging parents and offers practical advice on how to best cope with the changing dynamic of the parent-child relationship... [Read More](#)
Available State Library General Stacks 306.8740846 Dele

1. **Keep your brain young : the complete guide to physical and emotional health and longevity**
by Guy M. McKhann, Marilyn Albert, Marilyn S. Albert
Print book 2002
Held by: Kentucky Department for Libraries and Archives
Presents an examination of how the human brain ages, discussing the normal changes that can affect the brain and what can be done to minimize changes, boost mental and physical functioning... [Read More](#)
Available State Library General Stacks 612.82 McKH

1. **Answers to distraction**
by Edward M. Halowell, John J. Ritzey
Print book 1996
Held by: Kentucky Department for Libraries and Archives
Available State Library General Stacks 616.8589 Hall

Send Feedback

The screenshot shows the KDLA WorkCat Discovery interface. On the left, there are three search results:

- Sizzling summer reading programs for young adults** by Katherine Kuo, Young Adult Libr...
Print book 2006
Held by: Kentucky Department for Libraries and Archives
Offers over fifty ideas to promote young adult reading, including such theme programs as crime scene investigation, poetry workshops, readings combined with field trips, and cross-cultural e...
Read More
Available
State Library General Stacks
027.626 Kan
- Bipolar disorder : a guide for patients and families** by Francis Mark Mooduzog
Print book 2006
Held by: Kentucky Department for Libraries and Archives
A guide to the symptoms, diagnosis, treatment, and causes of the psychiatric illness known as bipolar disorder, discussing the pros and cons of various treatments, describing what it is like...
Read More
Available
State Library General Stacks
616.895 Mond
- Caring for your parents : the complete AARP guide** by Hugh Delehanty, Elinor Ginzler, A...
Print book ©2005
Held by: Kentucky Department for Libraries

The main content area displays the details for the book **Keep your brain young : the complete guide to physical and emotional health and longevity** by Guy M. McKharrn, Marilyn Albert, Marilyn S. Albert. It is a print book from 2002, held by the Kentucky Department for Libraries and Archives.

The interface includes sections for **Description**, **Editions & Formats** (7 found), and **Availability / Holdings**. Under **Availability / Holdings**, it shows **Kentucky Department for Libraries and Archives** with **1 available**. A pink arrow points to the **Place hold** button. Below this, a **Holding Summary** table is shown:

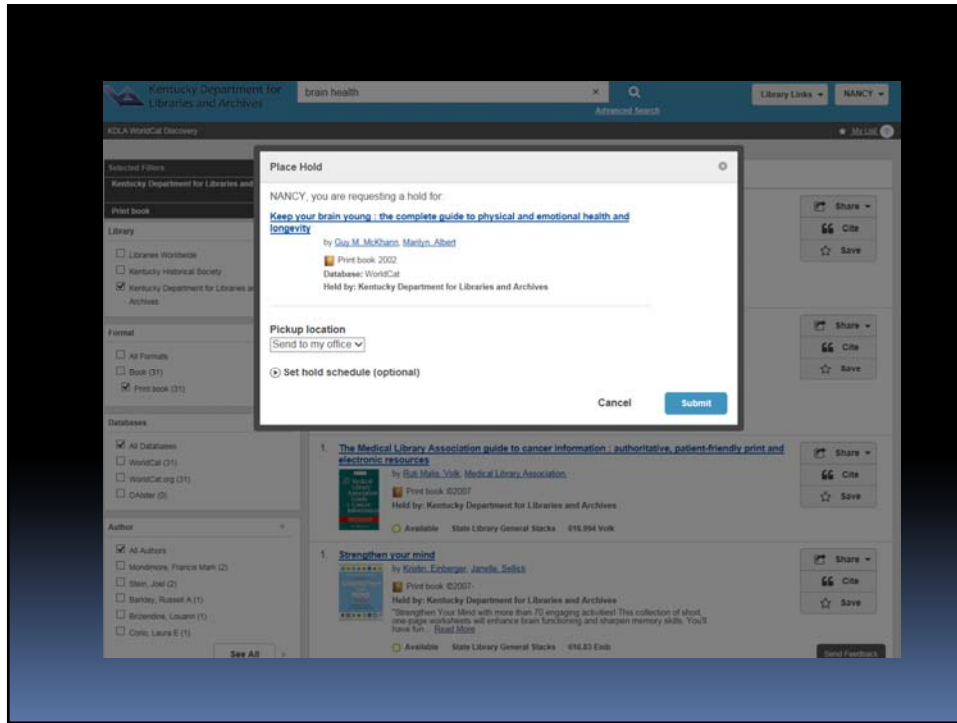
Kentucky Department for Libraries and Archives	
Local Holdings Available:	
State Library General Stacks	1 of 1 available
Call Number	Availability
612.82 Mckh	Available

At the bottom, it shows **Libraries Worldwide** (776 Libraries) and a **Search location:** 300 Coffee Tree Road, Frankfort, US-KY. A **Send Feedback** button is also present.

The screenshot shows the sign-in page for the Kentucky Department for Libraries and Archives. The header includes the logo and the text "Kentucky Department for Libraries and Archives".

The sign-in form is highlighted with a pink box and contains the following fields and buttons:

- Sign in** (text)
- KDLA Account Number** (text input field)
- Password** (password input field)
- Sign In** (button)
- Cancel** (button)
- [Set/reset password](#) (link)



Kentucky Libraries Unbound

Kentucky Department for Libraries and Archives

[Librarians](#) - [Archivists](#) - [Researchers](#) - [State Employees](#) - [Records Management](#)

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Downloading Audiobooks and Ebooks

State government employees can download digital audiobooks and ebooks due to a partnership agreement with Kentucky Libraries Unbound (KLU). Members of the general public should check with their [local public libraries](#) about downloadable digital resources available to them.

CAUTION You may download resources over the Internet using your home computer or personal devices. If you want to download titles at work, you must adhere to your agency's IT policies. You cannot use any library's public computers to download titles.

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If you need help, send your question by email through the [Ask a Librarian](#) service. The reference staff will be happy to assist!

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Want to know more about downloading audiobooks and/or ebooks? Take the free, online class that covers the basics of what Kentucky Libraries Unbound is and how to use it. Check the [training calendar](#) for upcoming class dates.

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- If you have lost your account number, contact the Reference desk through [Ask a Librarian](#) or by calling 502.564.8306 or 800.928.7000.

Getting Started in KLU:

- Connect to [Kentucky Libraries Unbound](#).
- Set up your account (look for "account" in the top right hand corner).
- Select "KY Department for Libraries and Archives" as your library. When prompted, enter your State Library account number and password.

Getting ready to download:

- Audiobooks: Install the [OverDrive's desktop app](#) on your computer
- Ebooks: Install [Adobe Digital Editions](#) on your computer
- Kindle books: You will need a free Amazon account, Kindle device or the Kindle reading app
- Use the "Help" link in the top right hand corner for more detailed instructions. Select the OverDrive Help tab for how-to videos on getting started and downloading titles.

Finding a title:

Kentucky Libraries Unbound

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Popular Trilogies

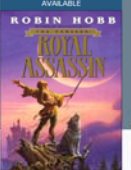
AVAILABLE



Assassin's Apprentice
by Robin Hobb
AUDIOBOOK

BORROW


AVAILABLE



Royal Assassin
by Robin Hobb
AUDIOBOOK

BORROW


AVAILABLE



Assassin's Quest
by Robin Hobb
AUDIOBOOK

BORROW


AVAILABLE



Hammer of God
by Karen Miller
AUDIOBOOK

BORROW

AVAILABLE




The Price of Freedom
by Jenny Schwartz
EBOOK

BORROW


[SEE ALL](#)

Just added


COMING SOON




COMING SOON




WAIT LIST




COMING SOON



WAIT LIST



WAIT LIST



[SEE ALL](#)

More KDLA services

- Ask a Librarian
 - Ask a question, get help with research, etc.
- Interlibrary Loan
 - Get materials we don't have in our collection

The screenshot shows the KDLA WorldCat Discovery interface. On the left, there are search results for the book "Healthy brain, happy life : a personal program to activate your brain and do everything better" by Wendy Suzuki and Billie Fitzpatrick. The main panel on the right shows the detailed view of this book. A pink box highlights the book title and authors. Below the description, there are sections for "Editions & Formats" (19 found) and "Availability / Holdings". Under "Availability / Holdings", there is a section for "Libraries Worldwide" with 524 libraries. A pink arrow points to the "Request Item" button. Below this, there is a "Search location" field with the address "300 Coffee Tree Road, Frankfort, US-KY" and a search button. A table lists nearby libraries with their distances and map links.

Institution	Libraries	Distance
Lexington Public Library		21.86 mi Map
Asbury University Kinlaw Library	Kinlaw Library	24.24 mi Map
Louisville Free Public Library	Main Library	48.84 mi Map
Campbell County Public Library	Cold Spring Branch Library	62.84 mi Map
Kenton County Public Library District		65.75 mi Map

Remember!

- State Government Employees Training Calendar
<http://kdla.ky.gov/employees/Pages/TrainingEventsCalendar.aspx>
- Follow-up email with
 - Training certificate
 - Evaluation survey link



Final Words



by Moyan Brenn, flickr

- To get the PDF:
 - In the Downloads box, click "Most Healthy Brain"
 - "Download File(s)"
 - In the pop-up window:
 - "Click to Download"
 - "Save"
 - Choose where to save file
 - "Save"
- Call KEAP at:
 - 502-564-5788
 - 800-445-5327
 - <https://personnel.ky.gov/Pages/KEAP.aspx>
- Call KDLA at:
 - 502-564-8306
 - 800-928-7000, option #3
 - <http://kdla.ky.gov>