

BRAIN HEALTH BOOST-A WEEK IN REVIEW



The Week 8 in Review (May 25-May 30)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

- **Brain Health Boost posts:** brainhealthinitiative.org/brain-health/brain-boosts/
- **Brain Health Boost Facebook events:** www.facebook.com/LakewoodRanch
- **Brain Health Boost Lakewood Ranch sponsored events:** mylwr.com/

Tuesday

- **Brain Health Boost:** [Physical Activity Boosts Your Brain Health and Your Immunity](#)

Wednesday

- **Brain Health Boost:** [Being in Nature Boosts Brain Health](#)

Brain Health Boost: In an era of heightened uncertainty and unprecedented circumstances, many struggle to manage shifting emotions and intense moods. For individuals with borderline personality disorder (BPD) already facing significant baseline emotional and interpersonal instability, the COVID-19 pandemic creates a host of new challenges. Dr. Brandon Unruh, medical director of the Gunderson Residence, discusses BPD in the time of the pandemic, how to find stability in unstable moments, and how to create an emotionally safe environment for you and your loved ones during these trying times. [Click here](#) to access the webinar.

Thursday

- **Brain Health Boost:** [Taking Care of Yourself for Your Child's Brain Development](#)

ONGOING EVENTS



- [Art Works Anywhere](#) is a remote learning service sponsored by the Van Wezel Foundation. These online lessons created by Van Wezel Teaching Artists use the power of the performing arts to encourage learning. Families learn how to create costumes, draw self-portraits and even interact with their favorite stories while learning science, math, reading, and more. Also check out [daily arts-based learning activities](#) from organizations such as the Van Wezel Hall, Embracing our Differences, The Ringling, Asolo and several others.
- **Brain Health Boost:** 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- **Brain Health Boost:** Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- Sun Coast ARTS Reach Task Force, local arts education experts created [daily arts-based learning activities](#). They are available free to families, teachers, and caregivers and a new calendar is launched every Friday.
- It's common to feel stressed or anxious during these challenging times. Many people are experiencing increased levels of stress, fear and anxiety. The need for social distancing makes it harder to access our normal social supports. Being in contact with people who can relate to your experiences is comforting. Centerstone's CareLine can help you learn about coping skills, find resources, and feel supported. If you or someone you know needs to talk, the team at Centerstone is available to help: **Free and Confidential 24/7 CareLine**
941-782-4300
#CstoneNeverQuits
- **Tidewell Community Hope Line**
To help meet the emotional-health needs of the community during COVID-19, local hospice provider Tidewell Hospice is offering the Tidewell Community Hope Line. This is not a crisis hotline but a "hope" line for people who need help dealing with today's challenges. The service is available 24/7 and is staffed by Tidewell grief specialists, social workers, and spiritual care advisors. The line can be reached at **855-930-HOPE (4673) or 941-556-HOPE (4673)**. (La Línea de Esperanza para La Comunidad esta disponible en Español.) Assistance is also available via email at communityhope@tidewell.org.

- Register online TODAY at www.CenterstoneLifeStory.org



About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference. **To view all Brain Health Boosts [click here](#).**