

*Use it or
Lose it*



NEURONS THAT
FIRE
TOGETHER,
WIRE
TOGETHER



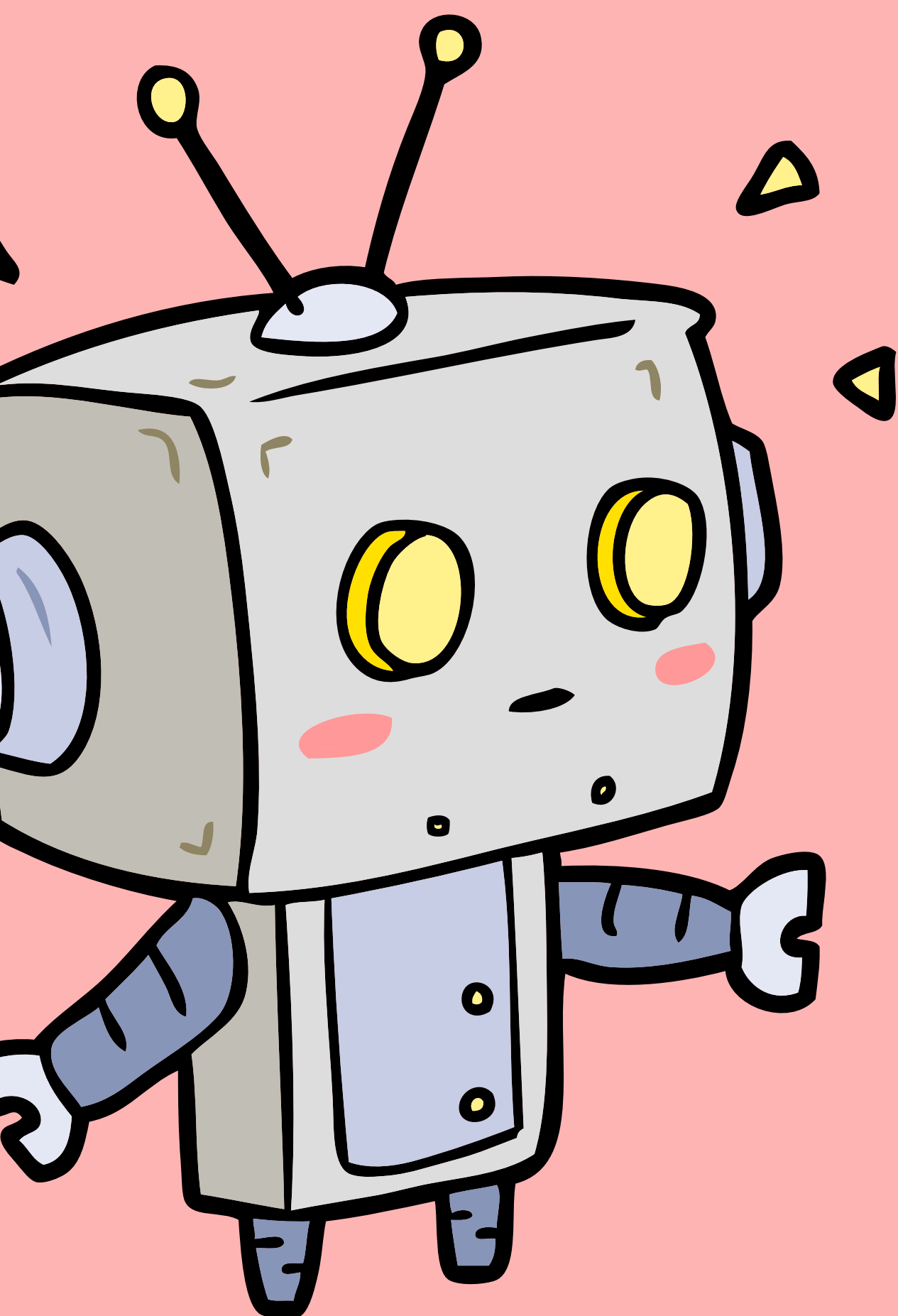
Name it to
Tame it



**I feel sad
vs I am
sad**



**Activate mental
states and store
them as neural
traits**



**Where attention goes,
neural connections
flow and neural
connections grow**



"Rule #1 of the wild is
eat lunch today,
don't BE lunch today."

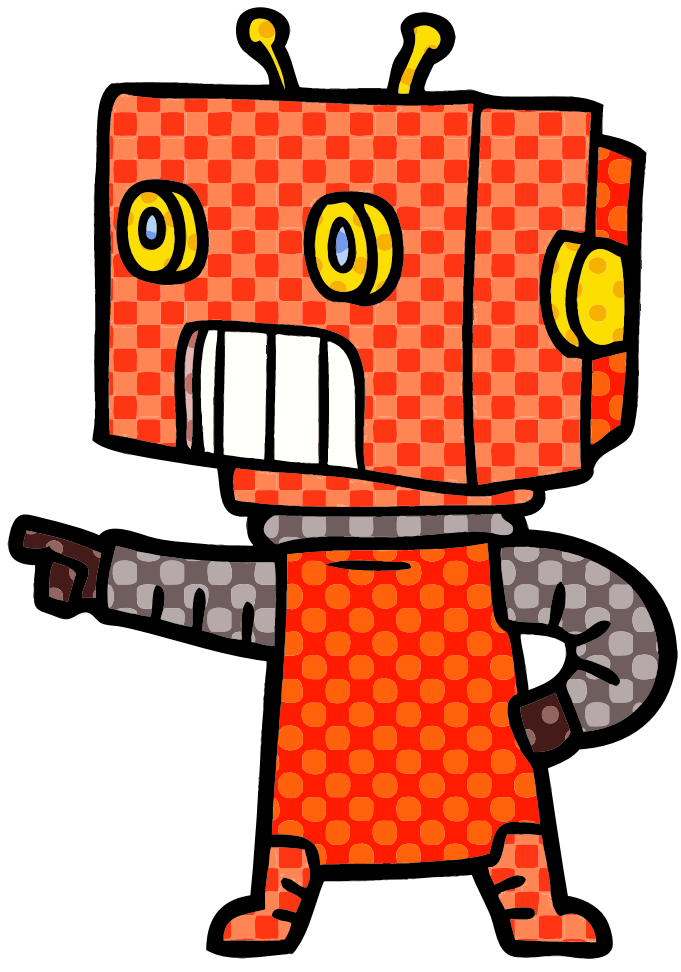


**"The brain is velcro for
the negative and teflon
for the positive."**



**Emotions are like
waves in the
ocean. They will
come and go, but
you get to choose
which ones to surf.**





Thoughts
aren't

FACTS

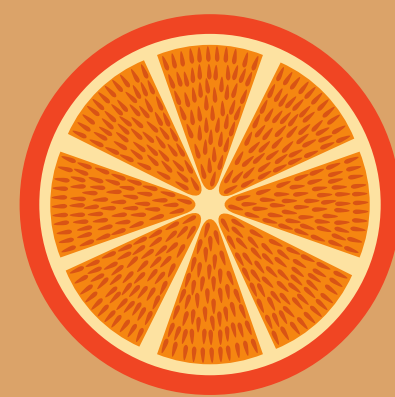
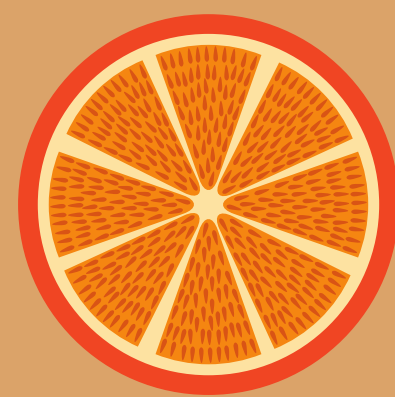
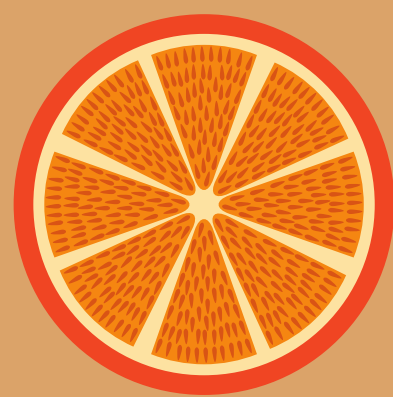
So don't take
them

seriously

RUBY WAX

TREAT YO'SELF

KINDLY

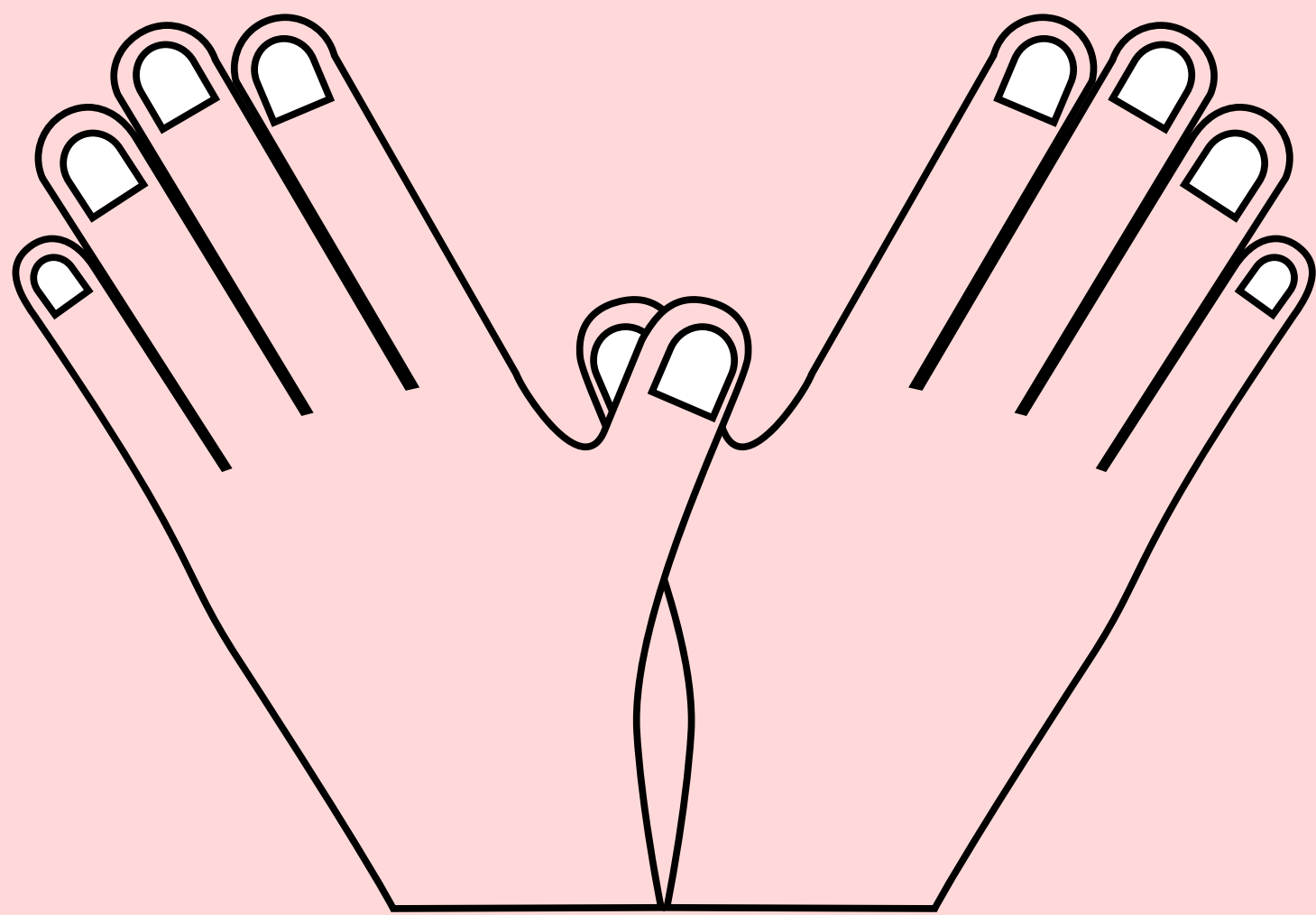


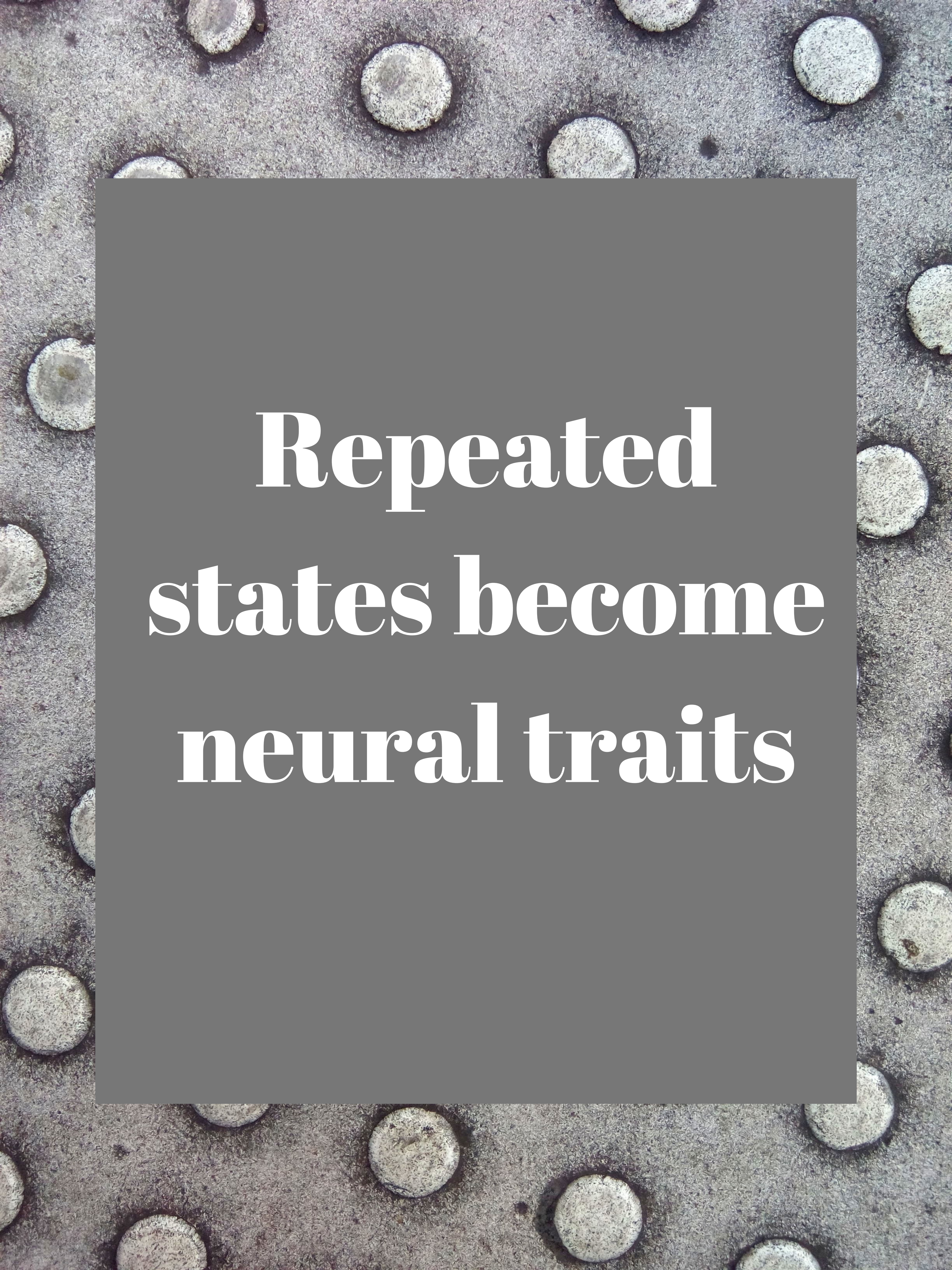
YOUR **BODY** IS MORE
HONEST THAN YOUR **MIND**

LISTEN TO IT



May your choices
reflect your *hopes* and
not your fears



The background of the image is a close-up, top-down view of a metal plate. The plate has a series of circular holes arranged in a regular grid pattern. The metal has a slightly textured, greyish appearance. The lighting is even, highlighting the circular shapes of the holes and the grain of the metal.

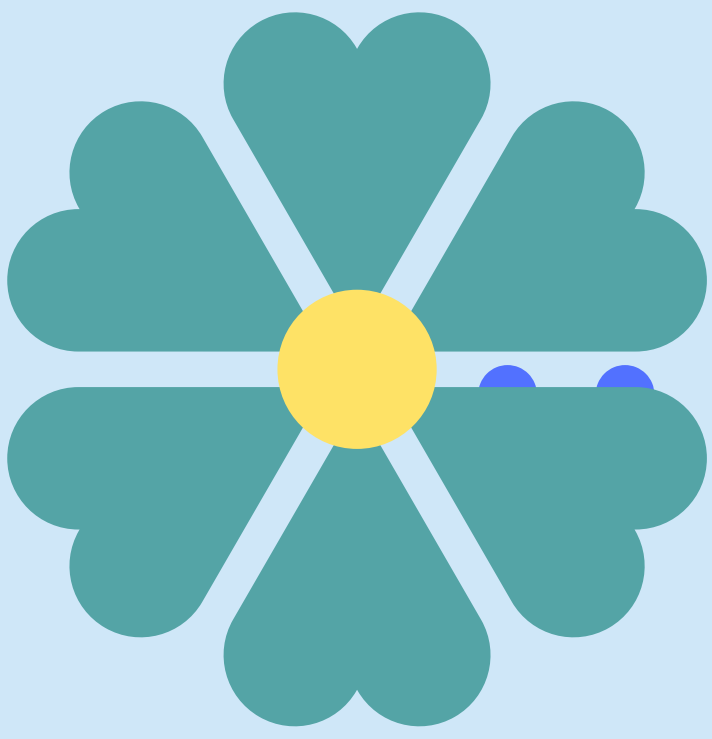
**Repeated
states become
neural traits**

Emotional
regulation is

MONITORING

&

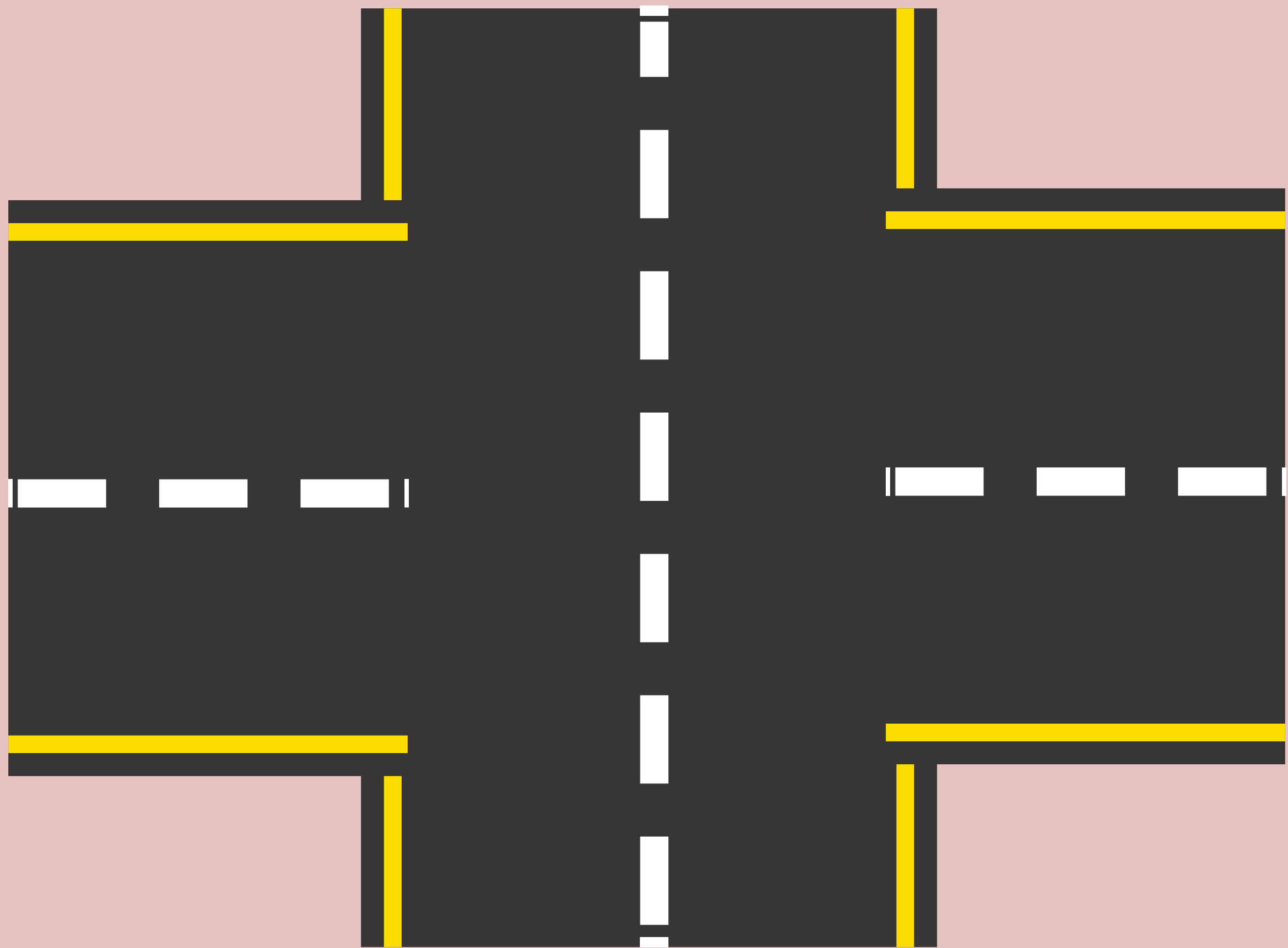
MODIFYING



**All mental activity is
based on underlying
neural activity.**

.....

*Is there a different
way?*



Can it just
be?

