



*A newsletter by
TST Cognitive Development Centre*

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About *Our* Centre

TST Cognitive Development Centre is the first BrainRx training centre in East Malaysia. We provide cognitive skills training program that produces life-changing results that will make learning more effective, easier, and fun.

TST Cognitive Development Centre is a one of a kind for 1-on-1 brain training centre in Kuching. We aim to develop an environment that encourages people to train their brain and unlock their potential.

What is BrainRx?



BrainRx[®]

train the brain. get smarter.

BrainRx is a training program designed specifically to enhance cognitive skills. The program was founded by Dr. Ken Gibson in 1985 and after years of research, the first LearningRx centre opened in Colorado Springs, Colorado in August 2002. International interest grew in the program and more learning centres were set up, thus BrainRx was born. LearningRx operates in North America while BrainRx operates outside of North America.

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The brain training programs involves 1-on-1 brain training session with the trainer, as well as the integration of digital brain training. The training involves intense mental exercises to stimulate improvements in brain performance. The digital training helps in reinforcing and expanding improvements in the brain skills. The program aids in maximizing learning potential and are able to improve the brain's ability to think, read, learn, pay attention, as well as helping in remembering. Furthermore, the program can aid in mastering English as all the sessions are conducted in English. The program targets young students to adults.

BrainRx *Training Facts*

- It consists of intense mental exercises that sharpen the core skills the brain uses to think, learn, read, reason, and pay attention.
- It is not tutoring or a tuition program as it does not teach information. Instead, they change how the brain grasps and uses incoming information.
- It involves a 1-on-1 brain training session and a digital training session.
- It involves game-like exercises which are enjoyable, and the fast pace at which improvements are experienced makes the experience rewarding.
- It sharpens the brain skills we use in school, at work, and in everyday life. In other words, when brain skills, are sharper, life is easier.

Message from the Director

Greetings and warm welcome to our very first issue of *Cervello!*, a bimonthly newsletter by TST Cognitive Development Centre, created for our community to understand more about cognitive development and any brain training related articles and knowledges.

We want *Cervello!* to be as entertaining and informative, and as useful as it is. We appreciate your support and hope you enjoy this first issue.

With warmest thanks,

Susan Toh
Director



Brain Food of the Month Avocados

Avocados are a source of monounsaturated fats, omega 3, and omega 6 fatty acids. These increase blood flow to the brain, lower cholesterol, and aid in the absorption of antioxidants. Avocados also come with many antioxidants of their own, including vitamin E, which protect the body and the brain from free radical damage. They are also a good source of potassium and vitamin K – both protect the brain from the risk of stroke.

Anxiety Disorders: Recognizing the *Signs* and *Symptoms* and *Getting Help*

1) *What is anxiety disorder?*

Anxiety is a reaction to stress. It may be beneficial to some and severely affect the daily lives of others. It may help preparing us for danger, but it may also put us in excessive fear or anxiety.

2) *What happens to our body during an anxiety attack?*

During an anxiety attack, the first thing that happens is the brain sends out messages in order to inform the body that it is in danger when it is actually not. Effects include rapid heartbeat, heavy breathing, chest pain, light headedness, or pain somewhere in the body.

3) *What are the signs and symptoms of anxiety disorders?*

The symptoms can look very different from person to person. One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the thought of mingling at a party. Someone else may struggle with a disabling fear of driving. Yet another may live in a constant state of tension. Despite their different form, one major symptom is shared: persistent or severe worry or fear where most people wouldn't feel threatened.

4) *Types of Anxiety Disorder*

a. Generalized Anxiety Disorder
It is the basic form of anxiety. One may feel restless, fatigued, easily irritated, having muscle tension, sleep problems and difficult in concentrating.



b. Social Anxiety Disorder

It is the extreme fear of being scrutinized and judged by others in social or performance situation. Symptoms may be so extreme that they may disrupt daily lives. Usually begins in childhood or adolescence and children are prone to be clingy, showing tantrum or even mutism.

c. Separation Anxiety Disorder

Fear of being left by someone whom one is extremely attached to. They are persistently worried about losing the person they are emotionally attached with.

d. Agoraphobia

This kind of anxiety involves being in situation where escape may be difficult or embarrassing, or help might not be available in case of an anxiety attack. They usually avoid public transportation, standing in line or being in crowd or even standing outside alone. They usually go out with someone they trust. People can be diagnosed with agoraphobia if the fear is intensely upsetting or if it severely causes disturbances in their lives.

5) *Treatments for anxiety disorders*

✓ Cognitive Behaviour Therapy

It focuses on thoughts or cognition in addition to behaviours. In anxiety treatment, it helps you identify and challenge the negative thinking patterns and irrational beliefs that fuel your anxiety.

✓ Exposure Therapy

It encourages you to confront your fears in a safe, controlled environment. Through repeated exposures to the feared object or situation, either in your imagination or in reality, you will gain a greater sense of control until the anxiety gradually decreases.

Student's *Shoutout!*



"I like to come to TST Cognitive Development Centre. I like to do one-on-one training and digital training. My favourite activities are tic-tac-toe, memory match, clapping, president list and reading. This training helps me to do my school work faster!"
-Joel Lai, 6 years old

Brain Teasers

1. What can be seen once in a minute, twice in a moment but never in a thousand years?
2. A large truck drove to a village and met 4 cars. How many vehicles were going to the village?
3. Who makes a move while being seated?
4. Feed me and it will give me life. But give me a drink, and I will die. What am I?

Answers: 1) The letter M 2) One truck 3) A chess player 4) Fire

Word Search

Animals in the Zoo

ARMADILLO
DONKEY
EAGLE
GIRAFFE
LION
PANDA
SKUNK
SNAKE
TIGER
ZEBRA

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

Spot the 5 Differences



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