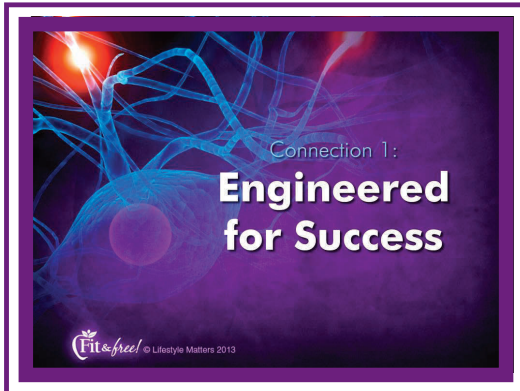




Slide 1



Slide 2

These brains of ours...can they change, adapt, and improve all through life?

In this session we are going to see how your brain is designed for renewal, restoration, and repair.



Slide 3

Let's begin by taking a look at a Super Storm we all vividly remember. Katrina. Can we ever forget that name?

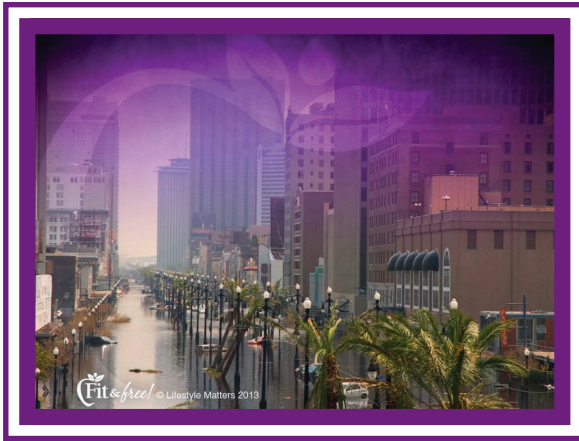
Katrina was the name of the second strongest hurricane in U.S. history. On August 23, 2005, it slammed into New Orleans, Louisiana, and several other states with winds up to 174 mph.



Slide 4

The storm surge was 20 feet high; 80% of New Orleans was under water. It affected nearly 15 million people and nearly 2,000 were killed.

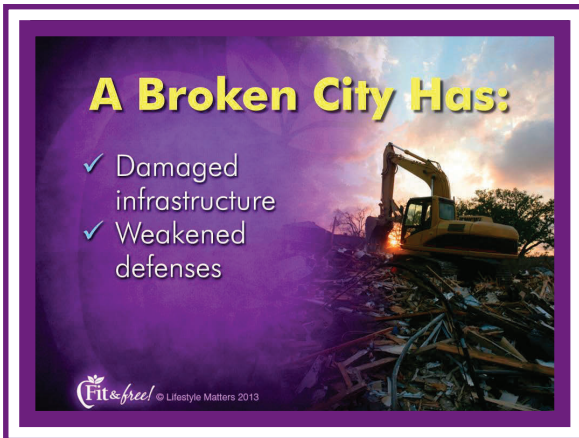
The damage to the infrastructure was estimated at \$75 billion, earning Katrina the title of the costliest hurricane in U.S. history.



Slide 5

A storm-ravaged city like Katrina has at least two major challenges:

1. Damaged infrastructure such as communication and transportation systems.
2. Weakened defense systems to protect against danger.



A Broken City Has:

- ✓ Damaged infrastructure
- ✓ Weakened defenses

Slide 6

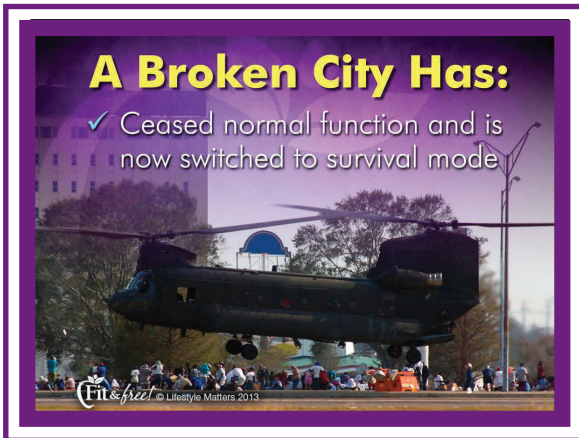
Summarizing its condition (this and the next slide):

Read slide

Such a city has lost its synchrony and vitality.

Its broken communication and transportation systems shut down the city's normal operations.

With weakened defenses, the city is especially vulnerable to vandalism and violence.



A Broken City Has:

- ✓ Ceased normal function and is now switched to survival mode

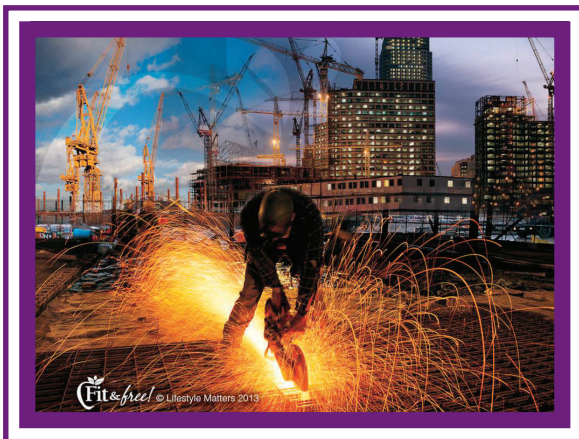
Slide 7

Read slide

Plans for development and growth are shelved as the city switches into survival mode.

Have you ever had times when you've been in "survival mode?"

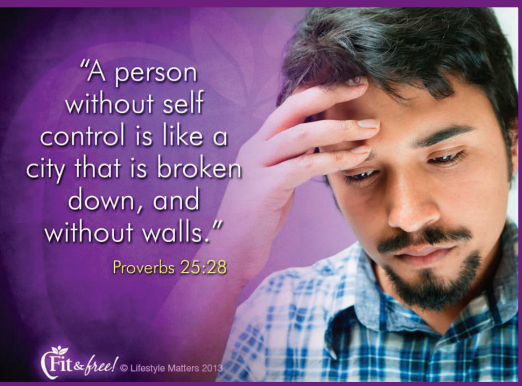
I think we all have!



Slide 8

When a storm hits, every sector of the city is affected.

It is in need of comprehensive **renewal, restoration, and repair.**



“A person without self control is like a city that is broken down, and without walls.”
Proverbs 25:28

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Slide 9

God often uses the things we can see to help us understand the things we cannot see.

Notice this vivid comparison of just such a city with mankind in his broken condition:

Read slide



Brain Influences

- ✓ Stress
- ✓ Depression
- ✓ Bad habits
- ✓ Addictions


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Slide 10

What kind of challenges can hinder healthy brain function?

Read slide

Yes, that broken city powerfully illustrates the broken brain—a brain that may have been broken down over time by:



Brain Influences

- ✓ Genes
- ✓ Environment
- ✓ Choices

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Slide 11

There are three major areas that influence your brain:

Read slide

Genes: You cannot change your gene structure: but their function and activity is dramatically influenced by your diet, lifestyle, exercise, and even the way you think.

Environment: Your internal environment is how you think. Your external environment is what surrounds you. You can build an internal and external environment that create a powerful brain advantage.

Choice: Every choice you make, and even how you think, affects your brain. Every day presents you with opportunities to make choices that will influence the health of your brain, and even how your genes function.



Rebuilding a broken city requires a plan; so does rebuilding a broken brain.

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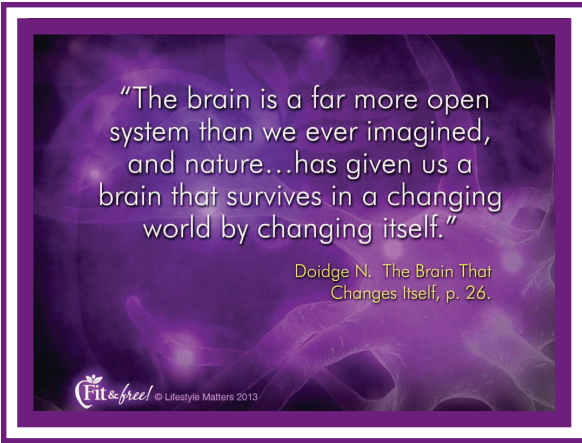
Slide 12

Read slide

Your brain is capable of physical, mental, and emotional improvement and spiritual renewal.

The great news is that you can move forward and con’ue forward—whether your brain has been hit by a storm of stress, depression, negativity or bad habits.

Even if you haven’t faced a disabling storm in life but simply want to improve your brain and body health, you have come to the right place!



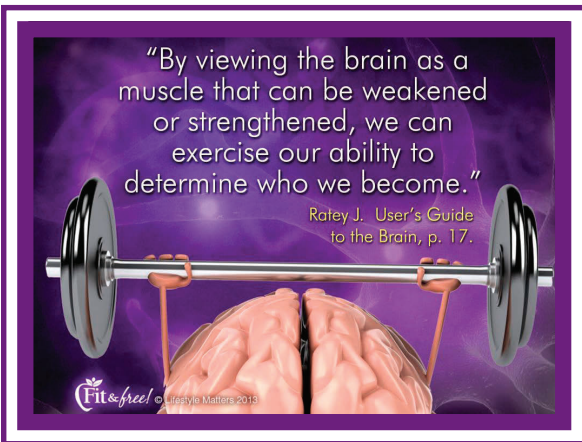
Slide 13

Dr. Norman Doidge, a psychiatrist and author of the book *The Brain that Changes Itself* has this to say about the changing nature of our brains:

Read slide

The brain is constantly reshaping itself according to what it learns. This is called "**plasticity**."

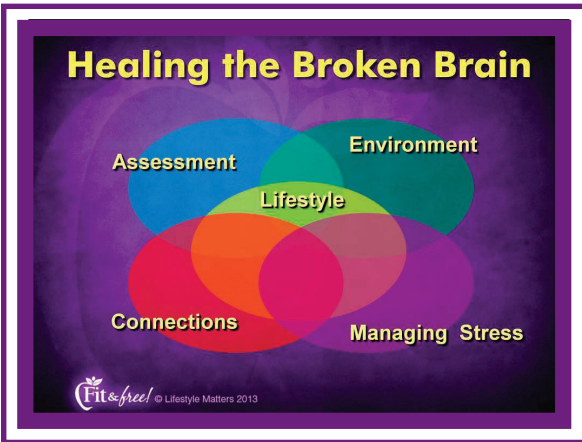
Plasticity is the term neuroscientists use to describe the remarkable ability of the brain to adapt and change.



Slide 14

Notice this statement by Dr. John Ratey, a neuropsychiatrist and author from Harvard University in his book, *User's Guide to the Brain*:

Read slide



Slide 15

How do you heal a broken brain?

There are at least five key areas to consider:

Read slide

Each is briefly summarized on the next 5 slides



Slide 16

Assessment:

1. It is always important to work closely with your physician or healthcare provider.
2. Lifestyle changes may reduce or eliminate the need for certain medications over time.
3. Use medicine or medical procedures when needed.



Slide 17

Environment: The internal environment of how you think and the external environment you surround yourself with are critical for achieving and maintaining positive change.



Slide 18

Lifestyle: Lifestyle choices are the foundation of mental, physical, and spiritual strength.



Slide 19

Managing Stress: We all need practical strategies to tap into when confronting challenges and stress.



Slide 20

Connections: Your associations and interests have a profound shaping effect on your values and goals.

Knowing that God's power and guidance are available gives courage and power for the journey.

Social Ties Matter

A review of 148 studies on social ties found that people with strong social relationships were 50 percent less likely to die early than people without such support.

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Slide 21

How important are positive social ties?


How important are such activities as family gatherings, getting together with friends, participating in special religious, community, and workplace activities?

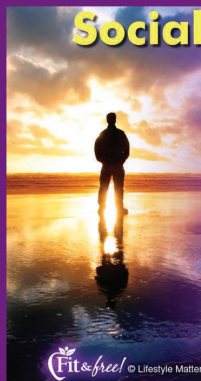
Read slide

Social connections provide an opportunity to check in with each other, exchange ideas, and perhaps lend a supportive ear or shoulder.

Social Ties Matter

"A lack of social relationships was equivalent to smoking up to 15 cigarettes a day..."

 © Lifestyle Matters 2013



Slide 22

Read slide

Quiet time is great; but a relative lack of social ties is associated with depression and later-life cognitive decline, as well as with increased mortality. One study, which examined data from more than 309,000 people, found that lack of strong relationships increased the risk of premature death from all causes by 50%. This meant an effect on mortality risk roughly comparable to smoking up to 15 cigarettes a day, and greater than obesity and physical inactivity.

PLoS Med. 2010 Jul 27;7(7):Review.

Social Ties Matter

"I certainly don't want to downplay these other risk factors because of course they are very important. But we need to start taking social relationships just as seriously."

Julianne Holt-Lunstad, PhD;
Brigham Young University

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Slide 23

Read slide

Social connections like these not only give us pleasure, they also influence our longterm health in ways every bit as powerful as adequate sleep, a good diet, and not smoking.

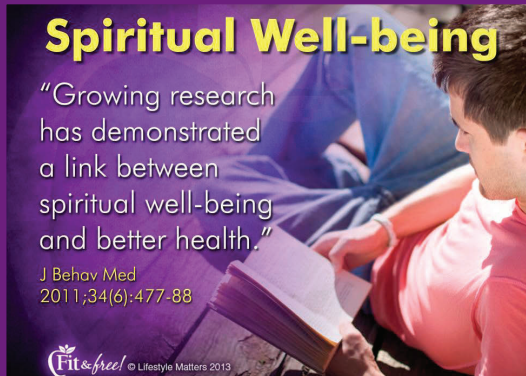
Dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer.

Spiritual Well-being

"Growing research has demonstrated a link between spiritual well-being and better health."

J Behav Med
2011;34(6):477-88

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Slide 24

Read slide

Spiritual well-being is at the center of a healthy lifestyle.

Spiritual Well-being

Lower:

- ✓ Blood pressure
- ✓ Inflammation
- ✓ Cholesterol
- ✓ Fasting blood sugar

J Behav Med
2011;34(6):477-88

 © Lifestyle Matters 2013



Slide 25

A close relationship with God is not only linked to a healthier immune system and reduced risk for depression and addictions, it also has remarkable heart-health benefits:

Read slide

Designed for a Relationship

"I am fearfully and wonderfully made!"

Psalms 139: 14

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Slide 26

Read slide

God created you in His own image. Genesis 1:27

How?

He gave you the intellect to reason about your existence; the capacity to know him; the ability to experience His love and share it with others.

Designed for a Relationship

"O Lord, You have searched me and known me. You know when I sit down and when I rise up..."

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Slide 27

Read slide

God knows all about you.

He knows where you are and what you need.

Designed for a Relationship

"...You understand my thoughts from afar. You keep watch over my steps and my sleep, and have knowledge of all my ways."

Psalms 139:1-3

 © Lifestyle Matters 2013



Slide 28

Read slide

God keeps watch over you in every condition and situation of your life.

Designed for a Relationship

"How precious are Your thoughts to me, O God! How vast is the sum of them! If I would count them, they are more in number than the grains of sand."

Psalms 139:17-18

 © Lifestyle Matters 2013



Slide 29

Read slide

You are in the heart of God continually.

God's Power is for You

"That you may be strengthened in every kind of strength by the might of his glory for every kind of patience and fortitude with good cheer."

Colossians 1:11

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Slide 30

Read slide

God invites you to come to Him for the patience, perseverance and power you need for your journey.

God's Promises are for You

"Those who wait for the Lord will have new strength; they will mount up with wings like eagles: they will run and not be weary; they will walk and not faint."

Isaiah 40:31

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Slide 31


Read slide

God promises to personally guide, strengthen, and sustain you.

God's Plan is for You

"For I know the plans I have for you, says the LORD, plans for your welfare and not for evil, to give you a future and a hope."

Jeremiah 29:11

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Slide 32

Read slide

God cares about your welfare; He has a plan, and He wants you to walk in hope.



“The idea that the brain is like a muscle that grows with exercise is not just a metaphor.”

Doidge M. *The Brain That Changes Itself*, p. 43.

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Slide 33

Dr. Doidge, in *The Brain That Changes Itself* states:

Read slide

Isn't it great that our brains respond to a healthy diet; exercise; social connections; and a relationship with God through His Word?



“Experiences, thoughts, actions, and emotions actually change the structure of our brains.”

Ratey J. *User's Guide to the Brain*, p. 17.

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Slide 34

Read slide

Your brain changes with your thoughts and emotions.

Knowing that you are created by God and that He is personally watching over you, helps heal the broken brain.



You Can Trust God

“You hold me by my right hand. You will guide me with Your counsel.”

Psalms 73:24, 28

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Slide 35

Read slide

God has given you the **intellect** to reason about your existence; the **capacity** to know him; the **ability** to experience His love and share it with others. He invites you to come to Him and **experience** His power, **trust** in His promises, and **walk** in His plan.

Would you like to experience these wonderful changes in your life?

If so, raise your hand with me.