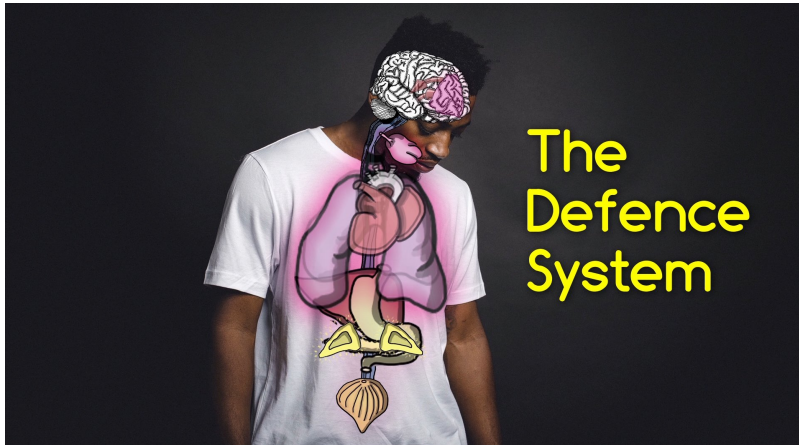


Video: Session One- Remember Good Experiences



Here we look at how our brain reacts to positive versus negative information.

Our choice of thoughts has consequences. Unless we take time out to build up positive brain activity we will end up stressed by negativity.

Stress can build up cortisol in our system which over time breaks down our health and well-being.

The video shows a 3-step method that can help positive brain activity: recalling good experiences (Gratitude Formula).

Includes pauses to use this Gratitude Skill.