

Winning Brain

T R A U M A T I C S T R E S S L P
G I Q Z S V Q Y T I S R E V D A L
H N B Y R I K W M Y B E N Q N L M
F B H M G D R A I S R M P U I A G
P B R A I N H E A L T H I F B W S
S U P M A C O P P I H S E L R O M
O F U Q D O N Y I N K T B L A H E
C A Y B Y R D S Q U I S U N I I T
E J M F J T S Z Q M K N O H N N S
R F X Y C E L C E W E Q C M S I Y
E T Z F G X R E H U U V P A T A S
B W T L J D F S R X D G S K E R N
E S X A J F A O E E J X O G M B I
L H E U E K N L K C U N I Y L D A
L N D C L S C E A Y A Z Q H V I R
U M T Y C N E I L I S E R R P M B
M S V M U S O L L A C S U P R O C

Lifetime effects
Brain Systems
Cerebellum
Brainstem
Neurons
ACES

Traumatic Stress
Brain Health
Resiliency
Amygdala
Limbic

Corpus Callosum
Hippocampus
Adversity
MidBrain
Cortex