

# Brain Boot Camp

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Building Pathways for Positive Change

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Assessments:

Please complete these evaluations at home to help you track your progress in Brain Boot Camp. These are for your own use and will not be collected.

## **BRAIN BOOT CAMP**

This is a questionnaire that assesses how *you* feel about your memory ability, stress level, and physical fitness. Please take a moment to answer the questions below. Tally up your scores within each section (i.e., memory, stress, and physical ability) to see how you perceive your current difficulties.

### **Subjective Memory Questionnaire**

	Bad		Good			Great	
	1	2	3	4	5	6	7
How good is your memory now compared to when you were young?							
How good is your memory compared to other people your age?							
In general, how would you rate your memory ability throughout life?							

**How much do each of the following memory challenges affect you?**

	Often		Sometimes			Rarely	
	1	2	3	4	5	6	7
Keeping appointments.....							
Remembering names and faces.....							
Knowing where I have put my glasses or keys....							
Recalling what someone told me.....							
Keeping track of birthdays.....							
Finding words I rarely use.....							
Finding words I often use.....							
Walking into a room and forgetting why.....							
Loosing track of what I am saying.....							
Misplacing papers or objects I am carrying.....							
Other people commenting that I am repeating myself...							
Losing track of where I am driving.....							
Forgetting where I park my car.....							

## **BRAIN BOOT CAMP**

### **Subjective Memory Questionnaire – part 2**

**How good is your memory for events that have occurred . . .**

	Bad		Average			Great	
	1	2	3	4	5	6	7
Several hours before.....							
The day before.....							
Several weeks ago.....							
Several months ago.....							
Several years ago.....							

	Often		Sometimes			Rarely	
	1	2	3	4	5	6	7
<b>How often do other people comment about your everyday memory challenges?</b>							
<b>How often do worry about your memory challenges?</b>							

Add up the numbers you have circled in the above section and write in your sum below.

**Subjective Memory Total Score:** \_\_\_\_\_

### **Interpreting Your Memory Score**

Test Score	Result
130 or higher	You report experiencing minimal memory difficulties.
70 to 129	You report experiencing mild to moderate memory difficulties.
Below 70	You report experiencing a high degree of memory difficulties.

## **BRAIN BOOT CAMP**

### **Stress Level Questionnaire**

	Low		Medium			High	
How would you rate your overall stress level?	1	2	3	4	5	6	7

**To what degree do the following situations make you tense or irritable?**

	Little		Somewhat			Very	
Argument with friend or relative...	1	2	3	4	5	6	7
Waiting for a table in a restaurant..	1	2	3	4	5	6	7
Arriving late for an appointment...	1	2	3	4	5	6	7
Forgetting someone's name .....	1	2	3	4	5	6	7
Anticipating deadlines.....	1	2	3	4	5	6	7
Last minute change in plans.....	1	2	3	4	5	6	7

**How easy is it for you to relax when you...**

	Easy		Medium			Difficult	
watch a television show or movie?	1	2	3	4	5	6	7
read a book or magazine?.....	1	2	3	4	5	6	7
take a walk or other exercise?.....	1	2	3	4	5	6	7

**How often do you experience each of the following?**

	Never		Sometimes			Always	
Difficulty falling asleep.....	1	2	3	4	5	6	7
Shortness of breath.....	1	2	3	4	5	6	7
Rapid heart rate.....	1	2	3	4	5	6	7
Cold hands or feet.....	1	2	3	4	5	6	7
Impatience.....	1	2	3	4	5	6	7
Irritability.....	1	2	3	4	5	6	7
Indecisiveness.....	1	2	3	4	5	6	7
Tension or worry.....	1	2	3	4	5	6	7

## **BRAIN BOOT CAMP**

### **Stress Level Questionnaire – part 2**

Add up the numbers you have circled in the above section and write in your sum below.

*Stress Level Total Score:* \_\_\_\_\_

### **Interpreting Your Stress Level Score**

Test Score	Result
81 or higher	You report experiencing a high level of stress and may want to make stress reduction exercises an important part of your daily activities.
41 to 80	You report experiencing a moderate level of stress. It may be important to implement some stress reduction exercises and to increase relaxation.
Below 40	You report experiencing a minimal level of stress, but may still benefit from stress reduction exercises.

## **BRAIN BOOT CAMP**

### **Physical Fitness Questionnaire**

**To what degree might the following activities make you feel short of breath?**

	Minimal		Somewhat			Very	
Swimming for 10 minutes.....	1	2	3	4	5	6	7
Walking for 10 minutes.....	1	2	3	4	5	6	7
Walking for 5 minutes.....	1	2	3	4	5	6	7
Climbing a flight of stairs.....	1	2	3	4	5	6	7
Getting dressed.....	1	2	3	4	5	6	7

**How sore would you be after each of the following activities?**

	Minimal		Somewhat			Very	
Getting dressed.....	1	2	3	4	5	6	7
Carrying groceries for 5 minutes...	1	2	3	4	5	6	7
Carrying 10-lb. case for 5 minutes	1	2	3	4	5	6	7
Walking up a flight of stairs.....	1	2	3	4	5	6	7
Swimming.....	1	2	3	4	5	6	7

Add up the numbers you have circled in the above section and write in your sum below.

**Physical Fitness Total Score:** \_\_\_\_\_

### **Interpreting Your Physical Fitness Score**

Test Score	Result
45 or higher	You report having a low level of physical fitness. You may want to consider increasing your level of physical activity. Regular physical activity may improve brain and body health.
26 to 45	You report having a moderate level of physical fitness, but may want to increase your physical activity to optimize brain and body health.
Below 25	You report having a good level of physical fitness, though everyone can still benefit from increased physical activity.

## **BRAIN BOOT CAMP**

Below is a general guideline for a healthy weight range for men and women. As mentioned in the workshop, eating healthy and exercising regularly is as important for your brain as it is for your body.

### ***IDEAL BODY WEIGHTS FOR WOMEN***

<b>Height</b>	<b>Small Frame</b>	<b>Medium Frame</b>	<b>Large Frame</b>
<b>4'9"</b>	99-108	106-118	115-128
<b>4'10"</b>	100-110	108-120	117-131
<b>4'11"</b>	101-112	110-123	119-134
<b>5'0"</b>	103-115	112-126	122-137
<b>5'1"</b>	105-118	115-129	125-140
<b>5'2"</b>	108-121	118-132	128-144
<b>5'3"</b>	111-124	121-135	131-148
<b>5'4"</b>	114-127	124-138	134-152
<b>5'5"</b>	117-130	127-141	137-156
<b>5'6"</b>	120-133	130-144	140-160
<b>5'7"</b>	123-136	133-147	143-164
<b>5'8"</b>	126-139	136-150	146-167
<b>5'9"</b>	129-142	139-153	149-170
<b>5'10"</b>	132-145	142-156	152-173
<b>5'11"</b>	135-148	145-159	155-176

## **BRAIN BOOT CAMP**

### ***IDEAL BODY WEIGHTS FOR MEN***

<b>Height</b>	<b>Small Frame</b>	<b>Medium Frame</b>	<b>Large Frame</b>
<b>5'1"</b>	123-129	126-136	133-145
<b>5'2"</b>	125-131	128-138	135-148
<b>5'3"</b>	127-133	130-140	137-151
<b>5'4"</b>	129-135	132-143	139-155
<b>5'5"</b>	131-137	134-146	141-159
<b>5'6"</b>	133-140	137-149	144-163
<b>5'7"</b>	135-143	140-152	147-167
<b>5'8"</b>	137-146	143-155	150-171
<b>5'9"</b>	139-149	146-158	153-175
<b>5'10"</b>	141-152	149-161	156-179
<b>5'11"</b>	144-155	152-165	159-183
<b>6'0"</b>	147-159	155-169	163-187
<b>6'1"</b>	150-163	159-173	167-192
<b>6'2"</b>	153-167	162-177	171-197
<b>6'3"</b>	157-171	166-182	176-202



## **BRAIN BOOT CAMP**

### Self-Assessment

1. What kind of physical activity do you do? How often and for how long?
2. Do you meditate? If so, how do you mediate, and for how long?
3. How much time do you spend in nature? What does this look like?

## **BRAIN BOOT CAMP**

4. What do you do on a daily and weekly basis to take care of yourself?
5. How much sleep do you get a night? Any trouble falling asleep, staying asleep, or waking up? What time do you go to sleep and wake up each day? Any bedtime rituals?

## **BRAIN BOOT CAMP**

6. Please describe your technology and social media use. What time of day do you use your devices and for how long? What apps? Do you see this as an area you want to work on?
7. How does stress manifest for you in your body and in your behavior? How does it manifest in your relationships? How do you act out your stress with other people? Do you know what triggers you?

## **BRAIN BOOT CAMP**

### Joy

On a scale from 1-10, with 1 being none, and 10 being the most Joy, how much joy do you feel in each area of your life:

1. Family \_\_\_\_
2. Family of Origin \_\_\_\_
3. Romantic partnerships \_\_\_\_
4. Friends \_\_\_\_
5. Work \_\_\_\_
6. Physical Health \_\_\_\_
7. Self-Care \_\_\_\_
8. Educational pursuits/growth \_\_\_\_
9. Spirituality \_\_\_\_
10. Alone time \_\_\_\_

## **BRAIN BOOT CAMP**

### “Where Attention Goes, Energy Flows”—James Redfield



<https://www.joshuanhook.com/thoughts-feelings-and-behaviors-its-all-connected/>

Our thoughts affect what we do (behavior), and how we feel. One can intervene at the thought or behavior level, to create a change in functioning. Thoughts are extremely powerful and have the capacity to impact how we feel, what we do, and how we present ourselves to be in the world. One way to keep our thoughts in check, is to start paying attention to how we talk to ourselves. It's very common to have distortions in our thinking, that impact us in ways that we could never imagine. Today, when something is bothering you, pay attention to your thoughts and see if you can identify any of these common distortions in your thinking. Raising awareness about these common, cognitive distortions, and checking your “self-talk,” might be all you need to do, to have a better day.

## **Checklist of Cognitive Distortions \***

1. **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
2. **Over generalization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives.
4. **Discounting the positives:** You insist that your accomplishments or positive qualities don't count.
5. **Jumping to conclusions:**
  - (A) **Mind-reading--** you assume that people are reacting negatively to you when there's no definite evidence;
  - (B) **Fortune Telling--** you arbitrarily predict that things will turn out badly.
6. **Magnification or minimization:** You blow things way out of proportion or you shrink their importance.
7. **Emotional reasoning:** You reason from how you feel: "I feel like an idiot, so I really must be one."
8. **"Should statements":** You criticize yourself (or other people) with "shoulds," "oughts," "musts," and "have tos."
9. **Labeling:** Instead of saying "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or a "loser."
10. **Personalization and blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and deny your role in the problem.

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David Burns is arguably the father of Cognitive Behavioral Therapy and has some amazing books and resources to help people with various mood related concerns. Check out his website, blogs, articles, and podcasts to learn more!



## **BRAIN BOOT CAMP**

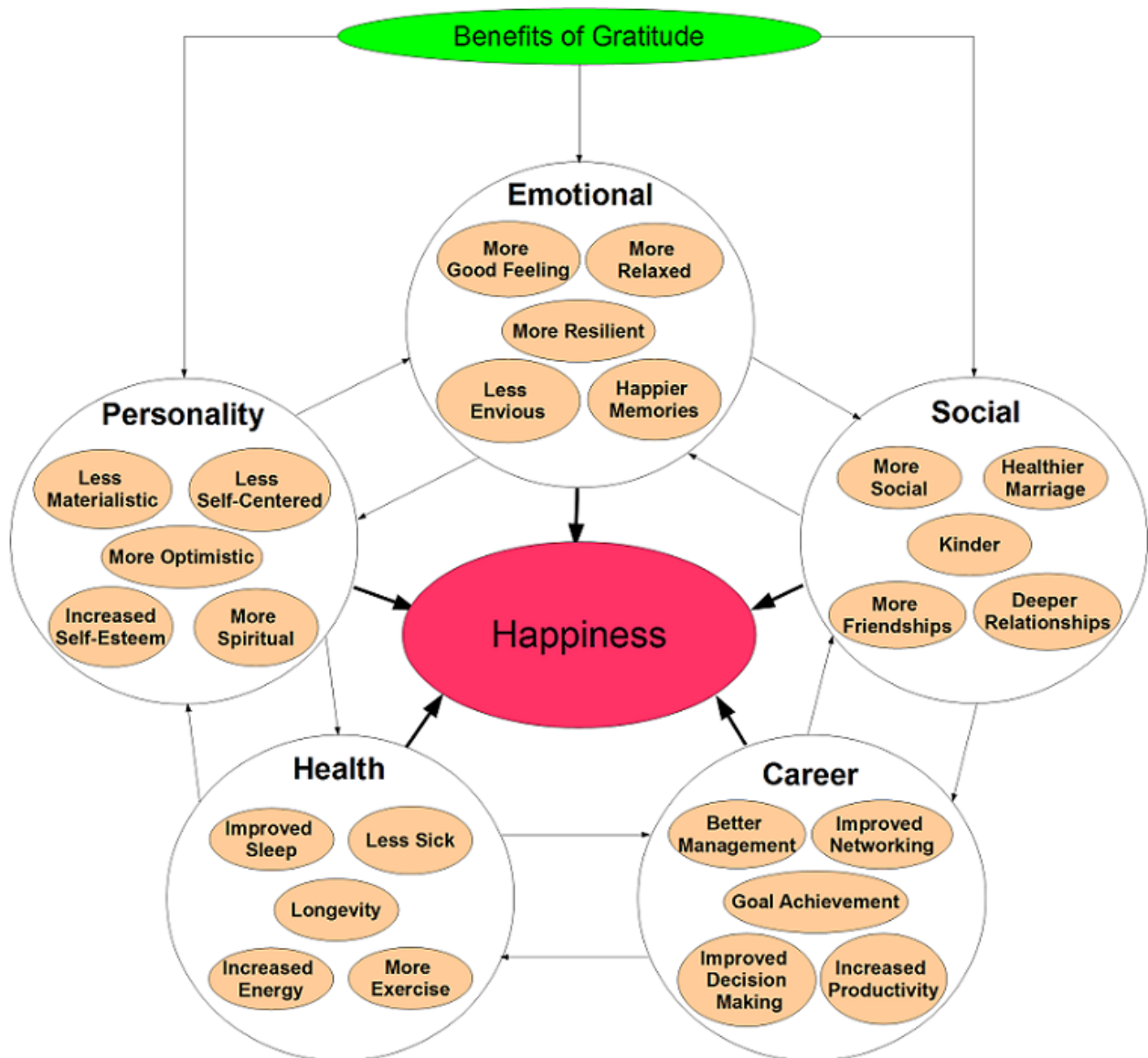
<https://feelinggood.com/tag/fifty-ways-to-untwist-your-thinking/>

### **TEN WAYS TO UNTWIST YOUR THINKING**

1.	<b>Identify the Distortion</b>	Write down your negative thoughts so you can see which of the ten cognitive distortions you're involved in. This will make it easier to think about the problem in a more positive and realistic way.
2.	<b>Examine the Evidence</b>	Instead of assuming that your negative thought is true, examine the actual evidence for it. For example, if you feel that you never do anything right, you could list several things you have done successfully.
3.	<b>The Double-Standard Method</b>	Instead of putting yourself down in a harsh, condemning way, talk to yourself in the same compassionate way you would talk to a friend with a similar problem.
4.	<b>The Experimental Technique</b>	Do an experiment to test the validity of your negative thought. For example, if, during the episode of panic, you become terrified that you're about to die of a heart attack, you could jog or run up and down several flights of stairs. This will prove that your heart is healthy and strong.
5.	<b>Thinking in Shades of Grey</b>	Although this method might sound drab, the effects can be illuminating. Instead of thinking about your problems in all-or-nothing extremes, evaluate things on a range of 0 to 100. When things don't work out as well as you hoped, think about the experience as a partial success rather than a complete failure. See what you can learn from the situation.
6.	<b>The Survey Method</b>	Ask people questions to find out if your thoughts and attitudes are realistic. For example, if you believe that public speaking anxiety is abnormal and shameful, ask several friends if they ever felt nervous before they gave a talk.
7.	<b>Define Terms</b>	When you label yourself "inferior" or "a fool" or "a loser," ask, "What is the definition of a 'fool'?" You will feel better when you see that there is no such thing as a "fool" or a "loser."
8.	<b>The Semantic Method</b>	Simply substitute language that is less colorful and emotionally loaded. This method is helpful for "should statements." Instead of telling yourself "I shouldn't have made that mistake," you can say, "It would be better if I hadn't made that mistake."
9.	<b>Re-attribution</b>	Instead of automatically assuming that you are "bad" and blaming yourself entirely for a problem, think about the many factors that may have contributed to it. Focus on solving the problem instead of using up all your energy blaming yourself and feeling guilty.
10.	<b>Cost-Benefit Analysis</b>	List the advantages and disadvantages of a feeling (like getting angry when your plane is late), a negative thought (like "No matter how hard I try, I always screw up"), or a behavior pattern (like overeating and lying around in bed when you're depressed). You can also use the Cost-Benefit Analysis to modify a self-defeating belief such as, "I must always try to be perfect."

## **BRAIN BOOT CAMP**

### Gratitude



<https://www.happierhuman.com/benefits-of-gratitude/>



## **BRAIN BOOT CAMP**

Well-being can be achieved or increased through deliberate interventions.

One of the first things that comes up when you start researching Positive Psychology is GRATITUDE! Gratitude is strongly correlated with greater happiness and better relationships. When we tap into a state of gratitude, we elevate our functioning and see improvement in a variety of areas.

A simple thing we can do to tap into gratitude is to create a gratitude journal.

Each day just write down 5 things that you are grateful for. You can start a notes page on your phone or can use paper or use an actual journal. Take a moment to rate your sense of well-being before writing down your gratitude list. Write down your list, then re-rate your sense of well-being.

P.S. This can work even if you go through the list mentally, but it's more effective if you write it down.

## **BRAIN BOOT CAMP**

Use this space to write as many things as you can think of to be grateful for. You can keep adding to the list each day.

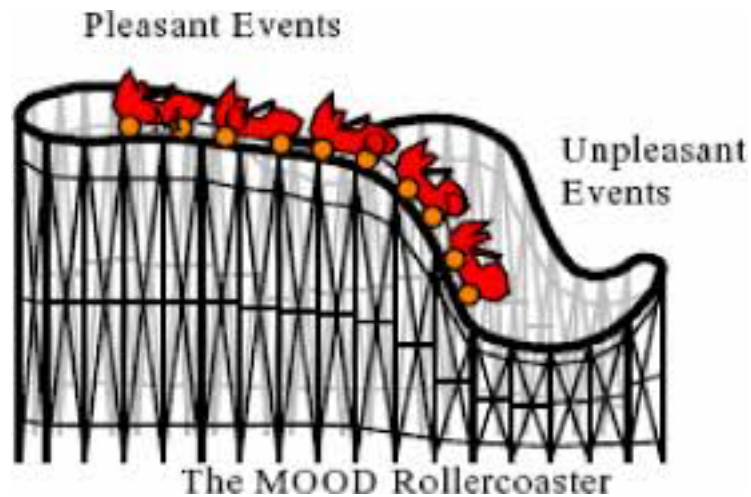
Mood rating before creating the list:

Mood rating after creating the list:

## **BRAIN BOOT CAMP**

### Pleasant Events

Research supports that life events influence health and well-being. Pleasant and unpleasant events are happening constantly, and much of what goes on is beyond our control. It's difficult to turn on the news or read the paper without coming across something very upsetting, that we seemingly have no ability to change.



The well-known relationship expert, [John Gottman](#) found in his research that the magic ratio for partners is 5:1. This means that for, every one negative, event, feeling or interaction, five positive feelings or interactions are necessary to neutralize the negative one. Similar numbers were found in the workplace, “Praise to Criticism” ratio. If we take this information and generalize it to life events, it's easy to see how things can spiral downward fairly quickly in terms of mood and well-being. Pleasant or unpleasant events can contribute to how, “up” or, “down” you feel.

## **BRAIN BOOT CAMP**

The good news is that there are plenty of things we can control. We can make choices about many of the events that happen in our environment.

You can also help yourself feel better by intervening behaviorally, making sure your day has plenty of pleasant events that bring you pleasure. Pleasant events don't have to be huge activities that require a lot of planning. These things can be as simple as: Listening to a song you like, taking a short walk, chatting with a friend, appreciating nature, meditating, getting a mani/pedi, getting a massage, massaging yourself, reading, tidying up your house, eating your favorite meal, looking at the clouds... It really doesn't matter what it is, it matters how you categorize and perceive it. Anything you like to do is a pleasant event!



## **BRAIN BOOT CAMP**

### Pleasant Events

Use this space to write as many things as you can think of that can count as a pleasant event for you.

## **BRAIN BOOT CAMP**

### Relaxation/Meditation

You should begin this exercise by first getting yourself into a comfortable position in your chair. Just settle back and let the chair completely support your body. Feel yourself sinking into the chair allowing all of your muscles to go loose and slack. Now take in a deep, signal breath, filling your lungs with air...holding it in until you notice a little tension building in your chest...and then let the air out slowly, relaxing as you do. Close your eyes and take in another breath, holding the air in until you feel the tension, and then relax, let go completely. Now let your breathing return to a normal and natural rhythm. Start to focus your mind on your breathing. Become very aware of your breathing. Pay close and careful attention to each and every breath you take. Just watch it. Observe it... Simply become aware of how easily and naturally your body breathes itself, free and easy, in and out... At all times your body is breathing itself, you don't even have to think about it, your body breathes automatically, at all times, whether you are sound asleep or wide awake, aware or unaware... as long as you are alive, you are constantly breathing. And all you have to do right now is to simply become aware of this process, this process of your body breathing itself...notice the steady rhythm...the air coming in and going out again. Allow your breathing to be natural and free...without trying to change and without trying to interfere. If your breathing is slow, let it be slow. If it is deep, let it be deep. If your breathing is shallow, let it be shallow. Just passively watch your body breathing itself. Be aware of the cool air coming in through your nostrils... and then the warm air flowing out. Notice the slight pause between each inhalation and

## **BRAIN BOOT CAMP**

each exhalation. Notice your chest as it ever so slightly rises and falls with each automatic breath... as your lungs expand when the air flows in and then contracts when the air flows out. You may also notice your abdomen rising... and falling each time you breathe in. and breathe out. Experience the natural tides of your breath, the ebb... and the flow, as the air comes in... and flows out again... If your mind should wander or your attention is pulled somewhere else, simply catch yourself and refocus on your breathing... refocusing again and again if necessary. Do your best to keep your mind focused on your breathing... Just watching and observing... Nothing to change, nothing to hold onto, nothing to do... just awareness... watching... observing... and allowing your body to breathe free and easy... natural and automatic. And now, as you continue to passively observe your body breathing itself, you can begin to add a simple mental suggestion, a suggestion aimed at helping you experience even more relaxation and comfort. Right now, as you focus your mind on your breathing, you can begin to imagine that each time you breathe out, each time you exhale, you are letting go of unnecessary tension, letting go of negative thoughts or worries, letting go of more and more discomfort... Just let it all go. Allow yourself to breath in fresh, positive, and healthy thoughts and feelings. Breathing in the good, breathing out the bad. Over and over again. And so, with each complete breath cycle, you can allow and experience both your body and mind becoming more comfortable, more relaxed, and more at ease. Enjoy the natural mental and physical cleansing that your breathing can bring you. If it helps, you can even count each of your breath cycles... Inhale 1... relax,... inhale 2... relax, inhale 3...

## **BRAIN BOOT CAMP**

relax, inhale 4... relax, inhale 5, relax, and so on, continuing up until you reach the number 10, and then you can start all over again... inhale 1...relax, inhale 2...relax, just counting your breath cycles up to 10, and then repeating this over and over, letting your breathing carry you into a deeper and deeper state of relaxation and comfort, enjoy the mental tranquility and the peacefulness that this breathing can bring to you. And now you can continue this focused breathing awareness on your own as long as you wish. Just continue to watch you breathing or count your breath cycles for as long as you find necessary, and then, whenever you are ready to stop, you can bring your awareness back to a more normal, alert, and wide awake state, by counting upward slowly from 1 to 3, so that by the time you reach 3, you can take in a nice, deep, refreshing and energizing breath and then stretch comfortably to end this relaxation exercise.

### Disclaimer

This workbook is only for informational and educational purposes and should not be considered therapy or any form of treatment. We are not able to respond to specific questions or comments about personal situations, appropriate diagnosis or treatment, or otherwise provide any clinical opinions. You can call or email for a consultation with Dr. Felsenthal. If you think you need immediate assistance, call your local emergency number or the mental health crisis hotline listed in your local phone book's government pages.