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.
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