



## BUILDING RESILIENCE 7-DAY CHALLENGE

<b>Welcome</b>	<p>Welcome to the Building Resilience 7-Day Challenge during <a href="#">BrainHealth Week 2026</a> at Center for BrainHealth.</p> <p>Think of resilience like a muscle — you can strengthen it through small, consistent practice. Each day, you'll get one quick challenge designed to help your brain recover faster and stay clear under stress. Over the next week, you'll train your mind to respond to the unexpected with more calm, clarity, and flexibility. Let's get started.</p> <p>Not all stress is bad. In fact, the right amount can help your brain grow stronger. Each day, you'll get a quick tool to turn stress into clarity and build lasting resilience. Your first tip will be delivered tomorrow!</p>
<b>DAY 1</b>	<p><b>MORNING MESSAGE</b></p> <p>A racing heart is your body's way of helping you rise to a challenge. Use deep breathing to channel that energy into focus. Inhale through your nose, then exhale a little longer than you inhale. Repeat 5 times.</p> <p>LINK TO VIDEO: <a href="https://youtu.be/BqAxLrazc5c">https://youtu.be/BqAxLrazc5c</a></p> 
<b>DAY 2</b>	<p><b>MORNING MESSAGE</b></p> <p>Muscles get stronger with rest between workouts, and your brain works the same way. Take 5, 5-minute breaks away from people and technology. Embrace silence and just let your mind rest.</p> <p>NO VIDEO</p>
<b>DAY 3</b>	<p><b>MORNING MESSAGE</b></p> <p>A quick burst of movement helps your brain reset under pressure. Take 5 minutes to climb stairs, do a few push-ups, or some jumping jacks. This exercise snack lifts mood and increases clarity of thinking.</p> <p>NO VIDEO</p>
<b>DAY 4</b>	<p><b>MORNING MESSAGE</b></p> <p>Think of a recent setback and list 2 ways it could help you grow stronger or move forward today. Mindset matters: reframing setbacks as a path forward helps you boost performance.</p> <p>LINK TO VIDEO: <a href="https://youtu.be/m4lGTFjFkkA">https://youtu.be/m4lGTFjFkkA</a></p> 
<b>DAY 5</b>	<p><b>MORNING MESSAGE</b></p> <p>Gratitude builds meaning and connection—your brain's natural stress buffers. But only if it's real. Think of one person or moment you're truly grateful for. Take 3 minutes to walk through what happened and why it still matters to you.</p> <p>NO VIDEO</p>
<b>DAY 6</b>	<p><b>MORNING MESSAGE</b></p> <p>Notice your inner critic or any harsh thoughts you have about yourself. Pause and shift that voice to an inner coach — what would a supportive coach say instead?</p> <p>NO VIDEO</p>
<b>DAY 7</b>	<p><b>MORNING MESSAGE</b></p> <p>Action sparks confidence — every small win releases dopamine that lifts mood and strengthens resilience. What's one small step you can take today that will move something forward?</p> <p>LINK TO VIDEO: <a href="https://youtu.be/D9iJyc8Hiro">https://youtu.be/D9iJyc8Hiro</a></p> 

**DAY 8**  
**Sign-Off**

**MORNING MESSAGE**

You've built your resilience muscle with simple daily practices. Keep using these tools — every time you do, you train your brain to stay clear, calm, and confident under pressure.

To keep receiving more brain health tips, subscribe to Center for BrainHealth's monthly newsletter at:

LINK TO WEBSITE: <https://centerforbrainhealth.org/about-us/contact>



**VIDEO TRANSCRIPTS**  
**BUILDING RESILIENCE 7-DAY CHALLENGE**

**DAY 1: Resilience: The Benefits of Breathing**

Breathing is like a built-in reset button for your brain.

The way we breathe affects a brain chemical called norepinephrine — it's what helps control alertness, focus, and the stress response. When we're tense, norepinephrine spikes, and our minds race. Slowing your breath, especially a longer exhale, activates the calming parasympathetic system and gently brings norepinephrine back to balance, so you can think clearly again. Inhale through your nose ... then exhale a beat longer. Do that five times. Notice the shift.

**DAY 4: Resilience: Threat vs Challenge Mindset**

When you face stress, your body releases norepinephrine — the same chemical that fires when you're excited. The difference is mindset. A threat mindset floods your brain with anxiety, but a *challenge mindset* shifts you into peak performance. The next time your heart races, tell yourself: this is my body getting ready to help me rise to the challenge.

**DAY 7: Resilience: The Secret Sauce of Confidence**

The secret sauce of confidence is action. Each small step gives your brain a tiny hit of dopamine — a natural antidepressant that lifts mood and lowers anxiety. When you say, "I can do this," your brain acts as if you already did. That belief fuels motivation for the next step — and that's how success builds success.

As Rumi said, the road only appears with the first step. Even when you don't feel ready, taking that first step into uncertainty is what sets the brain's motivation networks in motion.

**Want to try the text version of this challenge?**

Just text *STRESS* to [888-844-8991](tel:888-844-8991).