

# Get Your Brain in The Game



How's the **“New Normal”** affecting you? You can effectively change your tolerance to stress by strengthening your brains capacity for resilience.

- **The 2+5+7 Formula**
  - TWO:** Identify 2 priority tasks each day that require deeper thinking, reasoning, and planning. Give these tasks attention when you're at your freshest.
  - FIVE:** After a challenging task, take 5 minutes to rest your brain. Step away from technology, take a walk, observe your surroundings.
  - SEVEN:** Be intentionally innovative 7 times a day. Innovation is the flexibility of thinking.
- **Reset with Mindfulness**

Healthy lifestyle habits and resilience practices such as mindfulness and meditation have the potential to strengthen brain performance and increase overall well-being.