



HEALING THE MODERN BRAIN

A Lifestyle Approach to Depression and Anxiety

Masterclass Workbook

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How To Use This Workbook

Welcome! And thank you for signing up for the Mental Health Breakthroughs Masterclass. I am so happy you're taking the time to work on your mental health. Throughout this Masterclass, you will learn common misconceptions about mental health and some of the major breakthroughs that show what you should be focusing on instead.

To help guide you along, in this workbook you will find a short exercise for each section of the masterclass. That way you can be sure you get the most out of it!

To get the most out of this Masterclass:

- Make sure to save this workbook. You can either type directly into the workbook or, if you're inclined, you can print it and write in it that way.
- Fill out the workbook as you follow along with the masterclass video. Don't worry if you miss anything, as Winston Churchill said: perfection is the enemy of progress!
- There is an answer key at the end so you can check your answers or fill in any that you missed.
- Feel free to take any extra notes in the back of the workbook.

Ready? Let's go!

4 Mental Health Myths

Fill in the blanks to complete the sentences on the 4 Mental Health Myths.

Myth #1:

You are the sole product of your _____.

1. When it comes to mental health and mental fitness _____ are not quite the end all, be all that we once thought.
2. One of the most exciting and empowering concepts to emerge in the last 20 years is the field of _____.
3. If we imagine that our brain is a hardware computer then the epigenome, or environmental tweaks to gene expression, act as the _____.

Myth #2:

_____ is the only and best treatment option for anxiety and depression.

1. Rates of prescriptions are higher than they have been, ever, with _____ holding a disproportionate percentage of these medications.
2. Each person and their mental health struggles are _____ and _____. Our fantasies about a medicine that will be a silver bullet solution to mental health issues are probably a bit _____.
3. While medication options are highly beneficial to many people, we need to start asking other fundamental questions about whether the prevalence of and reliance on medications is our _____ and _____ option for many people.

Myth #3:

Your mental health is entirely out of your _____.

1. One of the most powerful shifts that I ask patients to make is that they need to shift their _____.
2. If there is one thing that I know with certainty it is that you can play a more _____ role in your mental health.
3. The important thing for you to realize is that simple _____ _____ can have a profound effect on your mental health.

Myth #4:

Brain development stops in _____.

1. The idea that the adult brain is a completed project, or finished work, is fundamentally _____.
2. The new research surrounding the dynamic nature of the brain forms the bedrock of the recent breakthroughs at the heart of what I call _____ _____.
3. In this masterclass I want to shift away from the misconceptions and toward _____.

9 Mental Health Breakthroughs

Fill in the blanks to complete the sentences about the 9 Mental Health Breakthroughs

Breakthrough #1:

Neuro_____

1. Your brain cells continue to grow well past adolescence, through adulthood and into old age. Your new brain cells arrive through the process of _____.
2. The little section of your brain called the _____, located in the temporal lobe is linked to memory, emotion, and learning.
3. Studies have shown an _____ relationship between mental health symptoms like depression and hippocampal size. In fact, in patients struggling with symptoms of depression this key region of the brain has been shown to shrink as much as _____.
4. We have been able to identify a direct correlation between _____ _____ and brain growth.

Breakthrough #2:

Neuro_____:

1. _____ is the ultimate test of your mental fitness.
2. There are more connections in your human brain than there are cubic meters in the entire known _____.
3. When we talk about _____, we talk about the brain's ability to create strong, new synaptic connections required to better adapt to the world around you.
4. Many factors have been shown to increase neuroplasticity including your _____, different _____, and crucially _____.

Breakthrough #3:

B _ _ _ :

1. This acronym stands for _____ and it is at the heart of our ever growing conceptualizations of neurogenesis, neuroplasticity and mental health.
2. Brain Derived Neurotrophic Factor is a protein that serves a variety of functions, including a role in the creation and development of _____.
3. BDNF is sometimes referred to as a _____ for the mind.
4. BDNF helps by making your brain cells more _____ in the face of stress and threats and allows them more room to _____ and _____ in the face of whatever may be happening in the world around you.

Breakthrough #4:

Micro _____:

1. Right now there are 100 _____ tiny living organisms inside your digestive system.
2. Your GI tract is also home to hundreds of millions of _____ that send messages to the nervous system in a matter of milliseconds.
3. 68% of Americans don't meet the recommended daily allowance for _____.

Breakthrough #5:

Nutritional _____:

1. When I was just starting out in my career I learned a lot about how to ask questions about a person's presenting problems, but I was never taught to ask the simple question: _____?
2. It wasn't until new research started to link the levels of _____, a type of polyunsaturated fatty acid commonly found in seafood, to brain health - that I started to wonder if my diet wasn't as healthy as I thought.
3. It's important to note that the evidence for nutrition and mental health now includes several _____ the gold standard in medicine.

Breakthrough #6:

_____:

1. Inflammation, in its simplest terms, is the immune system's natural response to _____.
2. Factors like _____, _____, _____ or can lead to an imbalance in the release of pro-inflammatory and anti-inflammatory molecules.
3. Many studies have now shown that approximately _____ of patients diagnosed with depression have high levels of different types of inflammatory markers.
4. There is a clear, and very strong link between levels of inflammation and _____.

Breakthrough #7:

_____ System:

1. Your brain consumes about _____ of the calories you consume on a daily basis.
2. Your brain produces about _____ per day of waste.
3. Your brain's glymphatic system is most active _____.
4. Chronic sleep problems affect _____ of patients under psychiatric care compared to just _____ of adults in the general US population.

Breakthrough #8:

_____:

1. A shift from simply living with chronic stress to learning how to _____, _____, and even _____ stress can make a monumental difference in your everyday lifestyle and in your overall brain health.
2. Dealing with stress begins with _____ and _____. It starts with identifying _____ in your everyday life.
3. As you're scrolling through your cell phone be _____ about scrolling is doing to you. Are you _____ scrolling? What are you consuming? What feelings is the content meant to elicit?
4. _____ light exposure has a measurable impact on mood.

Breakthrough #9:

_____ **Goals:**

1. Consider that _____ of people that attempt to make changes fail.
2. SMART goals stand for: _____, _____, _____, _____, _____.
3. SMART goals help by breaking down big changes into ones that are more _____ in your everyday life.

Answer Key

4 Mental Health Myths

Myth #1: (genetics), (epigenetics), (software)

Myth #2: (women), (unique) (different) (unrealistic), (only) (best)

Myth #3: (mindset), (active), (lifestyle changes)

Myth #4: (misleading), (mental fitness), (science)

9 Mental Health Breakthroughs

Breakthrough #1: Neurogenesis

(neurogenesis), (hippocampus), (inverse), (20%), (physical activity)

Breakthrough #2: Neuroplasticity

(Connection), (universe), (neuroplasticity), (environment), (medications), (nutrition)

Breakthrough #3: BDNF

(Brain Derived Neurotrophic Factor), (new brain cells), (fertilizer), (resilient), (adapt), (grow)

Breakthrough #4: Microbiome

(trillion), (neurons), (fiber)

Breakthrough #5: Nutritional Psychiatry

(what did you eat today?), (Omega-3s), (randomized controlled trials)

Breakthrough #6: Inflammation

(injury), (chronic stress), (environmental toxins), (metabolic imbalances), ($\frac{1}{3}$), (mood)

Breakthrough #7: Glymphatic System

(20%), (7 grams), (when you're sleeping), (50-80%), (10-18%)

Breakthrough #8: Chronic Stress

(manage), (reduce), (channel), (observation), (mindfulness), (triggers), (intentional), (doom), (Natural)

Breakthrough #9: SMART Goals

(70%), (Specific, Measurable, Assignable, Realistic, Time-related), (achievable)

Reflection

Reflect on all that you have learned throughout this Masterclass. Take a look at the questions below and try to answer them truthfully, without any judgment.

Which of these myths were most surprising to you?

How does this information change how you look at your mental health?

What's one thing you feel inspired to change in your life after learning about these mental health breakthroughs?

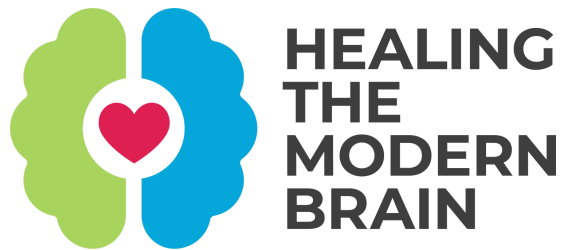
Picture a life without depression or anxiety. What does that look like to you? What does it feel like?

Did you feel anything was missing that you wanted to learn more about? What other information would you like to have learned about when it comes to improving your mental health?

Taking the Next Step

Congratulations! You've completed the Mental Health Breakthroughs Masterclass and its accompanying workbook. You have gained invaluable knowledge about some of the major myths and breakthroughs in mental health. If you want to learn more about how to apply this information to your everyday life, consider signing up for the course, Healing the Modern Brain with [Drew Ramsey](#), MD. Dr. Ramsey dives even deeper into what you have learned in this Masterclass, and adds new actionable information on how to incorporate these breakthroughs into your life. Learn more about how Dr. Ramsey incorporates these principles with his patients, more of the new science and the actionable steps that can help you fight depression and anxiety. Sign up for the course today to take the next step in improving your mental health.

Notes



Take control of your mental health today:

learn.drewramseymd.com/healing-the-modern-brain