



Optimize Your Brain Health
Part 3: Stress Management & Sleep Hygiene

Educational & Informational Resources:

1. Presenter Information

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2. Stress Management Resources

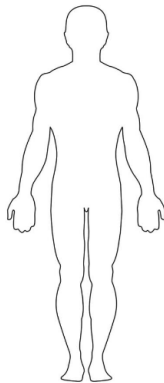
• **Deep Breathing**

- Dr. Siegel's Mindsight Tools (includes a Breath Awareness recording and a video explanation of his "Hand Model of the Brain"):

https://www.drdansiegel.com/resources/everyday_mindsight_tools/

• **Mindfulness Tools**

- Free App: [Smiling Mind](#)
- Smiling Mind Website: <https://www.smilingmind.com.au/>
- Body Chart Visual (where does stress show up in your body?):



3. Sleep Hygiene Resources

- Book: "Why We Sleep" by Matthew Walker, PhD

4. Other

- Video: [Ballerina with Alzheimer's disease remembers routine to Swan Lake](#)