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## Student Success \ Brain, Emotion, and Health

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### Upgrade Your Basal Ganglia

**BECOME AWARE OF A.N.T.S  
(AUTOMATIC NEGATIVE THOUGHTS)**

**STOP WORRYING ABOUT WHAT OTHERS  
THINK OF YOU**

**ADOPT ASSERTIVENESS**

- Learn to deal with conflict instead of trying to avoid it.

**GUIDED IMAGERY TECHNIQUES**

**DIAPHRAGMATIC BREATHING**

**MEDITATION**

**FOLLOW A BALANCED DIET TO AVOID  
GETTING TOO HUNGRY IN THE DAY**

**CAFFEINE: AVOID OR MINIMIZE**

**CONSIDER HERBAL OPTIONS  
(CONSULT YOUR DOCTOR)**

- Kava Extract
- Valerian Root

**B VITAMINS (E.G. B COMPLEX  
SUPPLEMENTS WITH B6)**

**CONSIDER NATURAL SCENTS**

- Chamomile
- Lavender