

## Feeding the Brain



## Feeding the Dragon



Food / Sunlight

Positive Ideas

Activity

Order/Structure

Sociality

Junk / Darkness

Negative Ideas

Inactivity

Disorder/Chaos

Isolation

***Want a healthy brain? Then you must provide the necessary ingredients for wellness.*** Chemicals alone can't do it. The brain, like every other organ, requires healthy nutrients and other factors to sustain its health and wellbeing. The chart above summarizes some of the more important factors needed for proper brain function. *These factors also contribute to the proper functioning of your entire physical and emotional system.*

***Every day, every choice you make, big or small, either "feeds your brain," promoting physical and emotional health; or "feeds the dragon," promoting physical and emotional distress.*** Depression, anxiety, irritability, and impulsiveness are just a few of the conditions that can be sustained or worsened by "feeding the dragon" – while "feeding the brain" goes far in helping you overcome these distressing conditions.

When you are feeling down, "feeding the dragon" feels easier and more natural. *It is a tendency you must fight if you wish to recover.* You probably won't "feel like" feeding your brain at first. But positive choices, made day by day (whether you "feel like it" or not) lead to positive results – emotionally, physically, socially, and spiritually.

*Though "feeding the brain" can feel hard at first, it gets easier and more natural the longer you do it.* Eventually, you will crave those things that you know help you function effectively. Till then, find ways to motivate yourself to stop "feeding the dragon" and start "feeding the brain."

Created by Carrie M. Wrigley, LCSW. For more information, visit <http://morninglightcounseling.org/>