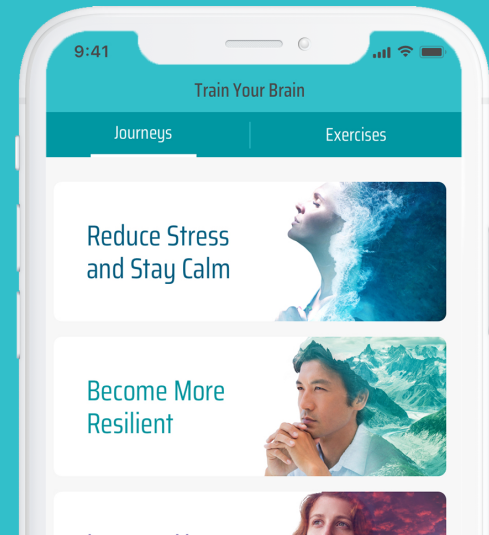


Welcome to
**MENTAL
HEALTH
AWARENESS
MONTH**



OPTIMIZE YOUR BRAIN PERFORMANCE

Advance through 10 exercises to train your brain and complete the post assessment by August 30, 2019 to earn 10 wellness points.



Get Started Today!

Log on at
TOTALBRAIN.COM/AECOM

Did you know that you can train your brain to focus better, keep calm and be more positive? Reducing stress and anxiety along with mastering control of emotions, feelings, cognition, and self-control will help increase your positivity, focus, and resilience both at work and at home.

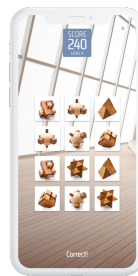
Discover your brain's potential, build resilience, and decrease stress with **TOTAL BRAIN.**

After taking your initial assessment, you'll have a better understanding of your strengths and areas for improvement. You can select a journey to focus on one specific area or select from over 40 different exercises to individual specific areas. Here are some exercises you can explore:



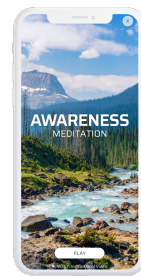
INCREASE POSITIVITY WITH HAPPY SEEKER

Focusing on positive emotion cues is associated with a better outlook and better self-regulation.



IMPROVE MEMORY WITH MEMORY MAZE

Concentrate on remembering the path to improve memory and problem-solving abilities.



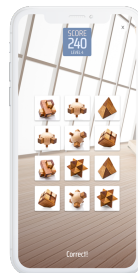
REDUCE STRESS WITH AWARENESS MEDITATION

This 10-minute meditation focuses on increasing awareness of your surroundings, thoughts, body, and breath.



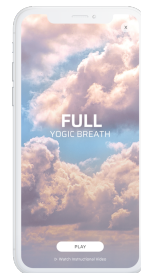
BE MORE RESILIENT WITH FACE SHIFTER

Rearrange the tiles to form a complete face and increase your ability to recognize facial communications.



SHARPEN FOCUS WITH THINK FOCUS

Focus on keeping the ball up in the air and ignoring the other balls dropping and distracting you from your task.



RELAX WITH FULL YOGIC BREATH

This breathing exercise focuses on your breath to promote deep rest, relaxation, and a sense of calm.