

WHAT IS BRAIN XP?

Brain XP is a community created by Christine Marie Frey (ME!). I am a **teenager** battling mental health challenges, and I am dedicated to ending the stigma toward other teenagers who suffer from mental health issues. "Brain XP" education is the use of social media, videos, music, & public speaking that reaches out to teenagers to show them they are not crazy nor alone, but rather their brains are EXPANDED and special. (HINT: Brain XP stands for Brain EXPANDED!)

Brain XP changes the LANGUAGE of mental health by emphasizing the expanded creative, insightful & intuitive functions of the brain for those with mental health challenges, especially teenagers! Whether you are diagnosed with a mental health challenge or you are simply a struggling teen, I understand you. Together, we will make it through our difficulties. Join me on this journey of hope and change.

WHAT DOES BRAIN XP OFFER?

Brain XP is an educational service that teaches hands-on practices to **immediately** improve lives of **teenagers** facing mental health challenges or simply struggling with the challenges that come with being a teen. **It is unique as it offers this education from the lived experience of a real-life teenager (ME!) who is also going through it.**

1. **Live Presentations:** Brain XP - Changing the Language of Mental Health Presentation takes attendees on a journey through mental health challenges from the eyes of a young teenager just having experienced it and overcoming the daily stigma faced on school campuses from both administration, fellow students & parents. The journey results in a new & unique method of surviving the daily trials of being a teenager in today's world. I will explain Brain XP's System of **H.O.P.E. (Healthy Mind, Open Sharing, Positive Coping & Empowerment)** to show youth & adults how to relate to teens and understand them better.
2. **"Christine's Frequency" - My Blog** speaks directly to teenagers and offers information on specific challenges teenagers struggle with at school & home. (FREE)
3. **My (Christine XP's) Social Media** offers motivational messages & music specifically geared to teenagers to encourage positive self empowerment. Instagram, YouTube, Twitter and Facebook provides immediate feedback and a sense of connection teenagers crave. Today's young people are starving for authentic people like themselves to connect with. (FREE)
4. **Brain XP's website "www.brainxp.org"** offers information for teens & parents and helpful resources to connect locally...including a **Teen Toolbox of Coping Skills**. (FREE)
5. **Brain XP...Living with Mental Illness, A Young Teenager's Perspective** is my published autobiographical journey. **Brain XP is the 1st Book that offers a real life teenager's perspective** who lives with anxiety, depression and bipolar disorder on how to help other teenagers in similar circumstances. In addition, I recorded **Brain XP - The Soundtrack** to accompany my book as a musical expression of my experiences detailed in the book (listen to FREE at brainxp.org) - music is the #1 coping skills for most teens.

WHY USE BRAIN XP?

Youth experience mental health challenges at a CRITICAL point in their lives - the school years. During this time, **FRIENDS mean everything to us!** Our health challenges cause us to isolate and withdraw. In many cases, we can't attend mainstream schools and we are forced to leave our friends behind. Our isolation deepens. We miss out on those really special school memories - Homecoming, Prom, Graduation. Currently, schools and mental health support programs do not adequately address this loneliness and seclusion. **The one location youth still connect during these difficult times is on social media.** BRAIN XP is a community any young person can join and not feel alone. They can learn coping skills, ask questions, watch positive videos, or listen to music - all to improve their mental health. They can remain anonymous or interact...it's totally up to them.

BRAINXP.ORG
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Teens Helping Teens
Change the Language of Mental Health!

Teen Toolbox-Coping Skills

Interactive Coping Skills

Be With People

- ☺ Talk to a Friend
- ☺ Laugh with Anyone
- ☺ Spend Time with Family – Play a Game; Watch a Show; Shop
- ☺ Play with your Pet
- ☺ Play Group Sports - Baseball, Softball, Football, Basketball, Hockey, Volleyball, Rugby, Paintballing, Frisbee Golf, Tennis, Table Tennis, Wii Gaming.....
- ☺ Go Out with Friends - Go to the Mall; Go Bowling; Go to a Theme Park; etc.

Help Others

- ☺ Do Volunteer Work for Others
- ☺ Encourage Someone Else Who's Struggling
- ☺ Compliment Someone New
- ☺ Complete a Single Act of Kindness

Personal Coping Skills

Creativity

- ☺ Listen to Music
- ☺ Play an Instrument
- ☺ Sing; Karaoke
- ☺ Dance
- ☺ Journal Your Thoughts
- ☺ Draw
- ☺ Paint
- ☺ Photography, Video/Film Making
- ☺ Start a Hobby - Woodworking, Pottery, Model Cars, Candles, Cooking/Baking, Refurbishing Furniture, Sewing/Crochet/Knitting, Jewelry Making, Origami, Astrology, Travel.....

Mindfulness/Relaxation

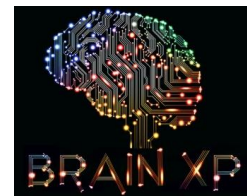
- ☺ Read a Book You Enjoy (not just homework)
- ☺ Listen to an AudioBook
- ☺ Quiet Time for Yourself
- ☺ Deep Breathing
- ☺ Meditation
- ☺ Yoga
- ☺ Mindfulness Apps - Headspace; Coloring; etc.
- ☺ Spend Time in Nature
- ☺ Prayer
- ☺ Take a Hot Shower
- ☺ Read About Other Mental Health Advocates' Stories and Struggles
- ☺ Make a List of Everything Positive in Your Life – Including Your Personal Strengths
- ☺ Write Positive Affirmations
- ☺ Make a Goal List of What You Want to Accomplish
- ☺ Reward Yourself with Each Goal Accomplished

Activities

- ☺ Take a Walk
- ☺ Take Up a Personal Sport - Boxing, Rock Climbing, Rafting, Fishing, Geocaching, Horseback Riding, Scuba Diving, Skiing, Surfing, Skateboarding, Martial Arts, Golfing, Body Building, Pinball, Video Games....
- ☺ Go to the Beach
- ☺ Organizing Your Room – Try It!
- ☺ Gardening/Mow the Lawn
- ☺ Collecting - Coins, Stamps, Sports Cards, Manga, Snow Globes, Books, Comics, Figurines, Postcards, Teddy Bears, Rocks.....
- ☺ Drive Around and Discover New Places
- ☺ Yell in the Shower
- ☺ Punch a Pillow

Positive Everyday Practices

- ☺ Get Enough Sleep
- ☺ Eat Healthy Foods
- ☺ Regularly Exercise
- ☺ Write 3 Positive Items a Day - About Yourself; About Life; About Others, etc.
- ☺ Be Confident in Yourself!



www.brainxp.org

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[instagram.com/brainxpproject](https://www.instagram.com/brainxpproject)

[instagram.com/iamchristinexp](https://www.instagram.com/iamchristinexp)