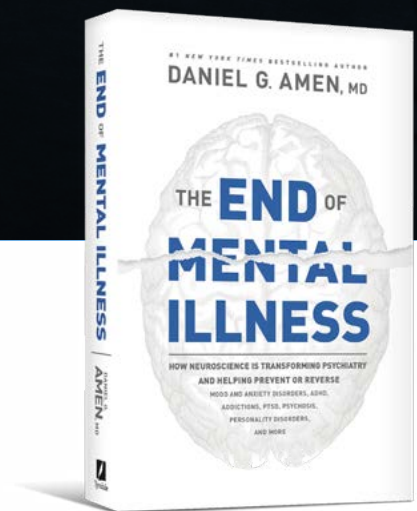




# 6-WEEK LIVE CLASS + CHALLENGE

Week 5: **Daily Challenges**



Daniel Amen, MD and Tana Amen, BSN, RN

| brainMD



# Kill the ANTs and Boost Mental Fitness

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Welcome to Week 5 of your 6-Week Brain Health Revolution Challenge. This week, you'll be focusing on your mental fitness, which includes learning how to eliminate the ANTs (automatic negative thoughts) that can infest your brain and steal your happiness.

**Ready? Let's get started!**

# DAY 1:

## Learn to kill the ANTs: Do 5 questions with 5 thoughts

### How long will it take?

About 10 minutes

ANTs are the automatic negative thoughts that can fuel feelings of depression, hopelessness, helplessness, and irritability. Today, we'll work on eliminating our ANTs.

### The 9 most common types of ANTs are:

- All-or-Nothing ANTs—thinking things are all good or all bad
- Less-Than ANTs—comparing yourself to others in negative ways
- Just the Bad ANTs—only seeing the bad in situations and people and ignoring the good
- Guilt Beating ANTs— thinking in words like should, must, ought, or have to
- Labeling ANTs—labeling yourself or others with a negative term
- Fortune Telling ANTs—predicting the worst
- Mind Reading ANTs—believing you know what others are thinking
- If Only and I'll Be Happier When ANTs—spending time in regret for things you can't change
- Blaming ANTs—blaming others for what goes wrong in your life

For today's challenge, download the "Learn to Kill the ANTs" form by clicking the button below. Use this sheet to write down 5 of your most common ANTs (we all have ANTs), then work through the 5 questions. Make it a habit to do this exercise whenever you have ANTs.

[CLICK HERE](#)

# DAY 2:

## Start your day with “Today is going to be a great day” and end your day with “What went well today”

### How long will it take?

About 5 minutes

For today’s challenge, purposefully start and end your day on a positive note.

As soon as you wake up or your feet hit the floor in the morning, start the day by saying “*Today is going to be a great day*” out loud. Since your mind is prone to negativity, unless you train and discipline it, it will find stress in the upcoming day. When you direct your thoughts to “*Today will be a great day,*” your unconscious brain will help you uncover the reasons why it will be so. We have a choice in where we direct our attention, even in hard times. This simple strategy can make a powerfully positive difference in your life.

At the end of the day, write down or meditate on “*What went well today.*” Doing this will set your dreams up to be more positive, giving you a better night’s sleep. Research has shown that people who did this exercise were happier and less depressed at one-month and six-month follow-ups than at the study’s outset.

This is such a simple way to boost your mood, make it a daily habit.

# DAY 3:

## Start a gratitude/appreciation journal—include 3 gratitudes and 3 appreciations today

### How long will it take?

About 5-10 minutes

Gratitude helps direct your attention to positive feelings and away from negative ones. A wealth of research suggests that a daily practice of gratitude, as simple as writing down several things you're grateful for every day, can improve our happiness, mood, self-esteem, resilience, health, physical appearance, productivity, relationships, personality, career, and longevity.

To enhance gratitude, add appreciation, which is gratitude that is outwardly expressed and builds bridges between people. Expressing support and appreciation to others has been shown to decrease the stress response in the brain much more powerfully than receiving support. It is better for your brain to give than to receive. To supercharge joyful thinking, get in the daily habit of writing down the name of one person whom you appreciate and why; then share your feelings with that person with a quick email, text, or call. Try not to repeat anyone in 30 days. This exercise will help you build many bridges of goodwill.

For today's challenge, kickstart this practice by writing down 3 things you're grateful for and 3 people you appreciate. Then reach out to those people and share your feelings.

# DAY 4:

## Download and listen to the hypnosis audio on peak performance

### How long will it take?

About 20 minutes

Many people are unaware of the various benefits of hypnosis. The American Medical Association recognized hypnotherapy as a standard medical treatment back in 1958, and the American Psychological Association followed suit by endorsing it as a branch of psychology in 1960. Since then, medical hypnosis has been viewed as a very powerful tool to enhance health and well-being. It can also be a very useful way to promote peak performance. For anyone who feels like they aren't living up to their potential, it can be a strong motivator to help you achieve your dreams.

For today's challenge, download and listen to the hypnosis audio on peak performance. By doing so, you'll be opening your mind and training your brain to go for your goals and get what you really want out of life.

[PART 1](#)

[PART 2](#)

# DAY 5:

## Watch a comedy routine

### How long will it take?

Less than 15 minutes

Have you ever heard that laughter is the best medicine? It just might be. Studies show that laughter reduces pain, increases emotional connections, triggers the release of feel-good endorphins, promotes brain connectivity, and boosts oxygen flow to the brain. It is also one of the most fun stress-management techniques that helps boost immunity, which is one of the 11 BRIGHT MINDS risk factors. Watching comedies can be healing, literally.

For today's challenge, have some fun by watching a chuckle-worthy comedy routine called *"A Tale of Two Brains."* To access the video, please click the button below.

[CLICK HERE](#)

# DAY 6:

## Write down your 5 happiest experiences and relive them in your mind

### How long will it take?

About 5-10 minutes

Do you want to lower stress, boost your happiness, and enhance your overall mental health? Of course, you do. That's why you're participating in this 6-Week Challenge. Here's one of the easiest and most effective ways to feel better fast. Think back on your life to the 5 happiest moments ever. Just thinking about them will cause your brain to release feel-good chemicals.

For today's challenge, write down those 5 happy experiences and relive them mentally. Keep this list handy and do this exercise anytime you need a happiness boost.



# DAY 7:

## Use your memory to feel great anytime, anywhere

### How long will it take?

About 15 minutes

Many people struggle with anxiety and depression because they have trouble letting go of and forgetting their fears, frustrations, and the negative events in their lives. Their undisciplined minds constantly go to places of anger, regret, and sadness. Here's a memory technique that relies on the power of associations and places to help you feel great anytime, anywhere. Using your memory will help you counteract the negative and accentuate the positive.

For today's challenge, click the button below to download 3 of Dr. Amen's favorite memories. Notice how he pegged them to specific places and how he uses them to boost his mood. Then, try this memory technique on your own.

Write down your best 10-30 memories of all time (constantly update them as new memories come into your life). Then peg them to specific places in your home or wherever you want.

Any time you feel sad or upset, walk through the house in your mind to trigger the positive memories, which in turn will trigger the release of positive chemicals in your brain to help you feel great.

[CLICK HERE](#)

# Week 5: Recap

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## ***Congratulations!***

You've now completed Week 5 and are nearing the end of the 6-Week Brain Health Revolution Challenge. This week we boosted our mental fitness, learned to kill the ANTs that hold us back, practiced memory associations, discovered the power of hypnosis, and laughed our way to a better brain. By completing each day's challenge, you are making significant progress toward becoming a Brain Health Revolutionary.

## **Keep up the good work!**

The downloads enclosed in this document will also be uploaded to our webpage. Please click the button below to view all.

[CLICK HERE](#)



## MEDICAL DISCLAIMER

The content contained within Dr. Amen’s Brain Health Revolution Live Class + 6-Week Challenge is intended for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The materials, by necessity, are of a general nature and should not be viewed as a substitute for an evaluation or treatment by a competent medical specialist. Please work with your health care provider for advice about your specific medical condition(s) and treatments(s) for such condition(s). Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or medications. We recommend working with your doctor or other qualified health provider before beginning the program, starting or stopping any medications, and making any changes to your life to make sure that it is appropriate for your needs—especially if you are pregnant or have a family history of any medical concerns, illnesses, or risks.

If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Stop exercising immediately if you experience faintness, dizziness, pain, or shortness of breath at any time. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read or heard throughout this program.