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## Student Success \ Brain, Emotion, and Health

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### Upgrade Your Temporal Lobes

#### **BEGIN BUILDING A NEW “LIBRARY” OF POSITIVE & CONSTRUCTIVE THOUGHTS AND EXPERIENCES FOR YOURSELF**

- 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, & MONTHLY TASKS**

#### **GET PLENTY OF RESTFUL SLEEP**

#### **FOCUS ON PHYSICAL EXERCISE**

#### **HAVE A BALANCED INTAKE OF PROTEINS & VEGETABLES**

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

#### **CONSIDER USING MEDITATION & GUIDED IMAGERY TECHNIQUES**