



April 13, 2021

SELF-AFFIRMATIONS



I AM SAFE AND PROTECTED

I WILL NOT ALLOW NEGATIVITY TO PENETRATE MY MIND

I GUARD MY MIND AND MEDITATE ON WHAT IS GOOD

I RELEASE ANY FEAR BECAUSE I'M PROTECTED BY GOD

I BELIEVE TODAY WILL BE A WONDERFUL DAY

I AM GETTING BETTER EVERY DAY AND IN EVERYWAY

I AM OUTRAGEOUSLY HEALTHY AND STRONG

I AM ABUNDANTLY BLESSED

I AM GRATEFUL THAT I'M ALIVE

I AM ENTHUSIASTIC ABOUT MY LIFE

I'M THANKFUL FOR EVERY PERSON IN MY LIFE

I AM LOVED AND ADORED BY MY FAMILY AND FRIENDS

GOD HAS GIVEN ME A SOUND MIND

WISDOM FROM MY EXPERIENCES IS HELFUL TO OTHERS

BrainFlex Trivia
Life-Long Learning and Long-Term Knowledge

TRIVIA NOTES

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

7.) _____

8.) _____

9.) _____

10.) _____

11.) _____

12.) _____

13.) _____

14.) _____

Research & Discussion-Exercising Thought Process **Subjective Thought vs Objective Thought**

WHAT? Subjective information is based on a person's opinion, interpretation, or point of view. Objective information is based on facts, which are measurable and can be observed. It's important to exercise this area of the brain in order to maintain your ability to discern between fact & opinion.

WHO? Example-News Media: We used to depend on the news media to deliver the facts, based on evidence, rather than opinion. Today, this is no longer the case. This is why it's important not to listen to just one news source, but rather, listen to several. In addition, have open discussions with friends and family about current events and work together to seek out the truth in other places, rather than just the news channels. This is the information age and with the internet, there are a myriad of resources. Of course, this can be both good and bad...again, we must go back to fact versus opinion. Many sources claim news as factual, however, only a portion of what is presented is true. Since there are always two sides to every story, sometimes, (not always), the truth is usually somewhere in between.

WHY? The news media has changed directions over the years. Journalists use to focus on finding truth. Today, for many news stations, the goal is to shape public opinion. The problem with this is that sometimes facts are presented and sometimes they're not, and even when they are, it may be just '*partial facts*', which are carefully put together to shape the viewer's thinking about something or someone. With that being said, when portions of the facts are put together to create a 'narrative' that's not true at all, it's false information. *This is when we can say that the sum of all parts are not necessarily the whole.*

In the next lesson, we'll talk about a variety of other trustworthy sources of information and the different options you have when it comes to knowing what's true, what's 'almost true' and what can be considered as 'opinion'.

It's VERY important to remember that watching or listening to the news too often can cause both physical and mental concerns, so use wisdom and discipline in this area and stay balanced.

EXERCISE: WORD PROBLEMS THOUGHT PROCESS & MATH CALCULATIONS

LIAM'S LOUNGE: ANALYZING REVENUE AND EXPENSES

We are going to analyze the revenue and expenses for 'Liam's Lounge', a local hair salon, which is open weekly, Tuesday through Saturday, 11am to 7pm. (40's hours a week)

For the purpose of this brain exercise, we will be focusing on the month of March.

Each month, Liam pays \$1258.00 for rent, and his supplies typically run about \$529.00 a month. Liam provides approximately 25 salon services to clients each week, with the average cost per client being \$78.00.

- a. How much did Liam earn in top revenue each week? \$ _____
- b. How much did Liam earn during the month of March? \$ _____

(The month of March includes 4 weeks)

- c. How much are Liam's total monthly expenses? \$ _____
- d. What was Liam's net profit for the month of March? \$ _____
- e. If each appointment is approximately two hours, how much is Liam earning per hour? \$ _____
- f. How many salon services does Liam provide each week?
- g. Consider how many weeks, as well as how many months, are in one year, then answer the following questions:
 - I. How much is Liam's annual revenue? \$ _____
 - II. How much are Liam's annual expenses? (not including rent)
\$ _____
 - III. How much does Liam spend annually on rent for his salon?
\$ _____
 - IV. How much is Liam's annual net profit? \$ _____
 - V. About how many salon services does Liam provide each year? _____
 - VI. How many hours did Liam work during the month of March, (which consisted of four weeks)? _____
 - VII. How many hours does Liam work each year? _____

Exercise: Long-Term Memory w/Vocabulary & Language

Challenge your long-term memory, along with your vocabulary and language by determining the answers to each of the following definitions. *(Hint: Each answer begins with the letters, 'CL'.)*

1. An abnormal fear of being in narrow or closed spaces is referred to as _____
2. If an individual would like to buy or sell something using a newspaper, they would place the ad in a section of the paper referred to as the _____
3. These are located inside every school. A place where students spend the day learning from their teacher(s). _____
4. This type of music consists of symphonies and operas with a European influence _____
5. If one's home isn't organized and things are all over the place, you might say that it is _____
6. Before there were 'automatic' cars, individuals were required to use a _____ in order to change gears.
7. When a person is extremely angry, they may squeeze or _____ their fist, while others may do this with their teeth.
8. If an individual demands something that is theirs, they are staking a _____.
9. To be emotionally attached to something, to the point of resisting separation, is referred to as _____ to something.
10. You will need these shoes, which often have metal spikes on the bottom, in order to play football. _____
11. The opposite of open. _____ -
12. It may be said, if two things completely oppose one another, they _____ or, some believe that the colors red and pink _____.

Exercising Thought Process: Subjective vs Objective Thought

As noted on the 'Research & Discussion' sheet for this lesson, subjective statements are based on a person's opinion, interpretation, or point of view, while objective statements are based on facts, which should be observable or measurable. Read the following statements and determine if they are objective or subjective, then write 'O' next to the statements you consider to be 'objective' and 'S' next to each statement you believe to be subjective.

- 1) _____ The best food in the world is found in Tuscany, Italy.
- 2) _____ Ronald Reagan was a movie star and the President of the U.S.
- 3) _____ Country music is depressing and makes most people sad.
- 4) _____ America celebrates Independence Day on the 4th of July.
- 5) _____ Austin is the capital of Texas.
- 6) _____ Jane Austin was the author of the greatest books ever written.
- 7) _____ In the U.S., the presidential election is held in November.
- 8) _____ *'Breakfast at Tiffany's'* is a movie loved by everyone.
- 9) _____ We shouldn't send money to help countries that despise the U.S.
- 10) _____ After ten losing seasons, the Bengals should fire their coach.
- 11) _____ Rhode Island is the smallest state in the United States.
- 12) _____ The Ohio State Buckeyes are the best team in THE BIG TEN.
- 13) _____ Pizza is much more enjoyable without mushrooms.
- 14) _____ Brazil is located in the continent of South America.



Week Four Nutrition

"The health benefits in the recipe's ingredients will vary with each individual and depend heavily upon each person's level of commitment to healthy life-style choices."

BRAIN HEALTHY TRAIL MIX



INGREDIENTS

SERVINGS: 4

- 1/4 cup of raisins
- 1/4 cup of dried cranberries
- 1/4 cup of organic granola
- 1/4 cup of cashews
- 1/4 cup of pecans
- 1/4 cup of almonds
- 1/4 cup of mini chocolate chips (*sweetened w/stevia*)

HEALTH BENEFITS ~ ALMONDS...

PACKED FULL OF NUTRIENTS AND ARE ESPECIALLY HIGH IN VITAMIN E

CONTAIN HEALTHY FATS NEEDED FOR BRAIN HEALTH

LOADED WITH ANTIOXIDANTS, WHICH FIGHT CELL DAMAGING FREE RADICALS

CAN HELP CONTROL BLOOD SUGAR LEVELS AND LOWER LEVELS OF BAD CHOLESTEROL

HEALTH BENEFITS OF RAISINS

A Good Source of Fiber: Aids the digestive process

A Good Source of Iron: Needed for red blood cell production and to carry oxygen to other cells

Contains Calcium & Boron: Boron works w/ Calcium and Vitamin D to help keep our bones and joints healthy

Contains Antimicrobial Compounds: Phytochemicals such as oleanolic acid and linoleic acid, fight bacteria in the mouth that cause cavities and gum disease

HEALTH BENEFITS: PECANS

PECANS CONTAIN HEALTHY FATS AND ARE A GREAT SOURCE OF PROTEIN. THE BENEFITS THEY PROVIDE ARE NUMEROUS, BUT HERE ARE JUST A FEW...

- >PROMOTE CARDIOVASCULAR HEALTH**
 - >ASSIST WITH DIGESTIVE HEALTH**
 - >PROMOTE HEALTHY BONES & TEETH**
- AND ALSO...**

HELPS REDUCE INFLAMMATION AND BLOOD PRESSURE

HEALTH BENEFITS: DRIED CRANBERRIES

Contains bioactive compounds: quinic, malic, & citric acids, which fight degenerative & chronic diseases

Beneficial to both the cardiovascular & immune system

Helps maintain a healthy urinary tract

Rich in other antioxidants **AND** associated with reducing cholesterol

Can help prevent gum disease & stomach ulcers.

Promotes healthy blood clotting & boosts metabolism

HEALTH BENEFITS: CASHEWS

- High in protein, promoting satiety and healthy muscles
- Research has shown that cashews benefit both nerve and muscle function
- Contains heart-healthy mono-unsaturated fats
 - These essential fatty acids lower levels of bad cholesterol (LDL) while increasing levels of good cholesterol (HDL)

HEALTH BENEFITS: WALNUTS

- **Omega-3's found in walnuts have been shown to...**
 - **help battle symptoms of depression**
 - **promote a healthy gut, which has been shown to improve an individual's over all feeling of well-being'**
 - **assists with weight control, due to the high levels of protein**
 - **provide the brain and body with a super plant source of Omega 3's**

