

Homework:

Please turn in reflection questions posed throughout the workshop.

For my visual learners, here are some links to watch to help solidify some of the concepts!

- 1) The Brain changing benefits of exercise
<https://www.youtube.com/watch?v=BHY0FxzoKZE>
- 2) 'The guy microbiome (gut-brain connection)
<https://www.youtube.com/watch?v=mToHUKRsxhg>
- 3) 'How stress affects your brain
<https://www.youtube.com/watch?v=WuyPuH9ojCE>
- 4) 'How blood pressure works
<https://www.youtube.com/watch?v=Ab9OZsDECZw>
- 5) How the lungs work
https://www.youtube.com/watch?v=8NUxvJS-_0k