

Brain Health and Wellness Course Videos

Introduction Session – Neuroanatomy

- 1) UBC Neuroanatomy: https://youtu.be/xB7rXw_3gVY
- 2) UCB Spinal Cord: <https://youtu.be/lAwk0pshcDE>
- 3) Nervous System: https://youtu.be/qPix_X-9t7E

Session 1 – Neuroplasticity

- 1) Power of Believing that You Can Improve: https://youtu.be/_X0mgOOSpLU

Session 2 – Movement, Vision, and Language

- 1) How Language Shapes the Way We Think: <https://youtu.be/RKK7wGAYP6k>
- 2) How the Brain Constructs the Visual World: <https://youtu.be/P-7mO2FhaVE>

Session 3 – Memory and Forgetting

- 1) Memory and the Aging Brain: https://youtu.be/xuz4RilZ_Ic
- 2) How Working Memory Makes Sense of the World: <https://youtu.be/UWKvpFZJwcE>

Session 4 – Attention and Executive Functioning

- 1) Attention, Distraction, and the War in Our Brain: https://youtu.be/PNbR_nbfK9c
- 2) How Your Brain's Executive Function Works:
<https://www.youtube.com/watch?v=qAC-5hTK-4c>

Session 5 & Retreat – Sleep and Stress; Diet and Physical Activity

- 1) How to Improve Your Sleep: https://youtu.be/lRp5AC9W_F8
- 2) Power Foods for the Brain: https://youtu.be/v_ONFix_e4k

Session 6 – Aging and the Brain

- 1) What is Dementia: <https://youtu.be/HobxLbPhrMc>
- 2) Is Dementia Genetic: <https://youtu.be/jdGGgT5hF5k>

Session 7 – Emotion and the Brain

- 1) Positive Effects of Positive Emotions: <https://youtu.be/PU0QOKIPU9o>
- 2) Understanding Role of Emotion in Aging: <https://youtu.be/Ehqzhj9f8Y8>

Session 8 – Social Bonds

- 1) Social Brain and Its Superpowers: <https://youtu.be/NNhk3owF7RQ>