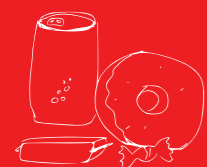


# The needs of the brain

positive resources



negative resources



stress



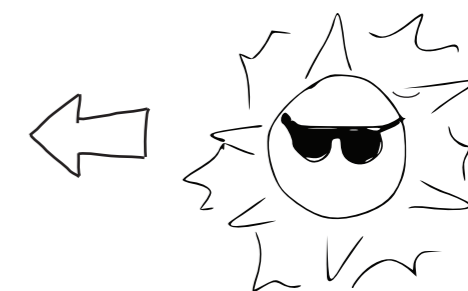
well being

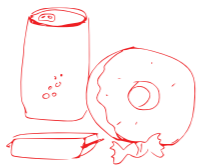




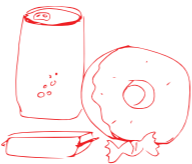





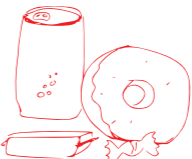




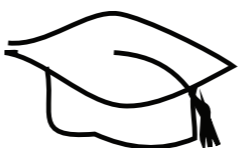



learning



Good morning!



		 x3	no action	 x1
				
 x1	another chance	sleep well zzzz		
no action	 x1	no action	 x2	
 x2	another chance			another chance