


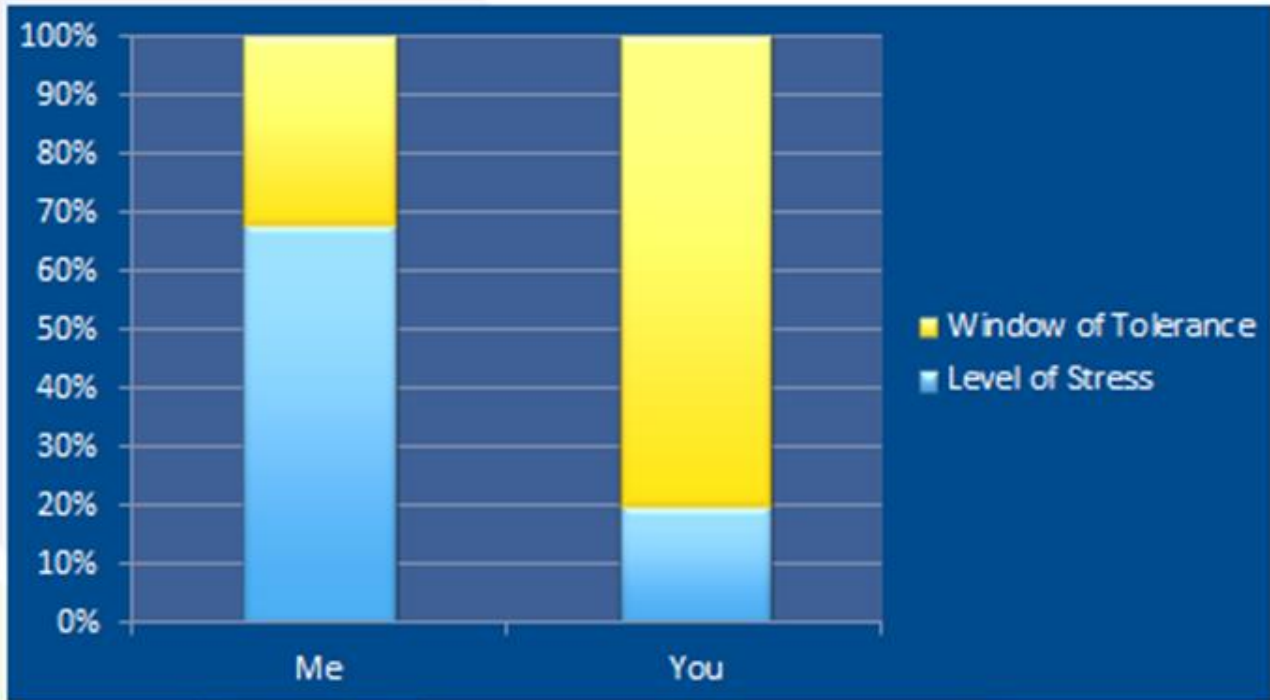


Survival Brain	Lizard Brain	Thinking Brain
Brain Stem Cerebellum	Limbic System	Neocortex
Fight or Flight or Freeze	Emotions Memories Habits Senses	Language Abstract Thought Imagination Morality
Autopilot	Decisions	Reasons & Rationalizes
		

We Care, We Listen, We Respond...24 Hours a Day

Visit bhrstl.org or email us at trainings@bhrworldwide.com to find out more information.

Window of Stress Tolerance



We Care, We Listen, We Respond...24 Hours a Day

To Reduce Inflammation:

- Plant-based/anti-inflammatory diet
- Decrease exposure to toxins
- Sleep 7-9 hours within 24 hours
- Exercise/Movement
- Practice Mindfulness (Just This, Rollercoaster breathing, Mustard Seed)

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ANXIETY - BODILY SYMPTOMS



Visit bhrstl.org or email us at trainings@bhrworldwide.com to find out more information.

Personal Support for You!

Behavioral Health Response introduces myStrength

We all have our struggles.
Finding support to focus on your emotional health is important.

Now you can use web and mobile tools
to help you get better and stay mentally strong.

myStrength is safe and secure—just for you. It offers personalized resources to improve your mood. Learning to use myStrength's resources can help you overcome the challenges you face.



myStrength's proven tools can help strengthen your mind, body and spirit.

SIGN UP TODAY

1. Go to www.mystrength.com
2. Click Sign Up
3. Enter the Access Code: **BHRCommunity**

What myStrength users are saying

It's nice to have self-guided help that is so accessible.

myStrength gives back some of the 'light' I had lost.

myStrength gives me hope and inspiration for my recovery.



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Notes

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