Workplace stress is at epidemic levels: more than 30% of U.S. employees experience chronic job-related stress*, with an estimated economic cost of $300B**. How does chronic stress harm us?

- Is toxic to neurons in the hippocampus (center for memory and new learning)
- Lowers dopamine, our feel-good neurotransmitter
- Impairs thinking and slows neuroplasticity (the brain’s ability to adapt)
- Hyperactivates the “fight or flight” amygdala
- Reduces fluid intelligence
- Increases brain atrophy
- Causes people to be error-prone and shallower thinkers; distractibility costs U.S. companies an estimated 15% in lost productivity each year***

Keep chronic stress and burnout at bay. Boost your team’s agility, adaptability, efficiency, productivity and performance.

The comprehensive, customized BrainHealthy Workplace program provides education and practical tools – grounded in demonstrated science – that enhance brain health and performance professionally and personally.

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On average, we are outliving our peak brain years by 20 years.

But science has shown that we can counter the typical effects of age-related decline by tapping into the brain's lifelong ability to get stronger and work better.

Brain training works – the science is clear.

In randomized clinical trials with healthy adults over 50*:

- 8% ↑ CEREBRAL BLOOD FLOW
- 23% ↑ CAPACITY FOR COMPLEX REASONING
- DECADES OF "YOUNG BRAIN" FUNCTION REGAINED THROUGH INCREASED NEURAL EFFICIENCY

In a randomized clinical trial with individuals (primarily military and veterans) with chronic-stage traumatic brain injury**:

- 43% ↓ STRESS LEVELS
- 58% ↓ DEPRESSIVE SYMPTOMS

In a 12-week study of healthy adults ages 18 to 87***:

- 80% SHOWED POSITIVE CHANGE IN BRAINHEALTH INDEX
- 50% SHOWED AT LEAST A 10% BRAINHEALTH INDEX INCREASE
- THE ABILITY TO CREATE OR SUSTAIN CHANGE DID NOT DEPEND ON AGE

* Chapman, SB, et al. 2015. “Neural mechanisms of brain plasticity with complex cognitive training in healthy seniors.” Cerebral Cortex.
Enhance leadership development. Provide a meaningful wellness benefit. Give your organization a competitive edge.

The BrainHealthy Workplace program is based on Strategic Memory Advanced Reasoning Tactics (SMART™), a proprietary methodology developed and tested by BrainHealth researchers and other teams over the past three decades, focused on teaching strategies that strengthen the brain’s frontal networks.

How it works:

- Get baseline, periodic testing via BrainHealth Index
- Create personal/team game plan in Think-and-Do Tanks
- Engage in weekly online practices
- Learn brain-healthy strategies with self-paced online modules

Internal champions receive early training to encourage broader participant engagement and empowerment.

The program can be delivered as a hybrid, with both virtual and in-person elements.

Individual progress is charted by periodically getting a BrainHealth Index – a proprietary, holistic measure of the brain’s current health and performance levels obtained through a comprehensive set of 27 assessments.

Individual feedback and BrainHealth Index metrics are CONFIDENTIAL. Only de-identified, aggregate data are shared with leadership to track engagement and measure progress against previously established Key Performance Indicators (KPIs).

FOR MORE INFORMATION: centerforbrainhealth.org/brainhealthy-workplace