

Upgrade Your Temporal Lobes

Begin Building for Yourself a new “Library” of Positive and Constructive Thoughts & Experiences:

- This also benefits Your Limbic System which hosts your basic emotions as well as Your more “Emotional Memories”

Focus on Music that You Enjoy:

- Listen to Music that You find Inspirational, Uplifting and Motivating
- Consider listening to Classical Music (both Western and Eastern)
- Consider learning to play a musical instrument or singing, humming, etc.

Use Time Management to get into a creative Flow in your daily, weekly and monthly tasks

Get plenty of Restful Sleep

Focus on Physical Exercise

Get Balance in Your intake of Proteins & Vegetables:

- Good protein sources (nuts, low-fat cheese, legumes, eggs, lean meats)
- Eliminate or Decrease caffeine intake

Consider using Meditation and Guided Imagery Techniques