



BRAIN HEALTH DIRECTION FINDER

(2–3 minute self-assessment)

Take one minute to clarify what matters most right now.

- 👉 For each question, simply mark your answers.
 - 👉 At the end, count which letter (A, B, C, or D) you selected most often to find your brain's current priority.
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STEP 1 — What feels MOST important right now?

Choose up to THREE:

- A Feeling calmer / less reactive
 - A Less worrying or anxiety loops
 - B Better focus and mental clarity
 - C More emotional harmony in the family
 - A Better sleep and restoration
 - D Memory and long-term brain sharpness
 - A Recovery from stress, burnout, or head injury
 - B More joy, motivation, or engagement with life
 - B Supporting ADHD regulation
 - D Longevity and healthy aging
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STEP 2 — Which of these feels most true lately?

(Check all that apply)

- A I feel mentally tired even when I rest
- A My brain feels “busy” or hard to slow down
- B Focus comes and goes unpredictably

- A Emotional reactions feel faster than my thinking
 - A Sleep isn't deeply restorative
 - B I know what to do but struggle to follow through
 - C Family stress impacts everyone's nervous system
 - A I want change but don't know where to start
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STEP 3 — Where do you feel stuck?

Choose ONE:

- B I try things but can't stay consistent
 - A I understand the problem intellectually but my body doesn't change
 - A Stress returns quickly after progress
 - C Everyone in the family is working in different directions
 - D I don't know which changes matter most
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STEP 4 — Choose the statement that resonates most:

- B "I want more energy and focus."
 - A "I want peace and emotional steadiness."
 - C "I want my family to feel more connected and less stressed."
 - D "I want to protect my brain long-term."
 - A "I want my nervous system to feel safe again."
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STEP 5 — What level of change are you ready for right now?

(This helps you choose starting intensity — no scoring needed.)

- One simple daily intervention
- Change in 1–2 key areas
- Structured plan with consistent practices
- Full reset approach

YOUR RESULTS

Count how many A's, B's, C's, and D's you selected.

Whichever letter appears MOST is your current brain priority.

Mostly A's → Regulation & Calm Focus

Opening insight:

Your brain may be prioritizing safety and stability before efficiency right now — which means supporting regulation first can make everything else easier.

Your brain may be working to maintain balance under stress, so the goal here is reducing load and restoring flexibility.

Things to try:

- Neurofeedback training 2–3x/week
- Consistent sleep timing (anchor wake time if possible)
- Short daily regulation practice (breath/body awareness or mindfulness of sound/body)
- Reduce one predictable stress trigger in your schedule
- Gentle state shifts during the day (movement, posture change, stepping outside)

Exercise addition:

Choose rhythmic, moderate movement that helps settle the nervous system rather than push intensity:

- brisk walking
- steady cycling
- swimming
- yoga or tai chi

Why: predictable rhythmic movement supports parasympathetic regulation and reduces chronic stress activation.

Mostly B's → Cognitive Clarity & ADHD Support

Opening insight:

Your brain may not need more effort — it may need more consistency in how energy and attention are supported throughout the day.

Focus challenges often reflect variability in brain state rather than lack of motivation.

Things to try:

- Neurofeedback sessions to reinforce flexible focus states
- External structure anchors (checklists, predictable routines)
- Environmental simplification (reduce simultaneous inputs)
- Short focused work blocks with recovery breaks
- Body-based resets instead of forcing concentration

Nutrition addition:

Gradually decrease processed foods and added sugars — especially artificial food dyes — slowly over time.

Exercise addition:

Choose movement that engages both body and brain:

- tennis, martial arts, dance, or skill-based sports
- interval walking/running or cycling
- short bursts of higher-intensity movement

Why: cognitively engaging and moderately intense exercise supports executive function and attention regulation.

Mostly C's → Emotional Family Reset

Opening insight:

Your brain may be responding to the emotional environment around you — meaning shared regulation can create change faster than individual effort alone.

When nervous systems influence each other, small relational shifts can have large effects.

Things to try:

- Neurofeedback twice weekly for participating family members
- Identify and remove one recurring high-stress scheduling pattern
- Daily 5-minute intentional connection (hugging, shared presence)

- Gradual reduction of ultra-processed foods
- Create predictable family rhythm points (wind-down routines)

Exercise addition:

Choose shared movement rather than individual performance:

- family walks or hikes
- dancing together
- team or play-based activities
- outdoor movement as a group

Why: shared rhythmic activity enhances co-regulation and lowers collective stress responses.

Mostly D's → Longevity & Brain Optimization

Opening insight:

Your brain may already be oriented toward long-term resilience — focusing on consistency and sustainable habits supports flexibility as you age.

Optimization here means supporting adaptability, not pushing harder.

Things to try:

- Sleep hygiene routine
- Neurofeedback to reduce chronic stress patterns
- Meaningful social connection
- Cognitive novelty (learning, creativity, new skills)
- Meditation or reflective awareness practices

Nutrition addition:

Adopt a low-inflammatory, whole-food-based approach:

- reduce sugar and processed foods
- reduce dairy if inflammatory for you
- emphasize Mediterranean-style eating: lean proteins, fruits, vegetables, healthy fats, and some whole grains

Exercise addition:

Combine three movement types for best brain-aging support:

- regular aerobic exercise (walking, cycling, swimming)
- strength training 2–3x/week
- occasional higher-intensity intervals

Why: varied movement supports neuroplasticity, cardiovascular health, and long-term cognitive resilience.

Ready to take the next step?

If you'd like help turning your brain health priorities into a clear plan — including how neurofeedback could support your goals — we're here to help.

[Contact us here](#) to start a conversation.