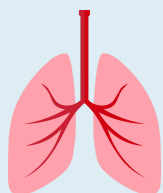




Brain Health Menu

5 min



Breathing Exercises



Cold showers

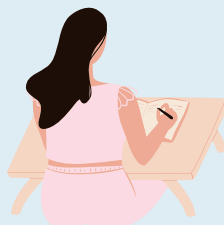


Listen to your favourite music

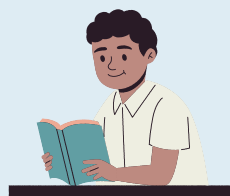
10 min



Meditation



Journaling

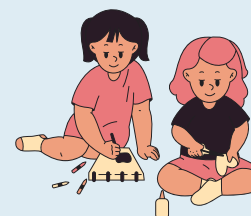


Reading

15 min



Walking



Getting Creative



Cooking