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Challenge Yourself MASTER YOUR STRESS WITH TOTAL BRAIN

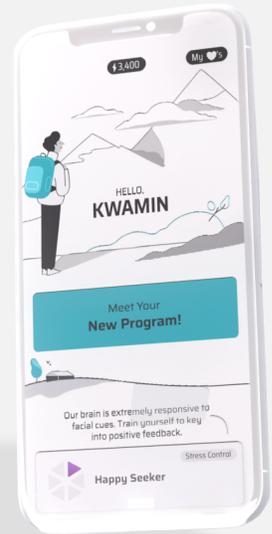
May 5–June 5



Stress is an inevitable part of life, and at some point we will all deal with its effects on our mental health. While in some cases, we can effectively manage the isolated situation, too much stress can be harmful and can hinder our ability to stay positive, focused, and productive.

Maintaining a healthy level of stress can help you stay mentally fit to perform at peak levels. Understanding how your brain responds to threats and how you can control the situation will help you better manage these events and greatly improve your overall mental health.

Master your stress with Total Brain!



START MASTERING STRESS!

Sign Up or Log in:
totalbrain.com/OEBB

Also available for [iOS](#) and [Android](#) devices.



HERE'S HOW IT WORKS



If you don't already have an account, register at TotalBrain.com/OEBB.



Challenge yourself this month to complete the assessment to better understand your strengths and weaknesses. At the end of the challenge, take the time to reassess and measure your improvement.



Challenge yourself 5-10 minutes per day to train and start to earn brain points. See how many you can accumulate in the month!



Reassess to track your progress and monitor improvement. Start training other areas as you continue to grow.

Questions? Contact support@totalbrain.com.

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DISCOVER YOUR BRAIN'S POTENTIAL AND DECREASE STRESS WITH TOTAL BRAIN.



The clinically validated assessment helps you better understand strengths and weaknesses, and whether you may be at risk for a mental health condition.



Your personalized program feed changes daily with recommended exercises and content based on your daily activity and assessment results.



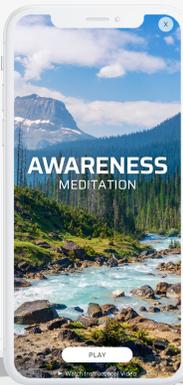
Take 15 minutes a day to train. Select an individual exercise, search for a specific brain capacity, or choose a topic focusing on that entire area.



Reassess and track your progress with trending reports. Not sure what something means? Each function and brain capacity has detailed information to learn more.



TRY THESE TOTAL BRAIN EXERCISES TO REDUCE STRESS!



Awareness Meditation

This 10-minute meditation increases awareness of your surroundings, thoughts, body, and breath.

Resonant Breathing

Breathing at a rate of 6 breaths per minute has been known to induce calm and reduce stress.

Full Yogic Breath

This breathing exercise promotes deep rest, relaxation, and a sense of calm.

If you have any questions, please contact us at: support@totalbrain.com.

*Available to all OEBC members enrolled in an OEBC medical plan, 18 years and older.