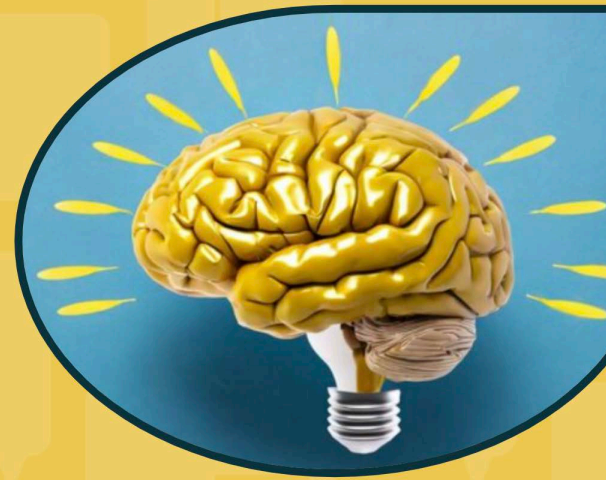




LIVE WEBINAR WITH TOTAL BRAIN

# Recharge Your Mental Energy

Learn brain-based techniques to boost your personal battery



THURSDAY, MAR 6 | 1:00 PM EST

After a long day of work or study, your brain might feel like it has been drained of energy. But does our brain burn more energy when engaging in mental athletics than it does during other activities such as watching T.V or scrolling on your phone? Research shows the difference is minimal and is likely due to mental stress rather than actual energy depletion. Join this webinar to learn brain-based techniques to boost your personal battery. Develop the skill of celebrating successes, whether big or small, and learn brain-centered approaches to replenish mental energy.

**Register Today**

## In this webinar, you'll learn:

- ✓ How we measure the energy consumption of our minds.
- ✓ Tools on Total Brain that can help you manage your mental energy.
- ✓ A 4-step routine to kick-start your mental energy

Attendees will learn how they can have their name entered to win a FitBit during the Month of October



There will be Twenty-five lucky winners!

QUESTIONS? Email: [Support@totalbrain.com](mailto:Support@totalbrain.com)



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