

# Stay Mentally Fit: Daily Brain Workout Tips



Maintaining brain health involves several effective strategies but the benefits are many, including improved mood, better memory, increased energy, reduced stress, and enhanced cognitive function. Identifying anchor images can help you stay focused and motivated by reminding you of your goals. By incorporating the exercises you'll learn about in this seminar, you'll discover ways of improving your brain health and overall mental fitness.

## What you'll learn:

- How to check in with an emotion wheel
- How to use the one Page Miracle
- Five reasons to get healthy
- To identify anchor images
- The Fork in the Road exercise

## About the Facilitator:

### Rebecca Sultan, MA, LMFT, LCADC

Rebecca holds a Bachelor of Arts degree in psychology and education from Whittier College and an Master of Arts degree in counseling psychology from Regis University in Denver, Colorado. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

## Brain Health Exercise

Thursday, February 6, 2025  
4 to 5:30 p.m.

Click **HERE** to  
register or **scan**  
the QR code.



Earn 1.5 clock hours\*

\*Please indicate on the registration form if CEUs are required.