

Join The Challenge And Learn Ways To Avoid Burnout

For a chance to win a **Fit-bit**. There will be **25 Lucky Winners!**

Oct 1 - Oct 31

Have Your Name Entered To Win

Complete these activities in your Total Brain account between **Oct 1 - Oct 31** and have your name entered to win **one of twenty five Fitbits**:

1. **Take a Total Brain Assessment.**
(15 minutes - 1x) Kick-off the challenge by taking an assessment to discover your current strengths and weaknesses.
2. **Complete any 4 Total Brain Exercises.**
from games, to music, videos or articles.
3. **Submit the "Optional" Challenge Survey.**
by Oct 31. The survey link will be emailed during the last week of the challenge.

Start The Challenge

Access your free Total Brain account:

on desktop: visit Totalbrain.com/fulton/

Or download the Total Brain app from the app store or google play, choose 'sign up', then 'sign up for free' and use the access code **fultoncounty**.



Apple



Android



FOREST BIRDS

Start your day listening to the gentle sounds of birds chirping. The sounds of nature make us feel safe and open our minds to the possibilities of the day ahead.



ON CLOUD 9

When you need a break, try listening to On Cloud 9. Let the tempo and cadence of this calming track do the work for you and have your worries float away.



WINDING DOWN

If you have trouble falling a sleep, use this track to create your presleep space. The binaural beats and isochronic tones help relax your mind and calm your thoughts.

Questions? Contact support@totalbrain.com