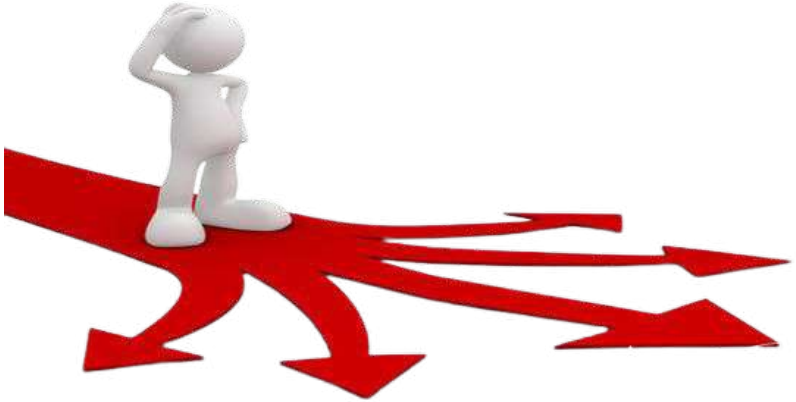
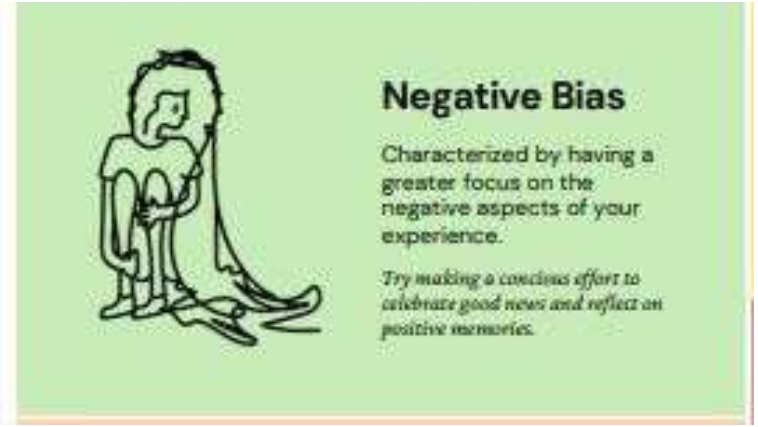
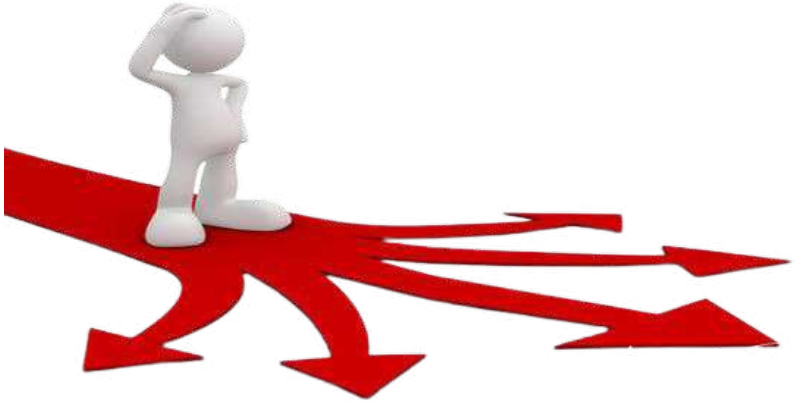
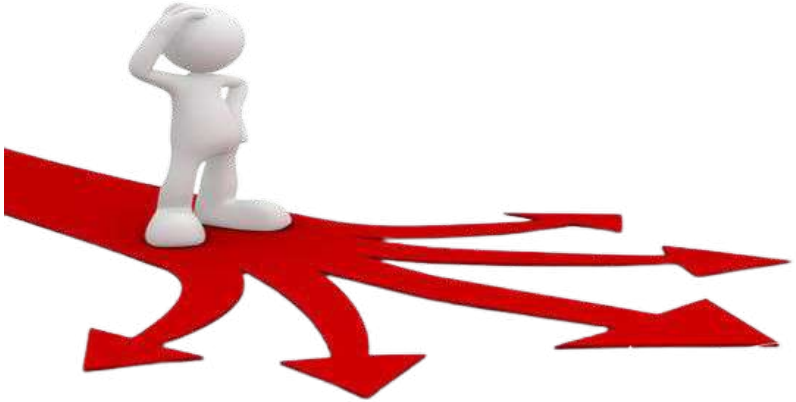




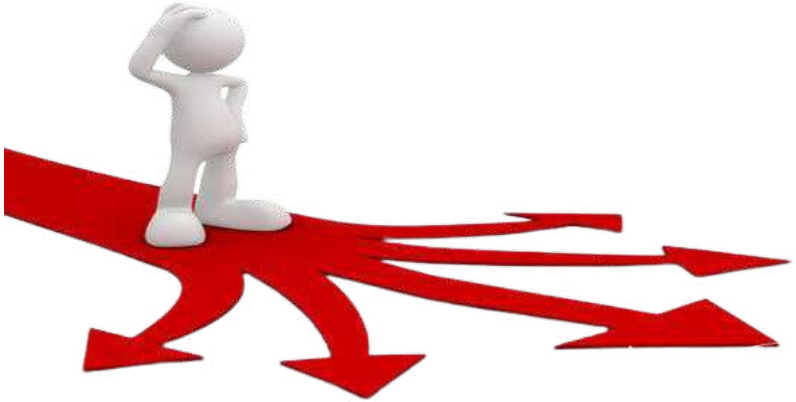
- **Fare uno sforzo consapevole per cercare buone notizie. Dopo aver letto notizie tristi (come le statistiche del Covid), prendersi un momento per rievocare un ricordo positivo.**

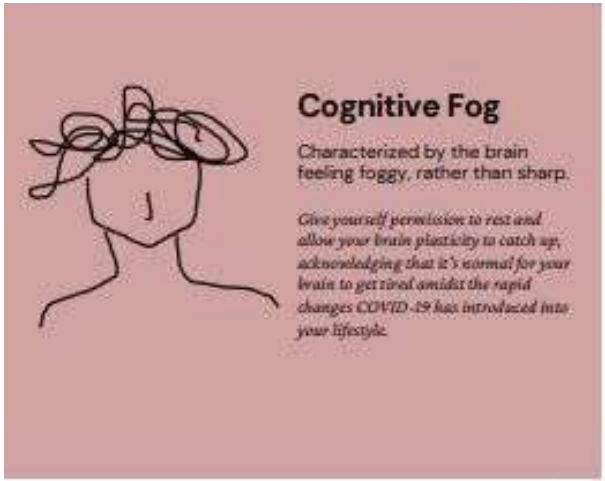


- Evitare gli stimoli che si stanno attivando, come fonti multimediali allarmanti. Nel tempo, aumentare gradualmente l'esposizione agli stimoli necessari.
- Concentrarsi sulle normali routine per creare stabilità.



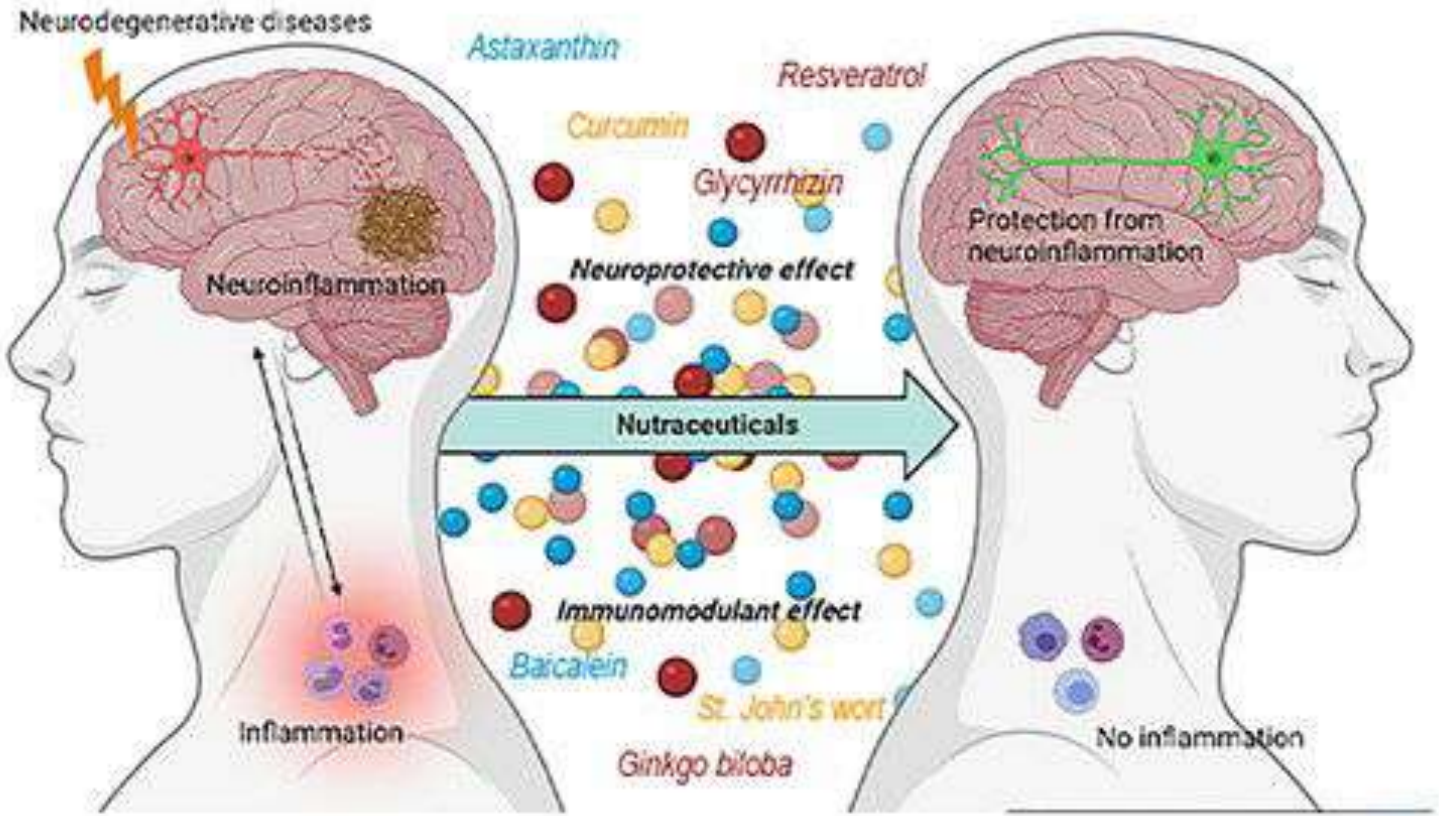
- Suddividere i compiti e decidere cosa si vuole raggiungere in quell'ora o giorno. **Scriverlo!**
- Espandere l'elenco solo una volta completata l'attività.





- Prendersi dei periodi di riposo per recuperare la plasticità cerebrale.
- Tenere presente che con i rapidi cambiamenti che stiamo vivendo, al nostro cervello viene richiesto un apprendimento accelerato.
- I cervelli si stancano proprio come farebbero i corpi se corressimo una maratona senza allenamento.

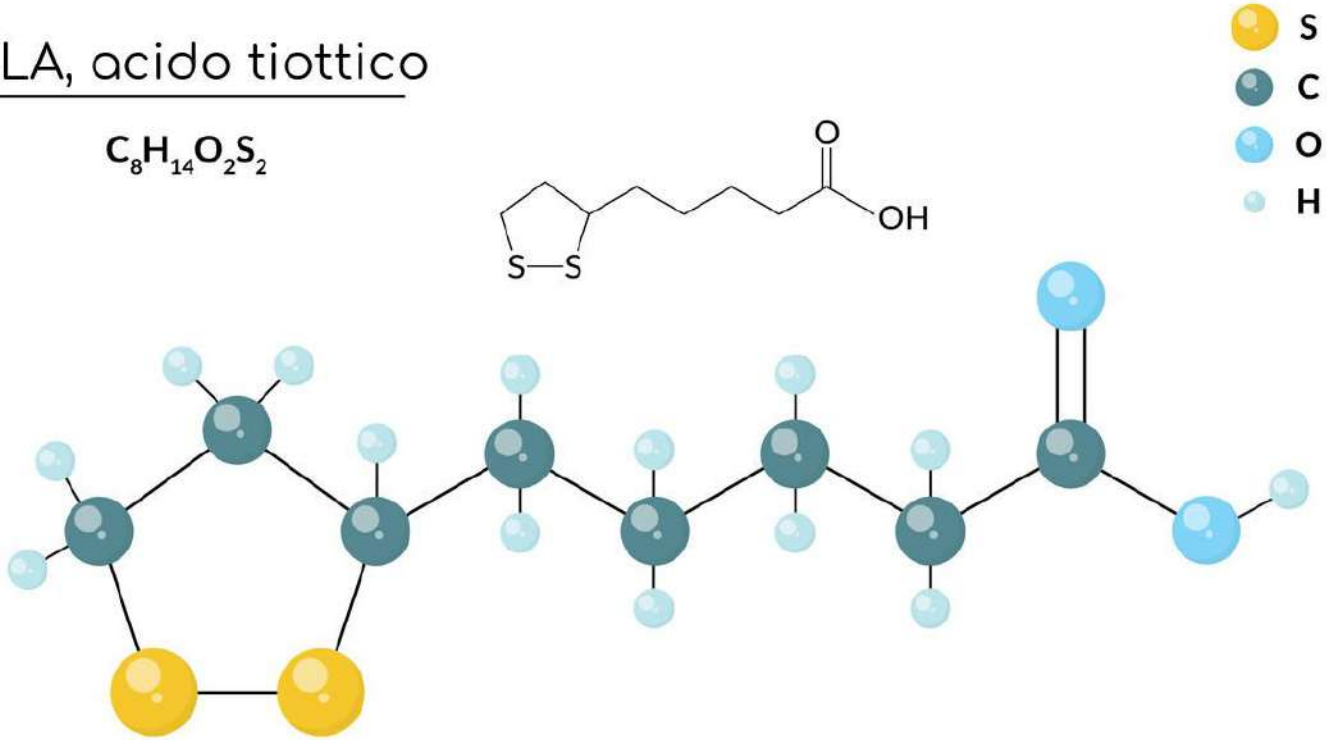
NEURONUTRACEUTICA



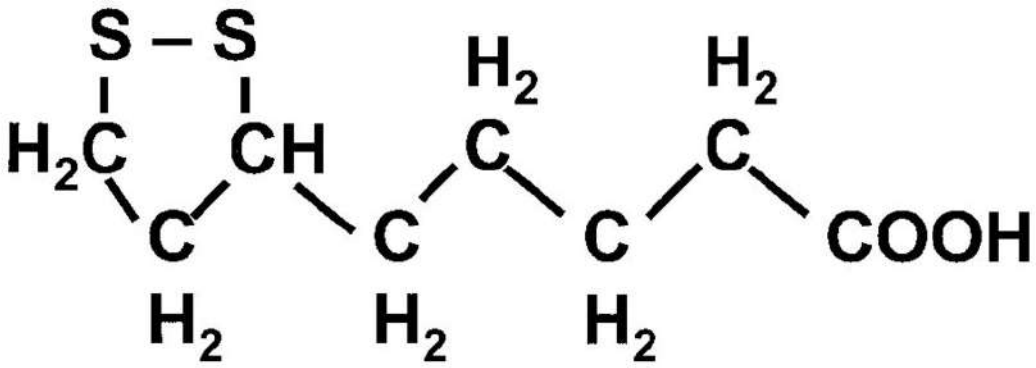
Acido alfa lipoico

ALA, acido tiottico

$C_8H_{14}O_2S_2$

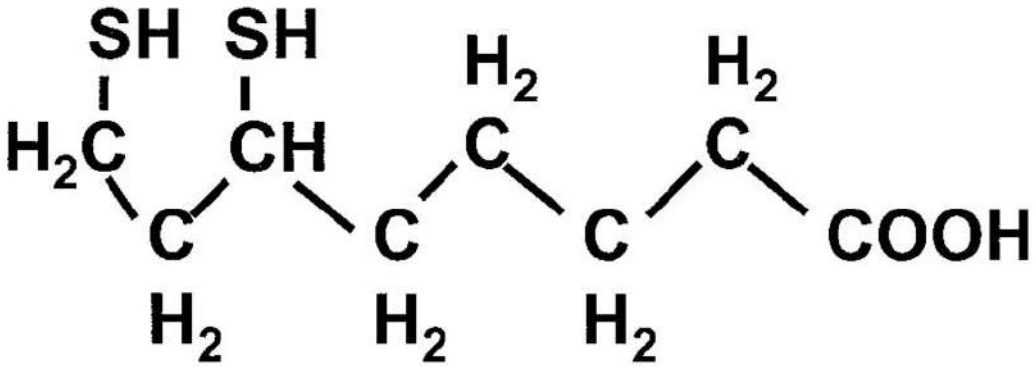


FORMA OSSIDATA



α-Lipoic Acid

FORMA RIDOTTA



Dihydrolipoic Acid

BROCCOLI

SPINACH

CARROTS

RED MEAT & ORGAN MEAT
(liver, hearts, kidneys from beef or chicken)

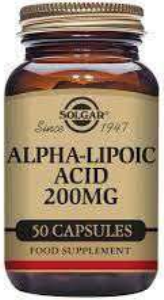
BRUSSELS SPROUTS

BREWER'S YEAST

TOMATOES

PEAS

BEETS



Thank you!